

BACK TO SCHOOL QUICK GUIDE

BY: INIDAN RIDGE MIDDLE SCHOOL



Free, Live and Exclusive Homework Help from Certified Teachers and Subject Matter Experts Available Mondays- Thursdays on School Days!



The Mindfulness in BCPS Canvas portal is designed to **ensure that all students, families, and staff have access to high quality online mindfulness-based education, support, and resources.**



There is a large importance in **understanding and practicing social & emotional learning (SEL)**, that helps students learn how to recognize and manage their emotions, show empathy and understanding for others, build and maintain positive relationships, and make ethical, responsible, and safe decisions also supports their academic growth.

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