Mrs. J's Mindful Matters

November

Relationship Skills

The CASEL Compentency for November is: **Relationship Skills**.
CASEL defines this as, "The ability to establish and maintain healthy and supportive relationships". When we focus on this specific competency we are increasing our capacity to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively."

Your students are learning helpful tools for resolving conflict such as the use of "I Feel Messages". This month we will spend some additional time learning strategies that foster healthy relationships with others focusing on active listening and problem solving.

Finally as we enter the hectic holiday season, if there are supports I can provide for your student and family, I would love to hear from you!

For any other questions or concerns please contact me at:
talva@kyrene.org
480-541-3623
Referral

Resources

Are you looking for parenting resources to help you navigate the, sometimes tricky, journey into adolescence? Check out these two books:

"Under Pressure" by Lisa Damour

"Decoding Boys" by Cara Natterson.

Additional Resources

Kyrene Positive Parenting Series: The Developing Brain-Middle School Dec 1

St. Mary's Turkey Distribution : St. Mary's will be able to provide a Thanksgiving Meal to your family if needed.

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