

Happy Valentine's Day !

February 14, 2020

Welcome to our inaugural newsletter from the Academy for Social Emotional Learning in Schools. Each month you will be receiving a newsletter, as well as bi-weekly updates from The Academy. Keep your eye out for the subject line: [SEL Academy Updates](#).

We also want to take this opportunity to thank you for your continued engagement with the program and extend our gratitude to those of you who participated in our focus groups and interviews, or for those who completed a survey for us! Your feedback will be utilized as part of our continuous improvement efforts.

If you have not received a request to participate in a focus group, interview, or survey, don't worry! We will be reaching out to everyone over the next few months to get your input about the Academy :-)

Some of the initial feedback we received is that Academy participants and alumni want MORE SEL resources. Luckily, here at the Academy, we have plenty to share! Therefore, starting this week we will be sharing resources, both new and from our archives.



In the essence of Valentine's Day, we ask you to think of ways we can be kind to ourselves and those we serve. We encourage you to engage in acts of kindness, both big and small, keeping in mind the moral of Aesop's Lion and the Mouse, that "No act of kindness, no matter how small, is ever wasted." This week, sticking with the theme of Valentine's Day, we are focusing on Kindness. We have included an Edutopia article on Kindness to be shared with your students, colleagues, and loved ones. The article, "[Simple Ways to Encourage Kindness in Students of All Ages](#)," has ideas to help you bring these skills into your life and work. Some of the sample activities, such as making bookmarks, flyers, and a bingo card, can bring both planned and random gestures of kindness and generosity to classrooms.

We are thrilled to share this newsletter and see what the future may bring. Stay tuned for more resources, updates, and information about International SEL Day (March 27th).

Warm regards,

The Academy for SEL in Schools

Click below to read the Edutopia article!

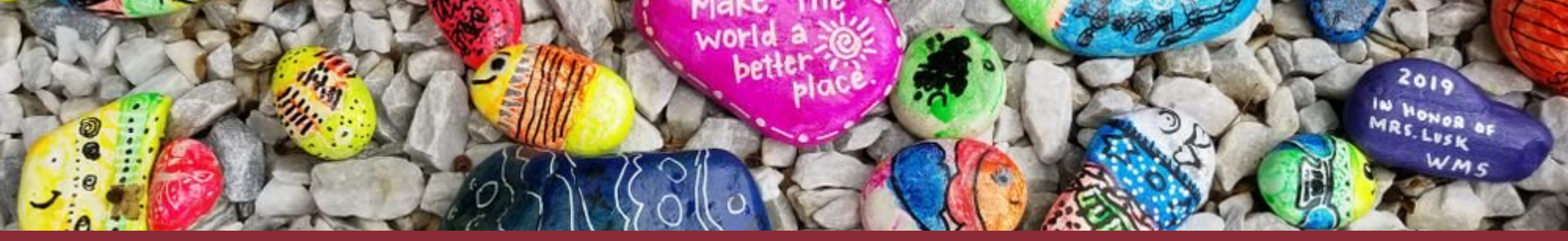
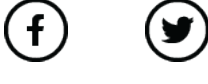


[Simple Ways to Encourage](#)

[Kindness in Students of All Ages](#)

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