

# +SEL DAY

**FRIDAY, MARCH 8, 2024**

**WEAR DEWEY GEAR or DEWEY COLORS** (*Rep Dewey, a club, a team, etc.*) throughout the week, **BUT DEFINITELY ON FRIDAY!**

Throughout SEL week, Mr. Glick and Mr. Torres will be sharing a menu of SEL lessons for teachers to choose from to work on with their students.

Ongoing arts and crafts lessons that incorporate mindfulness and SEL practices will be taking place on Friday in Dewey's Makerspace (Library) with Ms. Costello.

SEAL student leaders will be pushing into classes to do outreach lessons with their peers. SEAL is all about teamwork, kindness, and wellness and our SEAL student leaders are **AMAZING!** Shout out to Mr. Pagano, Mr. Torres, and Mr. Glick!

*Ms. Elizabeth will be pushing into classes to do lessons that include Social Emotional and SAPIS forward topics.*

*Ms. Ponce has put together Mindfulness Minute Sessions to do over the PA system at the beginning of a few periods on SEL DAY!*

*Mr. Butler and Ms. Brianna created an SEL playlist for passing between periods throughout SEL DAY.*

*Our Podcast (media team), along with Mr. Butler, COSA, Mr. Inoa's Journalism Class, and Mr. Pagano's SEAL students, will be recording discussions about Social Emotional Learning Classes and Clubs and how they have been extremely effective at JDHS.*

*Assistant Principal Barbie Frias was interviewed by a student from our JDHS Journalism Class about RFA and SEL. Ms. Frias discussed the numerous SEL programs and classes JDHS has and how important they are to ensure our students have access to clubs, classes, and more to continue the journey of wellness and social emotional learning.*

*Mr. Joel and Ms. Brianna's music/band club will be playing music at dismissal in the foyer area as students leave school on SEL DAY. They will begin at 2:30 pm to avoid any academic interruptions.*