

SOCIAL EMOTIONAL LEARNING NEWSLETTER



OCTOBER
2024

Monthly Focus:

Attendance Matters!

The best way for your child to learn is to be at school every day. Chronic absenteeism negatively impacts students in various ways as they progress through their school year, starting with kindergarten. Chronic absenteeism is missing two days of school each month, totaling 18 days per school year, equaling 10% of the school year.

Here are some tips to help with school attendance:

- *Ensure your child has a consistent bedtime routine and gets enough sleep.
- *Turn off all electronics 1 hour before bedtime.
- *Establish a consistent morning routine.
- *Be prepared for the next day (clothing, homework, backpack ready to go).
- *Have a backup alarm.
- *Have a backup plan for transportation issues.
- *Ensure your child attends school every day unless genuinely sick.
- *Avoid scheduling vacations/appointments during school hours.
- *Reach out to your Social Workers if your child is struggling with separation anxiety, chronic health concerns, mental health concerns, the loss of a family member, or any crisis that may affect attendance, such as homelessness.



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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Mrs. Reedy, (716) 677-3653 ereedy@wscschools.org



Happy, Healthy Kids TIP:

To ease students' back-to-school worries or resistance, offer them a sense of control. Let them choose their school outfit, a favorite lunch treat, or even pick out special school supplies.

Feelings Check-In:

I am feeling:



Coping Strategy of the Month:

Each month, we will highlight a specific coping strategy to help us learn to manage our BIG emotions and handle stressful situations. This month, our coping strategy is journaling. One way to deal with any overwhelming emotion is to find a healthy way to express yourself, which makes journaling a helpful coping strategy for managing your emotions and mental health.

Benefits of Journaling:

- It may be easier to write about your feelings rather than talking about them.
- Helps create awareness and a better understanding of your emotions & thoughts.
- Encourages you to open up and face difficult things.
- Can help you prioritize problems and fears and learn to problem solve.
- It can help you recognize triggers and learn better ways to control them.
- Provides an opportunity for positive self-talk.
- Helps to relieve stress.

