



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
Alan Rotatori
Wellness Director

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to Volume 4, Issue #3 of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Social Wellness – *A healthy state of social wellness is having the ability to live in harmony with others while contributing towards the common welfare of the community and environment. It involves learning the social skills to develop a good support system, and deep, meaningful, positive interactions and relationships with others. Having loving, nurturing and supportive relationships as well as other meaningful social interactions can have significant and positive effects on life-wellness. Social wellness involves building and maintaining healthy, intimate loving and supportive relationships as well as fostering a general connection with everyone around you, which includes your family, friends, colleagues, and strangers throughout life.* (http://livelifewell.co/category/wellness/index_wellness_arti.php?ARTIwellness_ID=%205)

Message from the department

Here at south, the wellness department has just adopted a new model that comes from The Collaborative for Academic, Social, and Emotional Learning (CASEL). This model identifies five core competencies, self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Our department recognizes the recent trends in technology and it's affect on our student's inability to engage in social environments. As a result we have developed lessons for our classes to enhance students' social and emotional competence. We have incorporated teaching practices such as cooperative learning and project-based learning, which promote SEL. And now, after working with the faculty and staff in a three-hour training on SEL, our school community is integrating SEL into our academic curriculum. This is a school-wide initiative that creates a climate and culture conducive to learning. This is going to be *GREAT!*

Grant Study

How important is Social Wellness? The answer could be in the famous Grant Study. Watch the video below for more information.
https://www.youtube.com/watch?time_continue=108&v=8KkKuTCFvzI&feature=emb_logo

How to support your social wellness:

- Build trust and show support in relationships with friends, family members and significant others.
- Learn how to communicate effectively with others and understand your communication style.
- Reflect on personal conflicts and identify areas for improvement.
- Respect the needs and wants of others, and yourself.
- Make it a point to interact with people from diverse backgrounds, beliefs and cultures.
- Join a club, team or group on campus.

Wellness in the news – How to Build Up Social Skills as a High Schooler–

By April Maguire, blogger at CollegeVine
High school isn't just about building an impressive profile to gain entrance to a top college—this period is also about mastering the social skills required to succeed in various aspects of life. Along with communicating effectively, students should be able to collaborate with others, respect peers' space and opinions, and stand up for themselves in school and social situations. A recent study emphasizes the importance of developing social skills early in students' academic careers. According to a report by researchers from Pennsylvania State University and Duke University, kindergarten students who scored high on social skills were four times as likely to complete college as those who earned low marks in this arena. In other words, social skills are a strong indicator of a student's future success. The good news is there are steps high school students can take now to boost their social IQ and improve their odds of succeeding in college and the workplace. Keep reading for tips to build up your social skills before you leave school.

Here is the rest of the article: <https://blog.collegevine.com/how-to-build-up-social-skills-as-a-high-schooler/>

Tips for living – “Not all of us can do great things, but we can do small things with great love.” – **Mother Teresa**



”GOOD PEOPLE”

