



A new day is a new opportunity to make something happen!

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“Well begun is half done.” - Mary Poppins



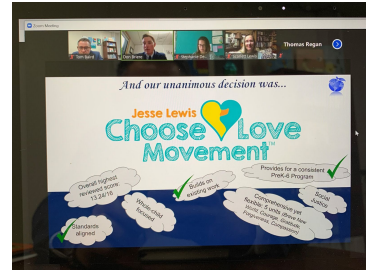
Covid-19’s Impact on Students’ Academic and Mental Well-Being by Youki Terada

Reopening Behind the Scenes

This week we welcomed back staff and students! The week began with COVID-19 safety training and planning for academics.

As an entire staff, we also engaged in the

launch of our new Social Emotional Learning program Choose Love. We were fortunate to have the founder of the program, Scarlett Lewis, join us to talk about how *choosing love* supports and develops strong social skills. We will be planning a session for families where the “at home” pieces of the program will be shared. At the core of Choose Love are individual lessons we will use with students. Through these lessons, the program really becomes a practice for how we work with each other. At the end of the week we welcomed back students at our meet and greets. It was so amazing to see students in our schools again. This week please be mindful of the arrival and dismissal procedures for each school which can be found in the [GHS FAQ](#) and [HES FAQ](#) documents. Have a great first week of school!



Welcome & Celebrations

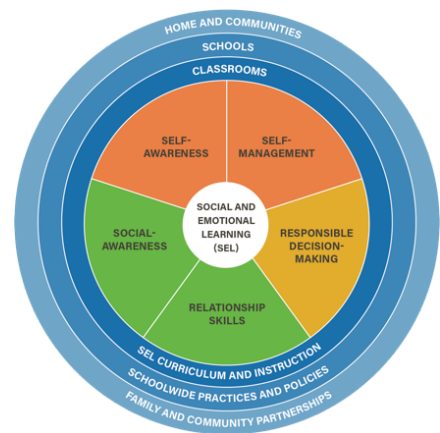
Please welcome to the team: Kaitlin Lamb (GHS), Bethany Wolff (GHS), Valerie Paraekh (HES), and Tanya Prior (HES)! Congratulations goes to Ljubinka Vracevic, Gabrielle Anderson, Kristin Lasko, and Alexandra Losi for completing 5 years of service at Hebron Public Schools!

Social Emotional Learning

Explore the SEL framework from CASEL! This week we look closer at self-management: the ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations (effectively managing stress, controlling impulses, and motivating oneself) coupled with the ability to set and work toward personal and academic goals.

- Impulse control
- Self-discipline
- Goal-setting
- Stress management
- Self-motivation
- Organizational skills

[Watch this short video to learn more](#)



Do you have a resource, quote, or article to share? Please email them to me at tbaird@hebron.k12.ct.us.