



Quarter 1 2024-2025 Newsletter

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A message from Ms. Wells:

Welcome to the new school year!

We are excited to share our new social emotional curriculum with you. We are learning more about how to access our brain's cortex, while learning more about our nervous systems and why we feel the way we feel in a variety of settings and situations. The more we know on how to regulate and anchor ourselves emotionally, the more we can access the cortex of our brain, which will allow us to focus, pay attention, and hold the potential for a strong working memory.



A message from Ms. Leebold:

We had our first successful Fire Drill. All students did a great job navigating new exits quickly and quietly. We will continue to practice this and other safety drills throughout the year to ensure the safety of your student.

We have completed our Fall round of MAP testing. Your student took test in Reading, Math, and Language Arts. Winter testing will take place in January. After the Winter round of the same test, we can see your student's growth and areas of need. Thank you for encouraging them to do their best. It is really a measure of their individual growth and academic journey.

Student Support/Family Liaison Reminders:

Just a friendly reminder, first block starts at 7:50 am. It's important to be in the building by this time. Coming in late disrupts the classroom environment. Also, if students are ill, please call the school and inform Mrs. Ayo that they will not be in attendance.



Social and Emotional Learning (SEL) is the process of developing and using social-emotional skills to:

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible and educated decisions

SEL is one of the key competencies which students need to be successful and a core component of the College, Career and Life Readiness Framework. This research-backed model helps educators drive student engagement and better outcomes through a purposeful approach, and it helps students meet their full potential and enjoy long-term success after high school.

Social-emotional skills are essential for students' success in school and in life.

During the middle and high school years, in particular, students are challenged with a myriad of complex situations and changes. SEL helps students get to know themselves as individuals during this pivotal time in their lives. This self-awareness leads to a deeper understanding of their strengths and weaknesses and their likes and dislikes. It also creates a healthy foundation to set and meet goals, foster positive relationships, and make responsible choices. Social-emotional programs increase students' resilience and grit. SEL skill development has been proven to help students more effectively cope with stress, solve problems, and avoid peer pressure.

From an academic perspective, students with stronger social-emotional skills are more ready to learn and motivated to achieve success. They are less likely to be thrown off course during times of transition, such as the change from middle school to high school or high school to college.



BACK TO SCHOOL TIPS FOR PARENTS



THE BEGINNING OF A NEW SCHOOL YEAR BRINGS EXCITEMENT AND CHALLENGES FOR BOTH PARENTS AND CHILDREN. HERE ARE SOME TIPS TO PRIORITIZE YOUR CHILD'S WELL-BEING.



- **Establish Routines:** Create a consistent daily routine that includes wake-up, meals, homework, play, and bedtime. Predictable routines can help kids feel more secure and reduce anxiety.
- **Set Realistic Expectations:** Celebrate your child's successes, no matter how small. Offer encouragement and support when they face challenges. Recognize that each child's needs and abilities are unique. Be in tune with the individual needs of each child.
- **Model:** Your children are always watching you. Try to model healthy responses to disappointment, anxiety, and many other emotions. Remember that your non-verbal cues and actions can speak louder than words.
- **Active Listening:** When your child talks to you about their day, stop what you are doing (put down your phone) face your child, and listen attentively. There is no better way to show them that their thoughts and feelings are valued.
- **Validate. Validate. Validate:** Before offering your opinion or guidance, always validate your child's feelings first. ex: "I understand how that must have made you feel," or "that sounds really hard."
- **Healthy Lifestyle:** Children function best when their basic needs are being met. Ensure your child gets enough sleep, eats balanced and nutritious meals, engages in regular physical activity and set limits for screen time.

