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SEAL District-Wide Committee

Family Reflection Night

"Family Friday"

Take the Night off from the hustle & bustle of the world and try something new as a family!

Social & Emotional Learning Core Competencies



Here is your reflection/theme question(s) that all K-12 students can discuss with their families in place of any other homework (where possible). These questions will help generate conversations with families and to help students social emotional growth. We encourage each family to participate in our social emotional path!

1. What is something that was hard for you at the beginning of the school year, but is easy for you now? Why is it easier now? What is something you are still struggling with?

Quality family time!