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Happy Fall Hearst Warrior students and families!

It's hard to believe that October is already upon us. Student's at Hearst have been hard at work learning school wide expectations and becoming positive role models for today's youth.

October is anti-bullying month. I will be working closely with Hearst staff to talk to students about bullying. Hearst students will be taking a pledge to show respect, include all students, stand up to bullying, and report bullying to a trusted adult. At Hearst we want all students to feel safe and respected. I will also be continuing teaching the MindUP curriculum. MindUP was designed to help enhance student's understanding of social emotional learning. The goal of the lessons is to help students develop positive social skills, reduce peer to peer conflict, improve self control and help increase student's academic success. The lessons in October will focus on Mindful Awareness. Students will learn how to be more mindfully in tune with what's happening in the moment. This will help prepare students to make sound decisions rather than be ruled by their emotions. For this and more information go to <https://mindup.org>.

Do not hesitate to reach out via email smewalt@cps.edu or phone 773-535-2376 with any questions or concerns.