

Home of the Cowboys!

HICKORY RIDGE ELEMENTARY



WHAT IS THE STUDENT SERVICES TEAM?

Your HRES student services teams is made up of both grade level counselors, school social worker and school psychologist. Our purpose is to provide every student with the social and emotional, academic and career services needed during their elementary years.

WHAT IS SOCIAL AND EMOTIONAL LEARNING (SEL)?

The process we use to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions are what encompasses social and emotional learning (SEL).



WHEN IS SEL?

Each school in Cabarrus County will be providing the same district level weekly SEL lessons. At HRES, we will deliver these mini, 10 - 15 minute, lessons every Friday during Social Emotional Learning Friday (SELF). SEL will also be taught through guidance lessons with our school counselors and in morning meetings with our school level SEL curriculum..

WHY HAVE SEL?

Social and emotional learning makes us better versions of ourselves. The versions we get to extend out into the classroom, our families, friendships and the world beyond.



FROM OUR School Counselors

**MRS. BURRIS
GRADES K-2**



**MRS. EBERT
GRADES 3-5**

CANVAS SPOTLIGHT

On our *Cowboy Student Services Team* Canvas Course you can find:

- *Weekly SEL Lessons/Activities
- *Parent and Student Resources
- *Student Services Referral Form
- *Student Services Newsletter

**You can find these lessons under the activities button on the student services button on canvas on the counselor's "white board."*

SEL LESSONS

Week 1 - Identifying Emotions
This week we will focus on identifying our emotions. When we understand what our emotions are, we are able figure out what we might need from ourselves or other people.

Week 2 - Mindfulness
Mindfulness means paying attention in a particular way: on purpose, right now without judgement. Noticing what is going on inside our bodies and minds helps us to relax and connects us to our feelings.

FROM OUR School Psychologist

Welcome to our first year together at Hickory Ridge Elementary! I can't wait to meet you all!

While we are learning together remotely, I wanted to give some ideas about ways to feel the best we can during this time.

- Take stretch breaks while you are sitting
- When your classes and schoolwork are complete, try to take a break from screens
- If you can, get outside to play

We want you all to stay safe and healthy! We can't wait to see you!



FROM OUR School Social Worker

Free/Reduced School Lunch Application
It's that time of year again! If you feel your family may qualify for free or reduced meal benefits, please make sure you fill out an application. Please complete this application online, located [here](#).

Community Resource Spotlight
If you are a family that currently receives EBT and have a Food Lion MVP card, you can call 877-490-6642 to enroll in the Healthy Helping Program. This program will add a \$40 voucher to your MVP card for August, September, and October to purchase fruits and vegetables. See a flier [here](#).

Visit our website for more info about student services.
<https://www.cabarrus.k12.nc.us/domain/12731>

CANVAS - <https://cabarrus.instructure.com/enroll/CRMMGR>