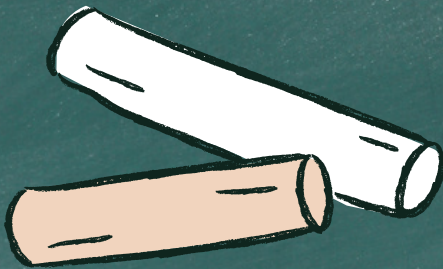


P.S. 130 SEL Newsletter



Welcome Back!

We wanted to take this opportunity to welcome our wonderful P.S.130 families and students back for another exciting school year! In our school community, we are committed to creating an environment where our learners feel loved, appreciated and safe.



What's New?

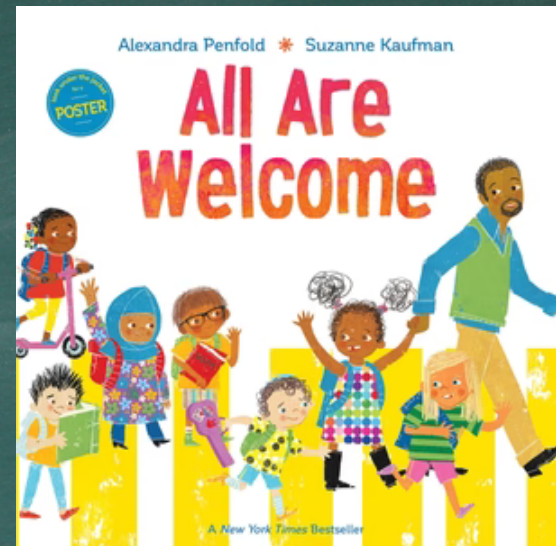
This year we are pleased to be introducing MindUp, a Social Emotional Learning (SEL) Program for Children. Based firmly in neuroscience, MindUp teaches the skills and knowledge children need to regulate their stress and emotion, form positive relationships, and act with kindness and compassion.

“Children and young people are the most precious resource for a better world. Their mental health is one of the most important issues of our time. MindUp provides the vehicle for whole-child, whole-school, whole-community transformation.”

Founder, Goldie Hawn

September Book of the Month

September's Book of the month is *All Are Welcome*, by Alexandra Penfold and Suzanne Kaufman. The book focuses on the importance of diversity and inclusion, creating a welcoming and safe classroom environment, and building positive relationships. *All Are Welcome* is one of the suggested books on MindUp's Children's Literature List for Lesson One: Creating the MindUp Community.



Kindness at Home

Social Emotional Learning: Activities and Reminders for Parents

- *We all have the power to make the world a better place by spreading KINDNESS.
- *Challenge each member of your family to do something kind EVERY DAY.
- *Notice people who are showing kindness. How are they doing it and what can you LEARN from them?
- *Start a family KINDNESS TRADITION. Pick a day of the week or month to do a special act of kindness for the community.

P.S.130
Year to Date
Attendance Rate
97%

Why Does School Attendance Matter?

Research shows that missing 10 percent of school, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and is known as chronically absent.