

MRS. MATHIESEN'S



As we close out our school year in May, we are reminded of the goodness and faithfulness of God. This month, we will learn more about “faithfulness” as a school. What a timely lesson it is! God’s goodness, faithfulness and the resilience of our Oak Hill community has been evident this school year.

Our 2020-21 school year has been nothing short of an undertaking—from the administration, faculty, teachers, staff, students and YOU as parent partners! Let us take time to reflect on the pure gratitude we each have for the role played in this year. While we have had our bumps in the road (such is life), we are reminded that through life’s trials, we can and have overcome.

One of the greatest gifts we can give our children is the gift of our time, energy and love. My hope and prayer is that each and every part of our community takes time to unwind and reconnect this summer. With loneliness, anxiety and depression rates heightened, let us notice what is most important—connecting and caring for each other. This summer, consider taking your own “emotional temperature” and recalibrate where needed.

[This article](#) on Edutopia is a compilation of social emotional resources for parents - videos, podcasts, articles and more.

Please don't hesitate to let us know if there is anything that you need or want to share!
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Practical Tips for SEL at Home:

Positive words for our children:

- “You made it! What a great job working hard this school year.”
- “I’m so excited to spend time together this summer. You’re so fun!”
- “Thank you for being such a great kid.”
- “You make me smile.”
- “You’re such a kind friend.”

Conversation Starters:

- “What is something you are looking forward to about this summer?”
- “What can we do as a family to have more fun?”
- “What are the top 3 feelings you have had lately?”
- “If you could wave your magic wand and do something to help our community, what would it be?”
- “If you could be any superhero, who would it be?”

SEL Activities at Home:

- **Summer Bucket List.** Create a “summer” bucket list filled with ideas for the summer. Each family member can write down ideas on a different colored paper and put into a jar. Everyone can take turns sharing ideas and making fun plans for the summer.
- **Family Scavenger Hunt.** This is an easily adaptable and fun activity for kids and family of all ages.
- **Summer Serve.** Can you think of ways as a family to serve others this summer? It is a great practice to continue even through the summer. Keep practicing and discussing ways to develop empathy.

Additional SEL and Parenting Resources:

- **Dr. Lisa Damour, PhD** - [parenting podcast](#) "Ask Lisa." Many helpful tips for parents including how to navigate anxiety, media and others.
- [Washington Post on Parenting](#). A regular rotation of various articles and resources related to parenting.