



RethinkEd

High School NEWSLETTER



FEBRUARY
2025

SEL Topic of the Month

SOCIAL SKILLS

This month, students will learn to use effective communication strategies to embrace and resolve conflicts, seek solutions that work for everyone, cooperate with others to work towards common goals, and build healthy friendships, which can contribute to their sense of belonging and overall wellness

GRADE-LEVEL SCOPE AND SEQUENCES

Enjoy FREE access to RethinkCare now through March 31st!
ADULT MEDITATION PRACTICE



Have questions?
Get in touch with us at
TeamLA@rethinked.com

Celebrations

Congratulations to **Santee Education Complex** for planning for strong implementation by having staff facilitate SEL lessons for all students every Friday!



Upcoming

- Weekly Office Hours
- **Bilingual SEL Family Workshop** on Empathy & Cultural Competency
 - February 27th at 5:30

Reminders

We host virtual monthly SEL **workshops for families and caregivers!** Available in English and Spanish and created specially for the caregiver audience, they link SEL directly to the parenting experience.

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