

# Quarterly Wellness Newsletter

A snapshot of Wellness in MSD



## This season at MSD

It's Spring in the Merrimack School District, and our students are blooming right along with the flowers.

This season, I wanted to highlight the efforts of the District Strategic Planning Committee in creating a guiding document for our schools. This document, which will go before the board later this spring, captures the focus areas of the district for the next few years and aligns our mission with our priorities and actions.

## Skill Building with Aperture

"Active listening" refers to a set of skills to help us pay attention and understand what someone else is saying. Active listening skills are especially important with difficult or hard conversations. Active listening entails suspending judgement, focusing on the speaker, avoiding interruptions, and responding and reflecting after a wait time.

## Community Resources

Check out all of the wonderful opportunities at the Greater Nashua Community Mental Health Center:

<https://gnmhc.org/>

## Dates to know

World Autism Awareness Day: April 2nd

Town Elections: April 9th

April Break: 04/22/24 - 04/26/24

## Storybook Spotlight

Check out some great books you can read to your kids about Empathy:

Be Kind

Strictly No Elephants

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