

# HERE'S the SCOOP

TRAC Newsletter- September 2019

## What is TRAC?

TRAC stands for Teambuilding, Regulation, Awareness and Community. It is designed to support the social/emotional/behavioral needs of all FV students. Every K-6 class will receive lessons, twice a month, that will include thoughtful student discussion, movement, art or games to promote learning.



## CONTACT me!

If you have any questions or concerns please feel free to email me at [kelsey.ryan@eusd.net](mailto:kelsey.ryan@eusd.net)

## the PURPOSE OF TRAC

The purpose of the TRAC program is to provide universal social emotional instruction to the entire school population. Students will gain skills to boost their self awareness, increase self esteem and self regulation, improve their social skills, encourage empathy, and learn to seek internal motivation for their personal and academic success!