

# SEL NEWS

THE MONTHLY NEWSLETTER OF  
THE Q300 GUIDANCE AND SOCIAL WORK TEAM



## A MESSAGE FROM THE COUNSELORS AND SOCIAL WORKER

November is Native American Heritage Month, also known as American Indian and Alaska Native Heritage Month. This is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. This month also brings World Kindness Day on November 13 and American Education Week from November 16-20.

Lessons in our Morning Meetings and Advisories will focus on both Native American Heritage and Kindness initiatives.

To learn more about our planned monthly Social Emotional Learning themes for this year, please see page 2.

Khary Chang, Upper Division Guidance Counselor

Christine Katartzis, Upper Division Guidance Counselor

Rachel Weiss, Lower Division Social Worker

## SCHOOL-WIDE SPIRIT DAYS CELEBRATING KINDNESS:

Friday, November 13:  
Crazy for Kindness Crazy Hair Day

Monday, November 16:  
Kind Words Day--Wear Your Shirt Backwards.  
Words that Hurt Can't Be Taken Back.

## CELEBRATE OUR Q300 STAFF

We would love for our Q300 families to mark the occasions of World Kindness Day and American Education Week by sharing some love and appreciation for our hard-working staff. You may share your good wishes on our Padlet, linked below.

If you wish, you may also create your own notes, drawings or cards and share them with our staff. Thanks for helping to make this month special for everyone!

<https://padlet.com/khary/q2v8qo9l7enga4sm>

## RESOURCES AND INFORMATION FOR PARENTS:

The Child Mind Institute has lots of great [resources](#) to support families during COVID-19

Holidays will look different this year. [Here](#) are some ideas for creating new holiday traditions.



# PARENT RESOURCES FOR NATIVE AMERICAN HERITAGE MONTH AND WORLD KINDNESS DAY

Join the Smithsonian in a [conversation](#) with Native youth to learn how Native people are actively reshaping these narratives today.

Please enjoy and observe [Native American narrative](#) on PBS with stories of the culture today and history.

Look [here](#) for [advice](#) on raising kind kids and teaching kindness at home.

Read up on kindness with your children with [these great book suggestions](#).

Random [acts](#) of kindness to practice as a family

## SOCIAL EMOTIONAL MONTHLY THEMES FOR THE 2020-21 SCHOOL YEAR

**September:**  
Hispanic Heritage

**October:**  
Hispanic Heritage  
Bullying Awareness  
Internet Safety  
Child Abuse prevention/personal safety

**November:**  
National Native American Heritage Month  
Gratitude/Kindness Month

**December:**  
Tolerance, Religious Diversity and Acceptance

**January:**  
Tolerance, Religious Diversity and Acceptance  
College Readiness

**February:**  
Respect for All Month  
Black History Month

**March:**  
Women's History Month

**April:**  
Earth Month--Environmental Awareness  
Autism Awareness  
Youth Homelessness Matters Day

**May:**  
Jewish American Heritage Month  
National Asian American and Pacific Islander Heritage Month  
Career Awareness/Career Day

**June:**  
Juneteenth  
LGBTQ Awareness Month