

Hello parents!

We appreciate your continuous contribution to our school community and are grateful for your concern and care for the children in our community. As we take extra precautions this time of year to keep our children healthy with flu shots and extra hand washing, it's an important time to be reminded of ways to keep our children socially and emotionally healthy.

Maintaining social and emotional health takes extra effort just as physical health does. The little things like sleeping enough, eating well, and getting physical exercise make a big difference for our emotional health. Emotional health is also promoted through open conversations about feelings, daily gratitude, and mindfulness.

Social health is a fundamental human need and also requires daily effort, especially with the distraction of modern technology. Every human has a need to feel connected and loved and taking the time to connect with friends and family members significantly improves our wellbeing. Daily practices that increase connection help our children socially and emotionally, whether that is having a regular technology-free meal or participating in activities together, a feeling of love and connection is essential for your child's emotional health.

Though each individual is different, there are things every family can do to promote social and emotional health. There are also some basic signs that your child may be struggling emotionally such as social withdrawal, changes in behavior, losing interest in activities, etc. For more information on social and emotional health, including information on community resources that are available, please visit [wellness.jordandistrict.org](http://wellness.jordandistrict.org).

We hope you have a wonderful weekend!