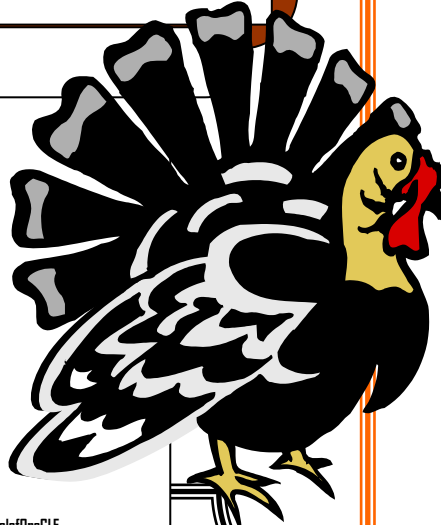




SEL Scoop

November 2018



Important Dates:

- Nov 1st** - The Rock Hall Field Trip
- Nov 6th** - Election Day (no class)
*Use your voice by exercising your Constitutional Rights to **VOTE**
- Nov 9th** - SHPE Conference
- Nov 12th** - Veteran's Day (no class)
- Nov 21-23** - Thanksgiving Break

Like & follow our pages for information, resources, and upcoming events:



The School of One Cleveland



schoolofonecle



SchoolofOneCLE

Your Resource Coordinators:

Kerry Copes - East Side Schools
(216) 233-8929

Kerry.copes@clevelandmetroschools.org

Rebecca Bell - West Side Schools
(216) 562-9200

Rebecca.bell@clevelandmetroschools.org

Inspirational Thought:
If It Is To Be, It's Up to Me



Planning to Go to College?

- Seniors, please see Mrs. O, our Guidance Counselor to explore post-secondary options as you prepare to graduate
- Utilize your College Now Advisors for info on scholarships, financial aid and college tours
- Prepare to attend the HBCU Fair November 16-17. Please register:
www.destinationhbcu.org
(216) 282 - 4228

Wishing you and your family a healthy and Happy

Thanksgiving

NOVEMBER IS NATIONAL GRATITUDE AND DIABETES AWARENESS MONTH

Having a grateful heart and taking care of your health is a great way to be kind to ourselves!

Weekly Self Care Tips:

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Try Mindfulness & Meditate	○ Take time to nurture yourself	○ Work out by doing some physical activities	○ Throw a self-affirmation party to celebrate you	○ Free your mind by using a Journal	○ Relax rest reflect

We care about you, you are loved and are a special treasure!

