

# Monthly Newsletter

February 24, 2021 Issue 1

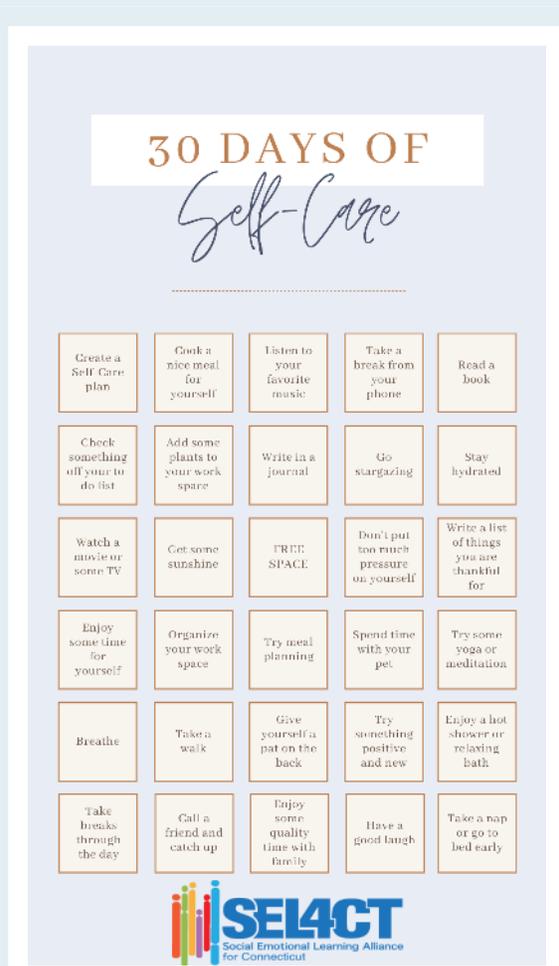
*In this Issue...*

*Self-Care Challenge  
Virtual Brown Bags  
SEL & Equity*

*Advocacy Update  
Gratitude Minute  
Seeking Helpers*

*Celebrate SEL Day 2021*

## Win \$50 for Self-Care: SEL & Self-Care Challenge



**30 DAYS OF**  
*Self-Care*

Create a Self-Care plan	Cook a nice meal for yourself	Listen to your favorite music	Take a break from your phone	Read a book
Check something off your to-do list	Add some plants to your work space	Write in a journal	Go stargazing	Stay hydrated
Watch a movie or some TV	Get some sunshine	FREE SPACE	Don't put too much pressure on yourself	Write a list of things you are thankful for
Enjoy some time for yourself	Organize your work space	Try meal planning	Spend time with your pet	Try some yoga or meditation
Breathe	Take a walk	Give yourself a pat on the back	Try something positive and new	Enjoy a hot shower or relaxing bath
Take breaks through the day	Call a friend and catch up	Enjoy some quality time with family	Have a good laugh	Take a nap or go to bed early



We've been talking a lot about self-care which, as you know, is such an important topic, especially for SEL workers. As we all know it becomes difficult to help others when we are feeling run down ourselves. Between a pandemic and being stuck indoors due to the winter weather, self-care is more important than ever before. Remember that you cannot pour from an empty cup, taking care of yourself helps you to take care of others. Due to the importance of this topic, we have dedicated a full month to it. Looking for tips and tricks? For resources and ideas for self-care please check out our featured topic menu below and check out the links!

Looking to stay inspired to keep at it? Join our [Self-Care Bingo Challenge!](#) Click here to check out how to participate, download your own self-care bingo card, and find out how you can win \$50 in gift cards to a vendor of your choice for keeping up your self-care practices.



You can get a card just like this or one of 5 different other [cards](#) and [all the challenge rules](#) on our blog page.

## What's New?

### Virtual Brown Bag Community Lunches

It's been almost a year since the pandemic hit, demanding that we all alter course midstream. In our effort to create space supporting SEL discussion we have offered Brown Bag Lunches, with SEL4CT community special guest members including: Scarlett Lewis, Founder of Jesse Lewis Choose Love Movement; Robin Fox and Eileen Melody from Social Eyes; and Dr. Sandee McClowry from Insights Intervention. Giving an opportunity to learn more about some of the practitioners and curriculum builders in the field.

These Virtual Brown Bag Lunch meetings have also provided opportunities to connect around the topics without a presenting guest. Our most recent two lunches were centered around the topic of self-care. They offered open discussion from all levels across the field featuring no designated expert and lots of general idea sharing.

These Virtual Brown Bag lunches have since shifted from a monthly set date to a snow day date. So please keep your eyes open for an invite on our next snow day! We'll be discussing [promoting self-care with kids](#). And if you have a suggestion about what to discuss in the future, please send an email to us at [info@sel4ct.org](mailto:info@sel4ct.org)

[Brown Bag Lunch #5  
Building A Culture of Self-Care](#)

[Brown Bag Lunch #4 Self-Care Tips and Practice Share](#)

[Brown Bag Lunch #3  
Insights Intervention](#)

[Brown Bag Lunch #2  
SocialEyes](#)

[Brown Bag Lunch #1  
Choose Love](#)



## SEL, Equity and Anti-Racism

CASEL [recently updated their definition of SEL to include equity](#). How does that impact the work that you are doing? Are you participating in expanding equity efforts in your work? SEL4CT is looking to take our next steps in this work and would love to hear more about your efforts. Please send us an email so we can set up some time to discuss further at [info@sel4ct.org](mailto:info@sel4ct.org).



Are you looking for resources to support your efforts or perhaps expand further into equity work? [Please take a look at our SEL & Equity resources page](#). Is there something we should include, or have missed? Please send us an email and let us know!

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## Advocacy Update

The 2021 legislative session is underway and SEL4CT is tracking [House Bill 5227](#), "An Act Implementing the Recommendations of the Social Emotional Collaborative and School Climate Task Force." The bill has been referred to the Education Committee and we will continue to track its progress. Keep an eye on our [website for updates!](#)



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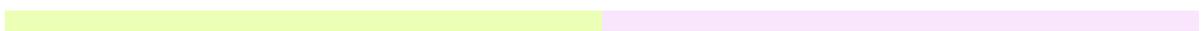
## International SEL Day is Friday, March 26, 2021

**#SELday**



**International SEL Day is Friday, March 26** this year and we cannot wait! **We are hosting a twitter chat about SEL in Connecticut that day and would love to have your participation!** [Register here to be sure to be alerted with all the details as soon as they are available.](#)

If you are unfamiliar with SEL Day, it is a day to showcase, promote, advocate, and all around support SEL in our communities. SEL Day brings SEL professionals like you together to raise awareness of SEL to those who either do not know about it or do not know how to incorporate it into their schools, organizations, and communities. If you want to host your OWN event to show off all the great work your organization has been doing or just spread the word about SEL visit [www.selday.org](http://www.selday.org) to sign up and join in!



## Gratitude Minute

We'd like to take a moment to introduce Michaella Pontacoloni who has been volunteering with SEL4CT. As a recent December graduate familiar with SEL, we are lucky to get Michaella's help with our work! This newsletter would not be happening without her help. Thank you for all your time, effort, and work, Michaella!

### A word from Michaella:

Hi! I'm Michaella. I am the newest volunteer with SEL4CT. I have my Bachelor degree in Psychology and am planning to attend SCSU in the fall to begin my MSW in conjunction with a Masters in Women & Gender Studies. In the past, I have worked in the public school systems. As part of that work I saw a great need for Social and Emotional Learning, especially in the face of a pandemic where we are isolated more than ever before. It was then that I realized how much we needed to promote SEL to our community as a whole.

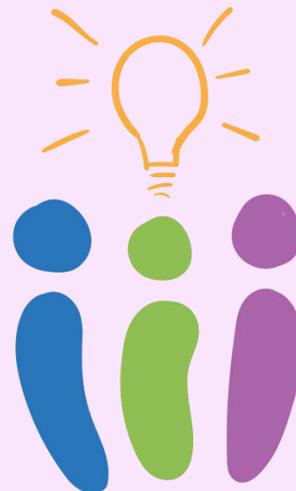


## Promote The Work

Are you feeling the need to share and connect? Do you have a perspective, opportunity, or new information to share, something you think we should be talking about? Well we want to hear from you! Tell us about it so we can share it and spread the word.

**We are looking for guest blog writers, passionate committee members, enthusiastic novices and generally interested folks to join us** as we do the work to share the word about SEL with children of all ages looking to learn, practice and share the social emotional skills needed to thrive.

Have an event you'd like us to promote? A method you'd like to discuss, a perspective we should all hear, or a resource we should all see? Please reach out! [info@sel4ct.org](mailto:info@sel4ct.org)



**SEL4CT**

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Michelle

| Khadija

SEL4CT, the Social Emotional Learning Alliance for Connecticut, is powered by the Connecticut After School Network.

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