

SoCaLS Community Newsletter



Spend under 3 minutes to learn more!

For information on how all learning is social, [watch this video](#).

For information on how trauma-informed schools support healing, [watch this video](#)!

Educators: Character Strong offers a free weekly, 3 minute video that comes to your inbox each Monday for a “low burden, high impact” idea to “get your week started right” with students! Sign up here!

<https://www.characterstrong.com/the-cs-weekly/>

Parents: Check out [7 Top Resources for Families/Caregivers](#) to support your child's social-emotional development!

January 2022

I am ringing in the new year with a renewed appreciation for what it means to work in a district that values student wellness, PreK-12!

[Research on learning and the brain](#) clearly teaches us that all learning is social, and that there is no tradeoff between academic and social-emotional learning. Academic learning, social-emotional learning, and mental health are entirely interdependent.



Teaching and integrating skills such as collaboration, goal setting, decision making, empathy, and self-awareness...



Student achievement in school and beyond.



Student academic engagement...



Social-emotional skills needed for success.

Not only is all learning social, but schools and communities that nurture relationships, belonging and safety are healing to those who have experienced adversity. Furthermore, such environments prepare young people for handling hard times that they may face in the future. As we are still struggling to manage the impact of the pandemic on our lives, we know that this is more important than ever.

My resolution for 2022 is to continue to deepen my relationships with students, staff and families, so as to best support the wellness of students during their educational journey through the Merrimack School District! I am excited to visit schools and classrooms and connect with families during the new year! Please feel free to reach out to me anytime at fern.seiden@sau26.org.

Happy New Year!

-Fern Seiden, Director of Student Wellness

Upcoming Events

The calendar of Wellness events is now published on the MSD website. [Click here](#) for links to information and registration.

January: Mindfulness for Families

January: Suicide Prevention Training

February – March: Brain-Based Parenting with Dr. Alison Roy

February: Screening of ANGST (Film about anxiety)

May: Screening of LIKE (film about Social Media Addiction)

May: Justice John Broderick

TBD: Dr. Peg Dawson – Executive Functioning

Did You Know...

- In January, NH will have a statewide centralized mental health crisis call system and the ability to deploy mobile mental health crisis teams to all regions of the state. Call 1-833-710-6477
- In July, the National Suicide Hotline will be changed to 988. This will enable people to reach a crisis counselor with an easy to remember number
- To connect with non-crisis resources and support in NH, call NAMI at 800-242-6264 or dial 211

For 24/7 crisis support, visit: <https://www.naminh.org/resources-2/crisis-lines/>, call the National Suicide Prevention Lifeline – answered locally by Headrest in Lebanon, NH at 1-800-273-8255, or text NAMI to 741741.

Check out the [Community Helpers](#) flier for information about supports available for families.