Social Emotional Learning Newsletter

ISSUE NO.20, MONDAY 15TH MARCH 2021

PRINCIPALS CORNER

'Information does not bring transformation, conversion does." – Dr. Myles Munroe.

Dear Art and Design community,

As the quote above suggests, if you don't convert the social emotional tools into intentional daily use, you will not benefit from them. It is my goal, to support you with improving your quality of life and wellbeing through academic AND social emotional learning. **In the video below,** Dr. Huberman explains that the body's nervous system has mechanisms or "levers" built in to help us reduce stress in real time. These levers are hardwired into our system so that in a time of stress, we can use our breath to combat it.

Dr. Huberman recommends different types of breathing depending on the type of stress you are experiencing:

- If you are experiencing excessive exhaustion, fatigue, lack of energy and feelings of overwhelm, **EMPHASIZE INHALING** – inhale longer and more vigorously and exhale shorter and less vigorously. This will assist you in becoming more alert.(Practice 2-3 times in a row).

- If you are experiencing hyper-alertness, agitation or anxiousness, **EMPHASIZE EXHALING** – exhale longer and more vigorously and inhale shorter and less vigorously. This will assist you in becoming more relaxed. Use the "physiological sigh" technique. (Practice 2-3 times in a row).

The more that we practice these methods, the more that they will become automated. This will improve our ability to reduce stress and increase our sense of wellbeing in the moment. Teachers, students, staff and parents **please click on the video below** to learn more.

Sincerely,
Principal Maximillian Re-Sugiura

Video credit: https://lewishowes.com/podcast

WELLNESS IN ACTION

Yoga Nidra is a is a guided meditative practice that has been proven to be effective in stimulating relaxation and restoration of the body. When developing a practice, it is important to find a voice and accent that you experience as calming. Yoga Nidra meditations can be found on YouTube or apps like Insight Timer. Please click the following link to experience a 10-min Yoga Nidra: **https://youtu.be/M0u9GST_j3s**

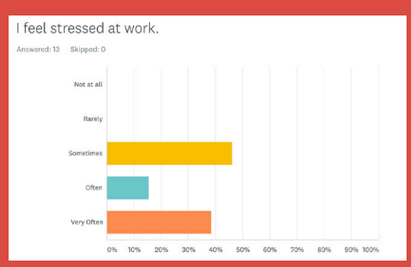
Click below for 5 exercises that students can do every day to refocus and re-energize:

MEDITATION MINUTE

Breathing techniques can be used in meditation to relieve stress and bring balance. Find a quiet spot and take some easy breaths in through your nose and out thorough your mouth. **While we watch the video above,** let's practice one technique called box breathing which helps to calm the nervous system. Inhale for a count of 4, hold your breath for a count of 4, exhale for a count of 4, at the end of the exhale wait for a count of 4, and then repeat the process. This is a deep breathing practice and the "4 count" is at your own pace and ability. Tune in to how you feel.

TEACHERS CORNER:

Last week we asked teachers to complete a Teacher Burn Out Survey. The visual to the right shows the answer to the question about how stressed teachers feel during the day at work. You still have the opportunity to complete the anonymous survey by clicking **here**. The results of the survey will inform the creation of a structures to prevent or reverse burn out for the teaching staff. **Click here to read the 5 Actions That You Can Take Every Day to Reduce Stress:**



GUIDANCE CORNER

We are stronger together. This month we are launching a new "COPING with COVID" group. We will have a group for parents and a separate group for students. Both groups will be led by our Master Social Work intern Brooke Reynolds. Parents and students who are interested in attending, please email the address below with your name, contact number and your preferred time and day of the week and Brooke will reach out to you with more details. **Email: breynolds@artanddesignhs.org**

Click to View Flyer

PARENTS CORNER:

Commitment-Focused Parenting

This talk by Yuko Munakata, defines parenting as "complex and difficult to predict". In her very passionate TedTalk she appeals to parents to "stop blaming yourself ..you are not in control of your child's path. **You have influence but you are not in control**." Her talk allows parents to stop judging themselves based on how your child is or isn't. She emphasizes the importance of parenting in the "here and now" and loving your child one (im)perfect moment at a time. **Please click below to view the talk.**