

# MARY MEREDITH K-12 NEWSLETTER

MARCH 2023




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## FROM THE PRINCIPAL

March is a month filled of excitement. It's the beginning of my favorite season, spring a time of blossoming and new beginnings. It also marks the madness of my favorite sport. As we approach the end of 3rd quarter, it's hard to believe our year is almost over.

Let's make sure we finish the quarter strong so we can go into spring break ready to relax, rejuvenate and have some fun.



Ms. Judy  
Principal

'Some old-fashioned things like fresh air and sunshine are hard to beat.' —  
Laura Ingalls Wilder



# MUSTANG PRIDE: COUNSELING CORNER

For more information, please contact Ms. Valerio, our school counselor, at 520-232-8266 or by email at [deborah.valerio@tusd1.org](mailto:deborah.valerio@tusd1.org).

## Resources for Parents: Social-Emotional Learning (SEL)

What is SEL? Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. Students need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning (SEL) curricula teach children techniques to gain confidence, set goals, make better decisions, collaborate with others in work and play, and navigate the world more effectively. Why is SEL important? SEL is beneficial to both children and adults, increasing self-awareness, academic achievement, and positive behaviors both in and out of the classroom. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. From effective problem-solving to self-discipline, from impulse control to emotion management and more, SEL provides a foundation for positive, long-term effects on kids, adults, and communities. For more information: <https://sel.lab.uic.edu/parent-resources/>



## IMPORTANT DATES



- 03/08= Mc Donald's Night 5-7pm 7090 E. 22nd St
- 3/17 = Grading Day No School
- 3/20 – 3/24 = Spring Break No School
- 3/30 = Professional Learning Day – No School