

Monthly Newsletter

June 30, 2021 Issue 3

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Let's Celebrate!

As school ends and summer begins it provides a great time and reason to celebrate with others! Between graduations, summer holidays, warm weather, and so much more there are so many reasons to celebrate - but did you know that it is also important for SEL and your emotional/mental health to celebrate? According to [Psychology Today](#), celebrations of any size are great to motivate us, keep our spirits high in times of stress and fatigue, and allow us to be mindful of our accomplishments no matter how small. However celebrations are not just important for the big stuff, but they're also a great way to help get us through the work week. Savoring the little things in life helps to better almost all areas of our lives and allows us to better ourselves for future tasks - for more tips on how to savor the little things check out this great article [here](#).

For more information on the importance of celebrations and for some great ideas please check out our full blog post [here](#).

Happy Pride Month!



June is LGBTQ+ Pride Month, and we at SEL4CT would like to celebrate those who claim this identity. In SEL work we interact with many types of people and it is important to remember that everyone should be proud of who they are and we need to accept them for who they are, no matter how different they might be from ourselves. In honor of this month we have put together some resources for both LGBTQ+ individuals, parents & guardians of LGBTQ+ and questioning youth, and LGBTQ+ couples found [here](#).

Please remember to be kind to yourself and others; love is love and no one can take that away from you!

Happy Pride Month, be proud, be you!

Graduation Time!



It's that time of year again, when children are graduating from preschool, sixth and fifth graders are moving on to middle school, seniors are graduating high school, and college students are celebrating the end of their last semester. It is a wonderful time of the year marked in success, celebration, and sometimes tears. Graduation celebrations are important for all ages too as they help mark a major milestone in their lives and they allow others to celebrate the success of the student. [Here](#) is a great article about the importance of celebrating preschool graduation and how to incorporate education-fun in their graduation. For more information on the importance of celebrating a graduation of any size and some tips for college freshmen please check out our full article [here](#).

With all of that in mind we would like to congratulate all graduating students, no matter their age or grade level! Celebrate this wonderful accomplishment and milestone.

Congratulations!!

Summer Camp

Ah, school has ended and summer begins; for many this means kids are off to camp. However, to many misconceptions summer camps and afterschool programs are not just fun and games - in fact they are an important part of social emotional learning. There are many important SEL skills taught in camp, and some of these skills are important in building a successful future. One very important skill that camp teaches is how to build relationships and community with individuals that they may have just met as seen in this [article](#) by the National Afterschool Association. According to the ACA in their article, [Camp as a Springboard: Three Camp Characteristics Applicable to Any Career](#), camps also help teach youth how to adapt and creatively solve problems - which we can see in many rope courses and other fun camp activities.

For more information on the inclusion of SEL in summer camps and some great resources for parents, guardians, and education staff please check out our full blog post [here](#).

Self-Care Check-In

As the school year comes to an end and the weather gets warmer, you might be feeling a bit more stressed than before. It is completely normal to feel a little extra stress this time of year as we all cannot wait for warm weather and more sunshine! However, it is a great time to do a self-check-in and practice some self-care. If you took part in our [Self-Care Bingo Challenge](#) we would still love to hear from you and see your completed bingo cards, maybe your self-care stories will help someone else!

Self-Care Resources

[A Quick Self Care Resource Round Up](#)

[Self-Care Challenge Follow Up](#)

[Mental Health Awareness Month](#)

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.

Are you looking for resources to support your efforts or perhaps expand further into equity work? Check out our [resource page](#) and [blog posts](#). We're adding content as we learn about it. Is there something we should include, or have missed? Is your organization doing this work? Please send us an email and let us know!

SEL Day 2022 Committee

#SELday



Do you think it is important to spread awareness about SEL? Do you have some free time that you would like to fill with SEL advocacy? Then we have the perfect opportunity for you! We are looking to add new members to the SEL Day committee to prepare for SEL Day 2022 and to spread the word about SEL. These committee positions are flexible and voluntary, if you have any ideas on how to increase awareness of SEL Day and SEL in general please reach out to info@sel4ct.org.

Gratitude Minute: The CT After School Network

For our gratitude minute this month we would like to do a huge shoutout to those that work at the CT After School Network for taking part in our self-care challenge. They stepped up to the plate to share how they practice self-care and even sent in a few

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

pictures of their self-care activities. If you are interested in reading their stories please see the full post [here](#).

Gratitude Reminder

This month we would like to remind everyone to thank some important people in our lives. As we reach the end of this month we hope that you take a minute to personally thank the [mothers](#), [fathers](#), guardians, educators, nurses, and all other essential people in our lives.

Gratitude Resources

[Gratitude Germination Challenge](#)
[The Importance of Gratitude in SEL](#)
[Mindful Appreciation](#)



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



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