

# March

## Mental Health Team Resource Flyer

This month's edition highlights:

Women's History Month



Social Emotional Learning Day

### What is Social Emotional Learning (SEL) Day

**SEL Day** is a global, grassroots campaign for social-emotional learning to support children's academic recovery, mental health, and well-being. Since its inception in 2020, #SELday has reached over 40 million views.

In 2023, over 4,000 SEL champions representing all 50 U.S. states and 87 countries made 11,000 commitments to showcase, promote, advocate, and support SEL. Advocacy efforts have resulted in SEL Day proclamations in fifteen states, a letter of support from the White House, and a bipartisan resolution for SEL Week introduced in the Senate.

See next page for SEL coping strategies flyer

### History of Women's History Month

The first National Woman's History Day took place on February 28, 1909, in New York City. It commemorated the one-year anniversary of the 15,000 women who marched in the garment workers' strikes.

Educators in Santa Rosa, CA, first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society.

In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week. According to Carter, "too often the women were unsung, and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America was as vital as that of the men whose names we know so well."

The week-long event officially became a month-long one in 1987 when Congress passed a resolution designating March as Women's History Month. Women's History Month has been celebrated in the United States every March since.

### Book Nook

There are a wide variety of books you can share with your student to encourage learning more about inspirational girls and women of the past and present. Here are a few:



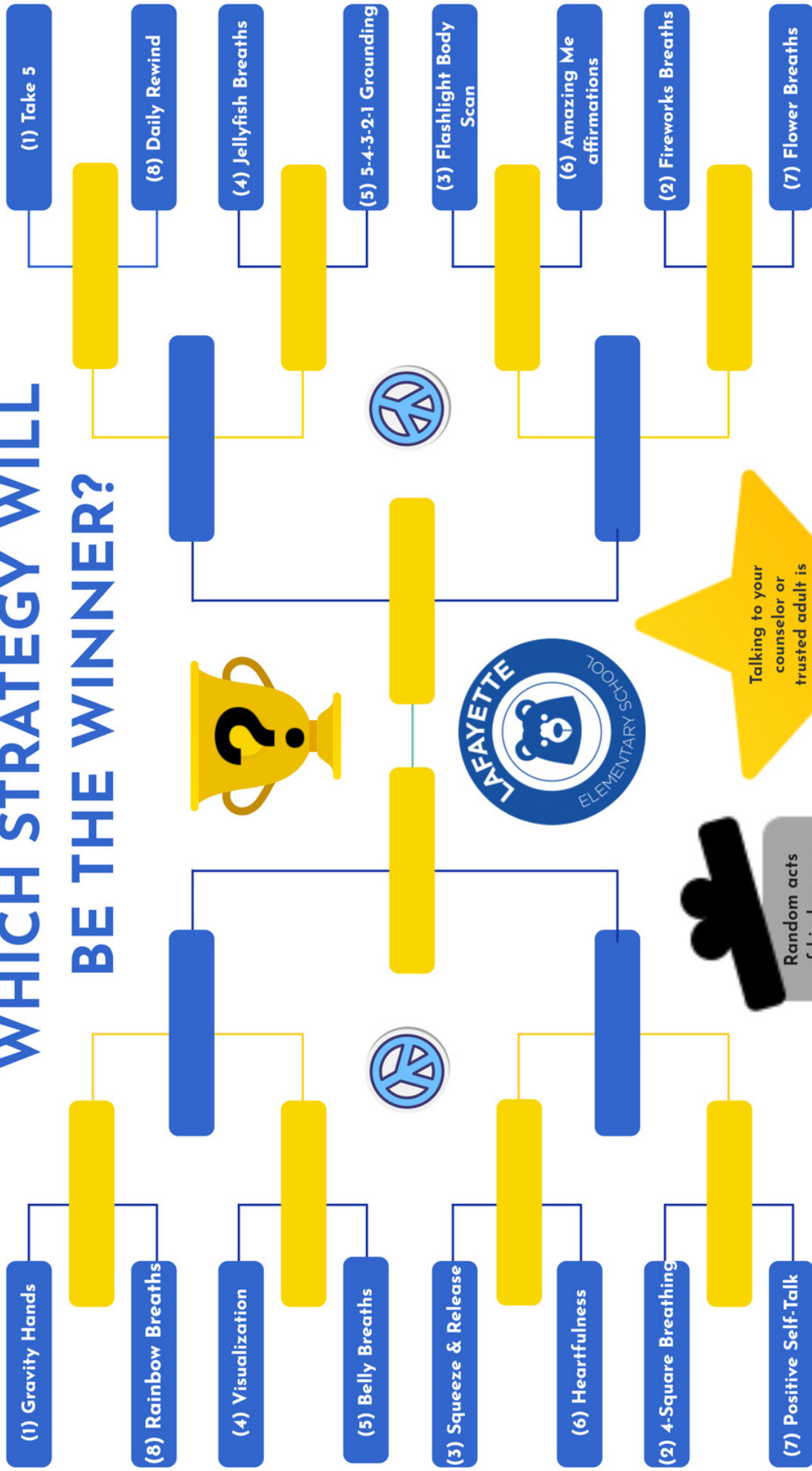
You can access these and other videos through your student's BrainPop account via Clever


### Ways to Honor This Month

- Explore [biographies](#) of important women throughout history.
- Explore the [history](#) of how Women's History Day became a monthlong celebration.
- Explore a few [videos](#) that can provide an easy way to engage your student in learning more about Women's History Month.
- Explore Women's History and spark conversation through [art in DC!](#)
- Take the opportunity to tie [SEL activities](#) into celebrating Women's History Month

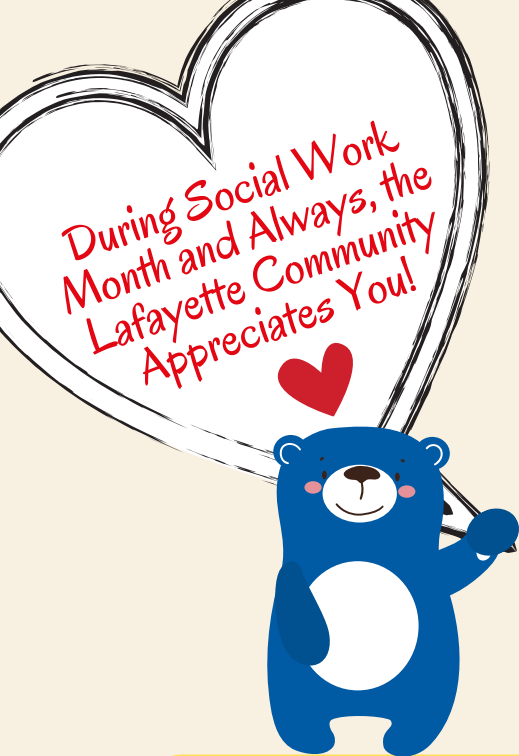


# WHICH STRATEGY WILL BE THE WINNER?



2024 MARCH MINDFULNESS TOURNAMENT





# 2023-2024 Mental Health Team

## School Psychologist

We are actively working to fill our open School Psychologist position



## School Social Workers

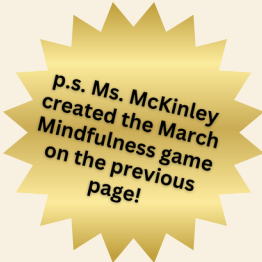
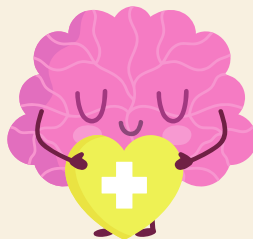


**Marjorie Jean, LICSW**  
PK, Kindergarten and 1 students w/IEPs & Intellectual Learning Supports (ILS)

**Erin Ayers, LICSW**  
2nd and 3rd students w/IEPs & Early Learning Supports (ELS)  
Social, Emotional, Behavioral Intervention Coach  
SEL Committee Co Facilitator

**Sophia Carre', LICSW**  
4th and 5th Students w/IEPs & Specific Learning Supports (SLS)  
Student Behavior Health Coordinator  
MTSS Coordinator (Temporary):  
SEL Committee Co Facilitator

## School Counselors



**Jillian Diesner, Ed.S., LPC**  
PK - 1st - Peace Teacher/Tier 1 Supports  
PK - 1st - Social, Emotional Behavioral Interventionist  
PK - 1st - 504 Coordinator and Related Service Provider  
Family Engagement & Outreach

**Shakirra McKinley, MS, MHC-LP**  
2nd - 5th Social, Emotional, Behavioral Interventionist  
2nd - 5th 504 Coordinator and Related Service Provider  
2nd - 5th Tier 1 general classroom support