



# RethinkEd



# NEWSLETTER

NOVEMBER  
2024

## SEL Topic of the Month

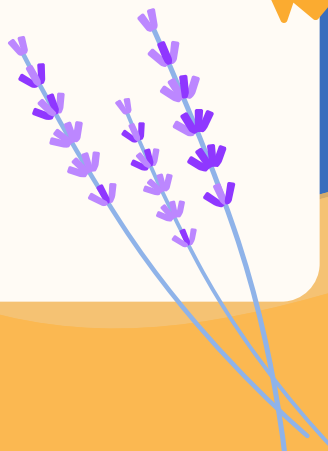
### SELF-EFFICACY AND GRATITUDE

This month, SEL lessons focus on self-efficacy and self-knowledge to help remind students what they are capable of and express gratitude for their strengths as they head into Fall Break.

### MINDFULNESS PRACTICE FOR EDUCATORS

In this exercise you can focus on wishing yourself and others well. Think about those in your life that you care about (including yourself) and devote some time to sending good wishes!

### MEDITATION PRACTICE



## Celebrations

Congratulations to **Arlington Heights Elementary** for hosting a whole staff training and a Coffee with the Principal event for families to learn about SEL!

## Reminders

Your LA based Professional Services team is here to provide one-on-one, grade-level, and school-wide SEL implementation support.

We'd love to connect! Our job is to make access easy!

## Upcoming

Bilingual **Family SEL Workshop** - Responsible Decision Making & Growth Mindset

English      Spanish

o Nov. 14th 5:30pm

EDUCATIONAL  
TRANSFORMATION  
OFFICE

**LAUSD**  
UNIFIED