

STARTING STRONG: FEELING SAFE & SETTLED

A new year brings fresh opportunities for growth and learning. At Junyuan, we believe that our students thrive best when they first feel safe, supported and clear about what is expected of them. Emotional safety and consistent routines nurture self-awareness and self-management, which are essential foundations for both learning and wellbeing. In this issue, we share practical ways parents can continue to strengthen these socio-emotional skills in our children together with the school, both online and offline.

Why Emotional Safety Comes First

Research on Social and Emotional Learning shows that students who can recognise and manage their emotions are more confident, motivated and ready to learn¹. Adolescence is a period of heightened emotion and brain development, causing our teens to:

- Feel emotions more intensely
- Worry more about peer acceptance
- Seem moody or withdrawn at times
- Struggle with routines after holidays



Sometimes, what they need most is not control, but connection and feeling safe.

▶ READ MORE

Understanding Emotions and How to Manage them

Understanding the Teen's Perspective to Parenting

1 Mental Health

Helping our children label emotions build self-awareness, reduce shame and helps them to respond better to challenges.

Name the Emotion
"I notice you seem quite frustrated."



Practical Strategies & Conversation Starters

Normalise the Response

"It seems like new commitments in school and new subjects may be causing you to feel more tired. It takes time to find your rhythm."

Suggest One Small Routine Shift

"Would you like to try writing down your to-do list, then strike them out one by one after completion?"

2 Cyber Wellness

Digital habits strongly affect mood, sleep and focus. The goal is not to get into a power struggle to control their use of devices, but to help our children set reasonable boundaries and routines, by developing a sense of discipline and responsibility. This is especially important as we start a new year and new routines.

Find Out About Their Interests Through Open Communications

"What's something interesting you saw or learned online recently?" or "Who do you usually connect with most online?"

Agreeing On Shared Norms and Rules

"How can we work together to make sure devices don't affect your sleep?"

3 Thriving with 21st Century Competencies

This year, Junyuan introduced the CHAMPS Learning Routine to help students build positive learning habits.

CHAMPS builds adaptive thinking by teaching students to recognise when they do not understand, adjust their actions, stay focused, and improve through practice.

- C** – Come on Time
- H** – Hear to Understand
- A** – Ask Questions
- M** – Maintain Focus
- P** – Practise What Was Taught
- S** – Strive for Excellence

Parents can help to encourage their child to *Strive for Excellence* by noticing and affirming efforts and improvements made.

We want to hear from you!

We hope that parents will benefit from reading each issue of JoYful Conversations @ Junyuan! Your feedback is important for us to better cater to your needs and interests.



Scan/Click on the QR code to give us your feedback!

1 Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82(1), 405–432. <https://doi.org/10.1111/j.1467-8624.2010.01564.x>