



SOCIAL EMOTIONAL learning RESOURCES



Pearl River Middle School

Monthly Theme (March): Community Outreach

- ✿ National Nutrition Month
- ✿ National Disability Awareness Month
- ✿ National Sleep Awareness Week (3/10-3/16)
- ✿ National Drug & Alcohol Facts Week (3/18-3/24)
- ✿ National Pi Day (3/14)
- ✿ Women's History Month

What are we doing at PRMS to promote Community Outreach?

Middle School students will have Advisory Days on March 12th & March 26th to engage in various activities that promote and encourage learning about (and giving back to) our local communities. We will also have a bonus advisory day on Friday March 15th to celebrate St. Patrick's Day ✿

Tips on how you can promote and model acceptance at home:

- ✿ **Challenge the idea of normal:** The goal is not to eliminate our differences. By acknowledging differences and similarities simultaneously, children will find they can learn from people who aren't like them. Research shows that ignoring differences actually makes discrimination worse.
- ✿ **Teach children to not be afraid to ask hard questions. Don't shy away from hard answers:** be honest and appropriate in your responses
- ✿ **Cultivate empathy and community:** Encourage children to empathize and help them get to know people unlike themselves
- ✿ **Know your child is listening:** Be thoughtful about your own words; children mirror what they hear
- ✿ **Understand intent:** If a child says something potentially offensive it probably isn't intended to be harmful. It's best to correct the underlying misconceptions behind their statement or engage them in a conversation about how their words could hurt feelings.

