



Mrs. J's Mindful Matters

Responsible Decision-Making

In preparation for Arizona State Testing, the month of March is devoted to the CASEL Competency of Responsible Decision Making. While not all our Manitas students will be taking this standardized testing, all students will benefit from solution-focused strategies to manage conflict and stress.

The competency of Responsible Decision-Making focuses on our student's abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. Specifically, our Manitas students will be exploring solutions for personal and social problems.

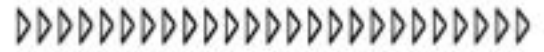
Manitas 4th-7th graders will be looking at solutions to manage stress as it relates to test preparation and testing in general. Our KG-3rd graders are learning solutions for managing peer conflict by using responsible, kind words during conflict.

For any other questions or concerns please contact me at:

talva@kyrene.org

480-541-3623

March




Resources


Help your student prepare for State Testing by making a plan!

MY PLAN FOR TEST SUCCESS


The night before the test, I will go to bed at _____




On the day of the test, I will get up at _____



I will eat breakfast at _____ (circle one) home or school, and I will have _____



I will get to school by _____ (circle one) walking, riding the bus, or riding in the car, and I will arrive by _____



Before the test, I will take a deep breath and tell myself: _____

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Resources

Kyrene Family Resource Center

The FRC is a great support to families in our school community. You can receive food boxes, clothing, hygiene products & more. Visit the Kyrene FRC website for more information.

