

Social & Emotional Learning Interventionist Newsletter

Happy Spring! As the sunlight begins to nourish us with vitamin D, as the grass gets greener and the birds begin their morning song, let's all take a moment to mirror the movement of winter to spring—death to life—in our own lives. What habits or mind sets is it time to let go of? And what new benefits or ways of seeing will that letting go bring into your life? The cycles of nature are powerful. Let's join Mother Nature in her process of ridding out the old and bringing in the new.



ACT Card is a new Troy School District initiative that supports the social, emotional and physical wellbe-



ing of all secondary students. For students concerned about themselves or others, this card provides concrete avenues of help, ranging from a crisis text line to identifying trusted adults. Ask your student about the card if you haven't seen it already!

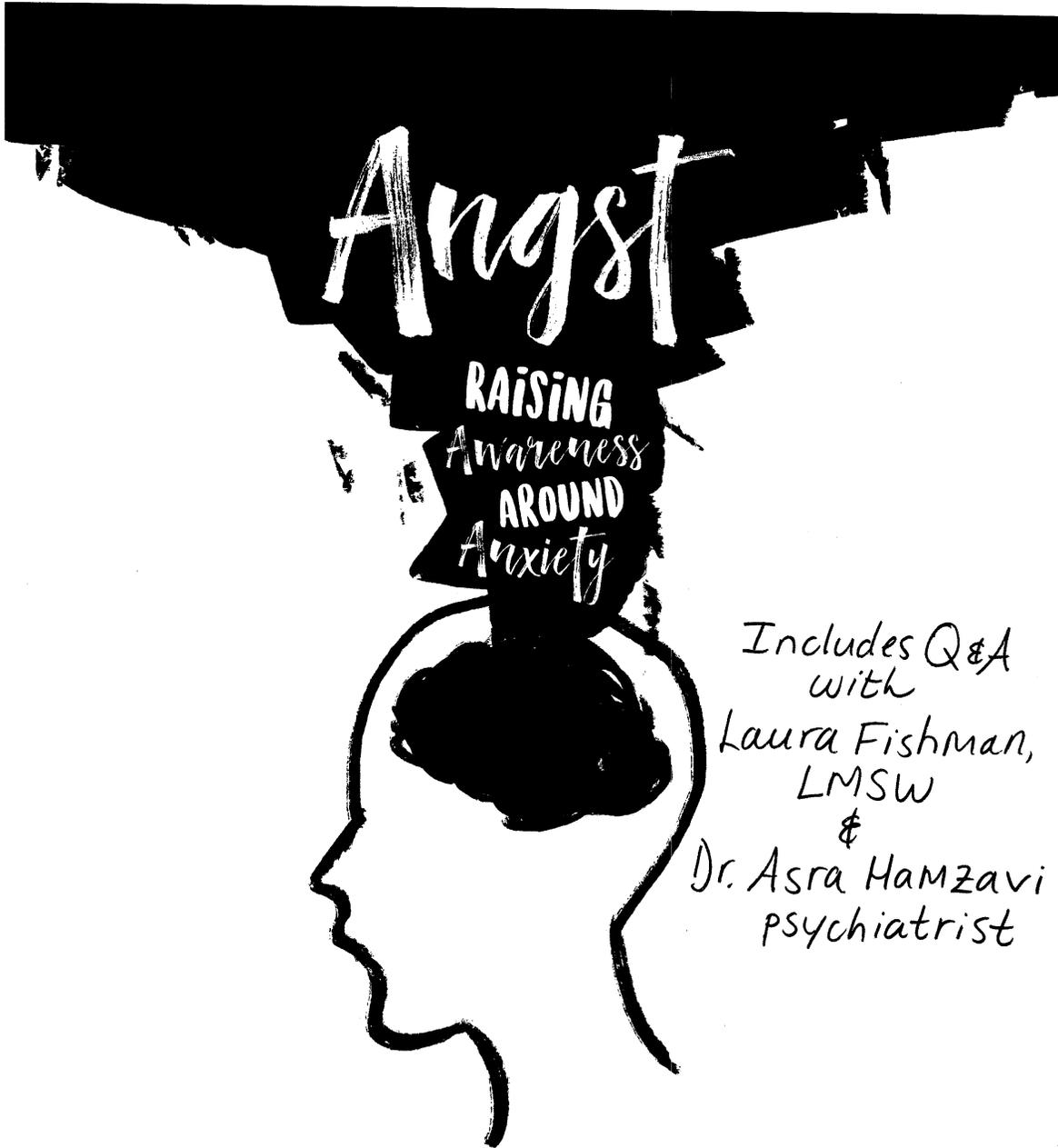
HEALTH CLASS: I am grateful to Health teachers Mrs. Noble and Ms. Danhoff for inviting me to be a guest speaker. During all six classes, students drove the conversation toward their social media experiences. Some students spoke about how fun it is, seeing faraway friends who might be nearby on Snap Map, for example. Other students bravely discussed the difficulty of seeing “perfection” in other people’s Instagram feeds. We discussed how “comparison is the thief of joy” and said we’d try to not compare ourselves as much. Someone



in each class explained that it is much easier to be mean to someone on social media than in real life—when that other person is standing and breathing in front of you. One surprise: every class had at least three to five kids who *were not* on social media. I was struck by how engaged just about each and every student was during this discussion. It was apparent to me that students want to talk openly about their social media experiences: the good, the bad and the ugly.

Mark your calendars! Thursday, April 12th from 7:00-9:00pm

Angst movie is 56 minutes, followed by a panel discussion with experts in the field.



DATE Thursday,
April 12th

TIME
7:00-9:00 pm

LOCATION
Troy High School

IndieFlix  INDIEFLIX
FOUNDATION

ANGSTMVIE.COM

Ages 10 & up welcome!