

Social-Emotional Learning (SEL) Parent Connection – September 2017

Welcome back to school! Fenton's Social-Emotional Learning (SEL) program exists to help students improve their emotional health, relationships, and social skills. These competencies are key to academic achievement and personal well-being. This year, Fenton High School has joined Districts 2 and 7 as a member of the DuPage Regional Office of Education Collaborative for Academic, Social and Emotional Learning Affiliated Districts Partnership. We look forward to working with the organization to continue improving Fenton's SEL program.

During the months of August and September, Fenton's SEL program has focused on making healthy lifestyle choices (including sleep, diet, exercise, and time management) as well as academic goal-setting for the school year. According to the National Sleep Foundation, only 20% of teens get the doctor-recommended **nine hours** of sleep a night they need. Parents can help their teens by encouraging a reasonable bedtime and discouraging screen time late in the evenings, which studies have shown reduces the amount of deep sleep teens experience.

Additionally, to help your teen with the process of long-term goal setting, please visit www.whatsnextillinois.org, a website run by the Illinois Student Assistance Commission and available in both English and Spanish. Once registered, students can access career-planning tools to help with course selection and goal-setting in high school. Additionally, consider helping your teen set up a job shadowing appointment with someone working in his or her career of interest. While the summer offers the greatest opportunity for such experiences, school breaks and holidays are often good options as well. For more information or for a guide to use while completing a job shadowing experience, please email Melissa To at to@fenton100.org. Until next month, be well!