



COUGAR CONNECTION

CLARA J. KING ELEMENTARY SCHOOL

October, 2019

Mark Your Calendar!

November 1

Trimester 1 ends

November 6

Family STEAM Night
Boys and Girls Club Cypress
6:30-8:30 p.m.

November 7

Family Restaurant Night
El Pollo Loco, La Palma
10:00 a.m.-8:00 p.m.

PTA Board Meeting

El Pollo Loco, La Palma
5:30-6:30 p.m.

November 13

School Site Council
2:45-3:45 p.m.

Have Questions?

Principal

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Administrative Assistant

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Cypress School District

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Principal's Message

On October 19 at 10:19 King students and staff took part in the California Shakeout Drill along with hundreds of other schools across the state. During the drill students and staff are reminded of the likelihood of an earthquake occurring in the not-too-distant future, and what they can do to protect themselves in the event that an earthquake occurs during the school day. As scientists learn more about earthquakes, procedures are updated as to what to do during an earthquake.

Before the Shakeout Drill, King students watched videos and learned the most effective ways to protect themselves during an earthquake, which is to:

- **DROP** where you are onto your hands and knees
- **COVER** your head with your hands
- **HOLD ON** until the shaking stops

You may remember being told to stand in the doorway if a quake occurs; however, research has confirmed that this is not as effective a method to protect yourself in the event of an earthquake. In fact, standing in a doorway can lead to being injured by flying objects or glass. I encourage you to practice the drop, cover, and hold on approach of protecting yourself during an earthquake with your children. The more they practice, the more likely they will remember what to do during a real emergency. Students will practice earthquake, fire, and lockdown drills each month throughout the school year.



King students practice what to do if an earthquake occurs while they are outdoors.

Social and Emotional Learning and Overall Achievement

Both at home and at school, it is important to understand that we must teach and reinforce skills that are not only academic, but also social, emotional and behavioral in order to serve the whole child. Social and emotional learning begins at home. Parents and families are critical partners in helping children develop social and emotional competencies, modeling the skills, attitudes, and behaviors students need to achieve success.

There are five overall domains to social and emotional learning. They are self-awareness, self-management, responsible decision making, relationship skills, and social awareness. Self-awareness and self-management are the building blocks for the other three domains. Self-awareness is the ability to identify your emotions, have an accurate perception of themselves, and have high self-esteem. Self-management is the ability to control impulses, manage stress, exhibit self-motivation and discipline, and demonstrate organizational skills. As you can see, these skills are key to interpersonal relationships.

What are the benefits of focusing on the development of social and emotional learning? The research is clear. Eight out of ten employers indicate that social and emotional skills are the most important for job success. Finally, supporting students' social and emotional development in school helps students learn academic content. When we feel better about ourselves and others, we perform better in life.

King School understands the importance of helping our students develop social and emotional competencies. In 2017, we adopted a social and emotional curriculum called PATHS. By using this curriculum, teachers have a common language and approach to guiding students to be their best



Students who develop social and emotional competencies are more likely to problem solve and work well in cooperative groups, which will help them throughout their lives and careers

Did you know...

Social and emotional competency is at least as predictive of academic and career achievement as is IQ?

Almlund, M., Duckworth, A., Heckman, J., & Kautz, T. (2011).