

# P.S. 130

## SEL NEWSLETTER

OCTOBER  
EDITION

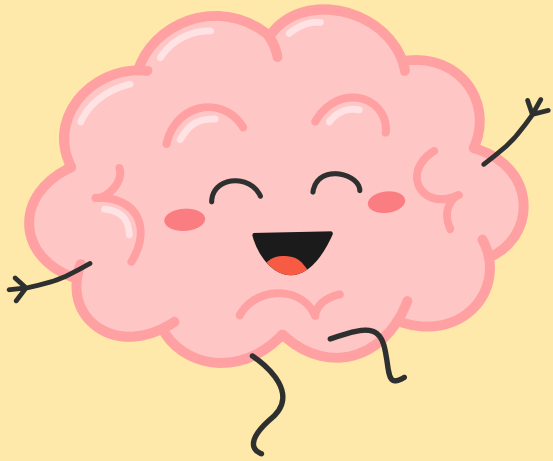
WHAT'S  
NEW?

October 2nd was World Day of Bullying Prevention and the students of P.S. 130 took a pledge to create a world without bullying through **KINDNESS, ACCEPTANCE** and **INCLUSION** ❤️



October's Book of the month is **One**, by Kathryn Otoshi. **One**, helps teach students that sometimes all it takes is one, empowering them to take a stand against bullying.

# MindUp News



This month students have been practicing Brain Breaks. The Brain Break helps children develop attention and self-regulation. Practiced three times per day, this focused breathing exercise gives children a tool to help them manage stress and emotions by regulating their physiology and activating the attentional regions of the brain.

**P.S.130**  
**Year to Date**  
**Attendance Rate**  
**96%**



## Parent Tips for Improving School Attendance

- **Make school attendance a priority.**
- **Talk about the importance of showing up to school every day.**
- **Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.**