

Webb City  
Community Builders

## May Newsletter

This month's theme is: **Courage**

A perspective on

# Courage

Here are some **traits** that come to mind  
when discussing this term:

Honesty  
Integrity  
Trust

Courageous leaders understand the  
importance of trust and honesty in their roles.  
They prioritize these qualities in all of their  
actions so that their work builds up the  
confidence and dignity of those they lead.

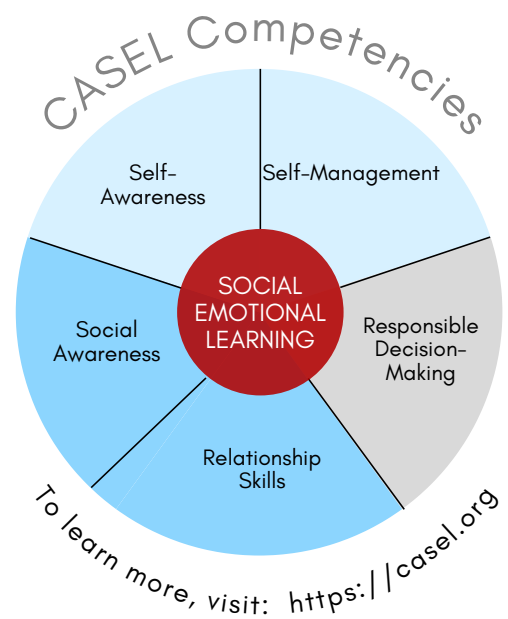
YOU MIGHT BE THE ONLY  
REASON A STUDENT COMES  
TO SCHOOL EVERYDAY

### This month's CASEL focus areas:

Our CASEL focus area this month is "**Responsible Decision-Making**". This competency involves making ethical, constructive choices about personal and social behavior, and "courage" is often required to make decisions that align with one's values and beliefs, even in the face of difficulty or adversity. Courageous decision-making involves taking risks, standing up for what is right, and facing challenges with determination and resilience.

#### Teaching Responsible Decision-Making in the Classroom

This article by [Everfi](#) outlines several suggestions for teaching responsible decision-making skills in the classroom, including anchor chart discussions, role play activities, and several digital resources online to help your students read about and explore different scenarios to practice and reflect on these skills both in the classroom and in their everyday lives (Everfi, 2024).





## Staff Spotlights:

We watched the reading of *A Friend for Henry* by Jenn Bailey, and then we discussed the meaning of the book. We also talked about being a good friend. We spoke about the fact that friends don't always have to get along with each other, but that we have the opportunity to choose to be friends with anyone. Being a friend is more about being kind than it is about any other attribute.

**Tim Head** (*Harry S Truman*)



My class loved coloring the flowers and wanted to do more activities like this!

**Mikala Decker** (*Webster*)

**THANK YOU** for all of the work you did this year to make **WCCB** a success at Webb City Schools. We look forward to continuing to support you and your students with **CASEL-aligned** resources that **foster positive** classroom environments.

**We hope you have a great summer!**



### Participation & Feedback Form

Complete this form to add your name into a drawing for PRIZES from the WCCB!



## This month's goals & resources:

Pre-K  
(Elementary)

K - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

### MIND

#### Week 1 (May 3)

##### ***Coping / Self-Regulation***

Help your students practice healthy ways to cope with their emotions and practice self-regulation when their emotions start to spiral out of control

### BODY

#### Week 2 (May 6 - 10)

##### ***Pushing past comfort zone/ Goal Reflection***

Help your students reflect on their goals from the beginning of the year and push past their comfort zones to reach goals not yet achieved

### SELF

#### Week 3 (May 13 - 17)

##### ***Overcoming Fear & Anxiety***

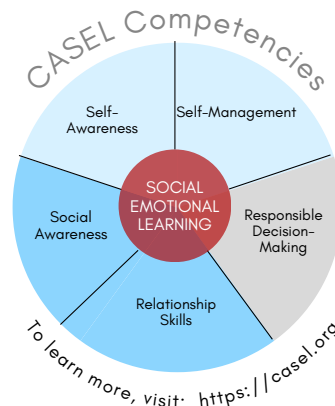
Help your students learn how to overcome their fears and practice working through their anxieties to accomplish their daily activities and reach their overall goals

### RELATIONSHIPS

#### Week 4 (May 20 - 24)

##### ***Relationship - Support System***

Help your students learn how to build relationships with others and have the courage to speak out when they need help to create a system of support.





## Pre-K & Kindergarten Resources:

Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

BACK



**End of Year Resources  
for Elementary**  
(Pre-K - 4th Grade)



End of Year  
Reflection



Summer  
Safety Plan



My Support  
System



Have you noticed someone else doing some really **awesome** things  
for WCCB that **deserves** to be recognized?

Feel free to tell us all about it on the **form below** -  
*our prize patrol might thank YOU, too! ;-)*



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## Intermediate Resources:

BACK



Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

### MIND

#### Week 1 (May 3)

##### ***Coping / Self-Regulation***

Help your students practice healthy ways to cope with their emotions and practice self-regulation when their emotions start to spiral out of control



T.A.P.S.



[25+ Coping Skills Activities to Help Kids Manage Stress - The Pathway 2 Success](#)

### BODY

#### Week 2 (May 6 - 10)

##### ***Pushing past comfort zone/ Goal Reflection***

Help your students reflect on their goals from the beginning of the year and push past their comfort zones to reach goals not yet achieved



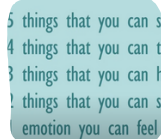
[Setting Goals Activities](#)

### SELF

#### Week 3 (May 13 - 17)

##### ***Overcoming Fear & Anxiety***

Help your students learn how to overcome their fears and practice working through their anxieties to accomplish their daily activities and reach their overall goals



[The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety.](#)



[Stress Management Tips for Kids and Teens Video](#)



Students can create positive affirmation cards for when they feel anxious to read over and over.

### RELATIONSHIPS

#### Week 4 (May 20 - 24)

##### ***Relationship - Support System***

Help your students learn how to build relationships with others and have the courage to speak out when they need help to create a system of support.



In groups create ads about what is a good friend and then present as a commercial

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## Secondary Resources:

BACK



Pre-K - K  
(Elementary)

1st - 4th  
(Elementary)

5th - 8th  
(Intermediate)

9th - 12th  
(Secondary)

MIND

### Week 1 (May 3)

#### ***Coping / Self-Regulation***

Help your students practice healthy ways to cope with their emotions and practice self-regulation when their emotions start to spiral out of control



Encourage students to download apps like CALM & HEADSPACE



Remind students that they can book 1:1 time with their school counselor!



101 Effective Coping Skills for Teens

BODY

### Week 2 (May 6 - 10)

#### ***Pushing past comfort zone/ Goal Reflection***

Help your students reflect on their goals from the beginning of the year and push past their comfort zones to reach goals not yet achieved



Have students work in pairs to reflect on their progress of this year's goals



Challenge students to set goals for the summer that push them past their comfort zone

SELF

### Week 3 (May 13 - 17)

#### ***Overcoming Fear & Anxiety***

Help your students learn how to overcome their fears and practice working through their anxieties to accomplish their daily activities and reach their overall goals



15 Journaling Prompts to Release Stress (& Anxiety)



Calm Blog Essentials - Videos for Anxiety, Stress, Grief, etc.

RELATIONSHIPS

### Week 4 (May 20 - 24)

#### ***Relationship - Support System***

Help your students learn how to build relationships with others and have the courage to speak out when they need help to create a system of support.



Remind students to build networks of communication and support with their circles of friends



Compass Points Activity: Teaching Courage in the Classroom (Article) - Compass (Print Out)

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