

BULLDOG WELLNESS

Supporting the Academic, Social, and Emotional Health
of Grant Elementary Students, Teachers, and Families



UPCOMING DATES:

- April 5: Spring Fundraiser Kick Off!
- April 9: Spring Picture Day
- April 12: Good Deeds Day
- April 23: Bulldog Award Due
- April 30: Fun Run
- May 3-7: Teacher Appreciation Week



What does **Resilience** mean? Ask our Grant Elementary students, and they will tell you. Resilience is a skill that we can all learn; this skill helps us overcome challenges and rise above adversity. We've been focusing on building resilience all year long in monthly Character Education lessons. Research indicates that emotional intelligence is a significant contributor to an individual's resilience level. Over the last three months, students have learned how to be "*emotion scientists*" by noticing, naming, and navigating their emotions. We invite you to participate in this journey with your students as well!

To *notice* emotions, pay attention to the clues or signals that your body gives you when you are experiencing a challenging emotion (this could look like heart rate, sensation in stomach, muscle tightness, etc). Next, find a *name* for your emotion. We have been using the Mood Meter from Yale Center for Emotional Intelligence and Generation Mindful to find emotion names that fit. Finally, *navigate* your emotions by deciding if the emotion is helpful (stay in that emotion) or unhelpful (shift the emotion by choosing calming strategies to use). Our Grant Family Tree (pictured above) is full of strategies that our students use to help calm their big emotions! We can't wait to report how our resilience has grown this year!

GOALS & GROWTH

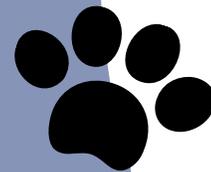
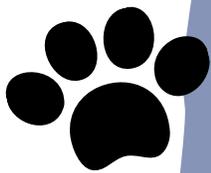
Today, April 5th, marks the beginning of the 4th and last term of the 2020-2021 school year. WOW! The first three terms of the year have been marked with incredible challenge, resilience, and grit from the entire Grant community including parents, students, and our teachers and staff. With one more term to go, this is a great time to look back at the goals you've set for the year. Here at school, teachers connect with their grade-level peers and students to discuss individualized goals and collective classroom goals related to academic standards. We invite you to review and create goals with your students as well, and talk to them about their classroom goals! We have worked really hard this year to overcome obstacles related to digital learning and new learning platforms. The best news?... We have eight more weeks of learning to go! As you look at your goals, here are a few questions to consider:

- Where can you celebrate growth and success?
- What goals are you still working on?
- Where am I now and where do I want to get to?
- Who can help me achieve this goal and how can I ask for help?
- What changes can I make to help myself be successful?
- How will I know I've achieved my goal(s)? What will that look like and feel like?

Remember, everyone at Grant Elementary is here to support **you** (students, parents, teachers, staff) to be successful and achieve your goals! Please let us know how we can help! **We are STRONGER TOGETHER!**

REMEMBER! THE BULLDOG AWARD IS DUE APRIL 23

If your student is planning on completing the Bulldog Award this year, please have all materials sent by April 23rd to bulldogaward@gmail.com! All directions can be found in our [Stronger Together Google Classroom](#), under Classwork > Bulldog Award. If you have any questions, please reach out to Mrs. Marsh at smarsh@murrayschools.org!



TIP OF THE MONTH: MINDSET MANTRAS

This month, our tip comes from GoZen, a Positive Psychology Project. These Mindset Mantras are meant to help you and your loved ones get through challenging times; including anxiety, stress, worry, panic, and other difficult experiences. I hope that you are able to find a few that resonate with you!

- *I can handle this experience. It is uncomfortable, but not dangerous.*
- *These feelings are uncomfortable, but I have the skills to get through this.*
- *These feelings will pass. Panic can't last forever.*
- *These feelings can't hurt me. I am safe.*
- *These feelings always pass. I can handle this!*
- *This too shall pass.*
- *I have tools to cope with these feelings. I can do this.*
- *These feelings used to help us survive. They will pass.*

For FREE weekly tips and printables, visit gozen.com!

SOCIAL EMOTIONAL LEARNING ACCESS

All parents and students can access our Social Emotional Learning programs - both Second Step and Mrs. Marsh's monthly Character Education - inside of [Grant's Stronger Together Google Classroom](#). Click on the "Classwork" tab at the top of the page. You'll see the Character Education tab and Second Step lessons by grade level on the left hand side of the page.

PARENTING GROUPS

Salt Lake County offers a multitude of support and parenting classes on a variety of topics. Upcoming classes are listed below. They are all free of charge, and can provide some additional "tools" to support children, adolescents, and parents!

Guiding Good Choices (For caregivers of children ages 9-14)

*5 Week Program

*Contact German Ochoa at 385-210-4450 or gochoa@slco.org

Class #1: Preventing Drug Use

Class #2: Health and Safety, Expectations for Behavior

Class #3: How to say NO to Drugs (Youth attend)

Class #4: Anger and Conflict Management

Class #5: Strengthening Family Bonds

Staying Connected with Your Teen (For caregivers of children ages 12-17)

*5 Week Program

*Contact Diana Johnson at 385-468-4430 or dijohnson@slco.org

Class #1: Teen Development, Risk Factors and Protective Factors

Class #2: Parenting Styles, Family Meetings

Class #3: Communication, Active Listening, Managing Conflict

Class #4: Health & Safety, Negotiating, Consequences

Class #5: Teen Influences, Drug Refusal Skills