



Dear Parents/Guardians:

As we begin this school year, Social Emotional Learning (SEL) is needed now, more than ever, to address the needs of the whole child. SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. SEL lays the groundwork for a lifetime of healthy relationships, responsible citizenship and flourishing.

SEL has been proven to increase grades, attendance, and focus, while reducing aggression, anxiety, substance abuse, and other issues. The program we have adopted, Choose Love for Schools, plays an important role in promoting students' social and emotional well-being and academic and personal success. It also enhances our classroom and school climate, making it a place where students are safe, compassionate, courageous, connected, and able to thrive. Here is a brief introductory video with information about SEL and the Choose Love Program: <https://youtu.be/ygUYh1ho8c>

The Choose Love for Schools Program is the most comprehensive curriculum that supports, nurtures, and fosters the whole child. Students will learn skills and tools they will use throughout their lives to be honest, trustworthy, caring and compassionate, self-disciplined, intellectually curious, fair and respectful.

Students learn how to thoughtfully respond by choosing love. The program's foundation is a formula: Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. We use courage daily to choose love over fear. Practicing gratitude helps us focus on what we have. Forgiveness is the key to healthy relationships and compassion in action help us connect with and help others.

We hope you will share in this journey with your children, asking questions about what they have learned and enjoying the benefits of the program as well. Please check out the Choose Love At Home Program for families and caregivers. You can learn alongside your children and incorporate these skills and tools to promote Social and Emotional Learning in your home, and even within yourself!

<https://chooselovemovement.org/home/>

Thank you for your continued support in helping promote your child's academic, social, emotional, and personal well-being. We are looking forward to working together with you as we help our children grow into healthy, happy, successful individuals with the tools and skills to make their positive mark on the world!

Choosing Love,

Garrett Lavallee
Principal & Special Education Director