November

RISE Learning Academy Newsletter

Open House

Thank you for joining us last month at our Open House!

Social Skills

"In social skills class this week, we began a two-part lesson on self-compassion. We started our lesson defining empathy as understanding another person's feelings or emotions. We also defined emotions/feelings as thoughts in your mind or reactions in your body, perspective/point of view as feelings and opinions each person has in an experience. After defining empathy, we worked on understanding our internal dialogue, self-talk. The class has been working on an activity that helps each student become aware of the way they think and how responding to self-talk affects how they feel about themselves, which can affect their behavior. We will continue this lesson through the month of November." - Ms. Sam

Important Dates

Veterans Day/No School:
November 11th

Thanksgiving Break:
November 25th - November 27th

School Needs

- paper towels

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