

SOCIAL EMOTIONAL LEARNING NEWSLETTER



NOVEMBER
2025



Monthly Focus:

What is Social Emotional Learning? (SEL)

Social-emotional learning is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL is embedded into our school community at Northwood. Every student is exposed to Social Emotional Learning through classroom push-ins provided by either our School Social Workers or our School Counselor. All students also participate in morning meetings in their classrooms.

Morning Meetings are an engaging way to start each day, help build a strong sense of community, and help set children up for social and academic success. Each morning, students and teachers will gather together for five to ten minutes and interact with one another to focus on a specific social skill. Each week, we will focus on a new social skill and reinforce the skill throughout the week.

Each classroom at Northwood has a **Coping Corner**, a quiet, safe space where students can take a break, calm down, and healthily manage their emotions. Coping Corners is part of our efforts to support emotional regulation and social-emotional learning. When students feel frustrated or upset, the Coping Corner allows them to pause, use calming tools (like stress balls, breathing exercises, coloring sheets, or reflection cards), and return to learning when ready.



School Social Workers:

Your Northwood Support Staff is here to help make it a great year! Please reach out if you or your child need some extra support.

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Happy, Healthy Kids TIP:

To teach kids to be thankful, start by modeling gratitude yourself and encouraging them to say "thank you" and express appreciation for others. Focusing on what kids are grateful for, rather than just material possessions, can also help foster a sense of appreciation.

Feelings Check-In:

I am feeling:



PBIS:

At Northwood Elementary, we use a **PBIS** model- *Positive Behavioral Interventions and Supports* to help create a safe, respectful, and positive learning environment for all students. PBIS is a school-wide approach that focuses on teaching and encouraging positive behavior. We start each morning by reviewing our Northwood Code, Be Safe, Be Kind & Be Ready to Learn. Individual students or classrooms are recognized when they follow our code and expectations. You might hear your child talk about earning rewards, participating in class celebrations or parades, or having their picture taken for the TV in the main foyer; these are all part of our PBIS program. Each child can succeed when they know what is expected and are encouraged to make positive and safe choices. PBIS helps us build a strong, supportive school community together.

We also celebrate students with perfect attendance by entering their names into a raffle to win a gift card. It's our way of recognizing and rewarding students for showing up every day ready to learn.