



June 4, 2024

Dear Parents,

We just completed our 2023-2024 school year! I just wanted to let you know how much I have enjoyed getting to know your students. When I visit classrooms or visit with students during social skills groups or individually, I share with them what science is telling us about how we can increase our feelings of happiness and sense of wellbeing. I want to share some of that science and research with you, so you can continue to reinforce these important principles at home. There are skills and habits that can increase our children's ability to manage tricky situations, problem solve, and regulate their emotions, and there are habits and practices that can make that more difficult for them.

In each classroom this year we taught a course on Bullying Prevention. Your students were able to learn how to recognize when they see bullying and to learn ideas of what to do when and if that happens. They also came to understand the differences between assertive, aggressive, and passive communication styles.

Each day your students were able to watch a video segment from our "Move This World Social Learning Platform" in their classrooms. They learned ways to calm themselves when they get upset or experience strong emotions. You may review what your children have been learning at the following link which is available through June 30. <https://sel.movethisworld.com/d2l/home/6764>

This year our sixth-grade students were taught social skills and social emotional principles in their classroom using the "Riding the Waves Curriculum" to help prepare them for their transition to middle school. They learned how to approach others when they have conflicts with them and what to do when they are having strong negative emotions and/or significant anxiety.

If you have concerns about your child's mental health and feel they may need help managing their emotions and/or dealing with anxiety or depression, Jordan School District has so many ways to help. They have a health and wellness website that has a provider spreadsheet of local agencies you may consider using along with information about what insurances they take and what their specialties are. You will learn much about their many resources by visiting this website. They can often help when you are experiencing a barrier to needed mental health support. <https://wellness.jordandistrict.org/>

Another thing we have worked on this year is our attendance. Current research shows us that when students don't attend regularly, it negatively affects their academic learning in major ways and increases their anxiety. I was impressed with the following initiatives and supports the Federal Government is providing to help schools increase rates of attendance. <https://www.whitehouse.gov/briefing-room/statements-releases/2024/05/15/fact-sheet-biden-harris-administration-announces-new-actions-and-resources-for-increasing-student-attendance-and-engagement-as-part-of-the-white-house-every-day-counts-summit/>

The Surgeon General has launched a campaign to let parents know about the dangers of spending too much time on social media. Just as they warned us of the dangers of smoking, they are now warning us about the negative impact of social media on our students and our own mental health. Here is a link to the government website that has information about what you can do as parents to protect your children from these harmful effects and the research behind it.

<https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

One of the things that I did with my children each summer was to get them a workbook that included fun activities that reinforced all the things they learned during the school year. I had them work in their workbook for just a few minutes each day during the summer. These books have instructions and can help your students learn skills they might have missed so that they can be more prepared for the next grade in school. Also, summer is a wonderful time to have your students memorize their multiplication facts if they are in our upper grades. If they are struggling with multiplication and/or division, this can make a significant difference. Also make sure they can add and subtract with ease. Flash cards can help you with this as well. And don't forget to have your children read with you! <https://www.prodigygame.com/main-en/blog/how-to-teach-multiplication/>

Our Jordan Family Education Center is open during the summer for counseling services and parents now have free access to parent support and strategies online.

<https://guidance.jordandistrict.org/jfec/>

Never has there been a more challenging time to be a child and never has there been a more challenging time to be a parent, but never have we had so much science and so many resources to help. You are not alone. <https://wellness.jordandistrict.org/wp-content/uploads/sites/19/Jordan-UT-Youre-not-Alone.png>

Don't forget to keep a healthy lifestyle balance during the summer. Good sleep is essential to good health and the regulation of our emotions. Here is a link to an article that explains why, with added links to helpful information. <https://newsinhealth.nih.gov/2022/10/kids-sleep-linked-brain-health>  
One terrific way to get lots of exercise is to contact Salt Lake County Recreation for your child's free recreation pass! <https://slco.org/parks-recreation/Media/my-county-rec-pass/>

Have a wonderful, productive, and safe summer and we will see you next year.

Sincerely,

Vicki Robinson LCSW, School Social Worker

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