



**LAKEHURST SCHOOL DISTRICT**  
**LAKEHURST ELEMENTARY SCHOOL**  
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Mrs. Loren B. Fuhring  
Superintendent

Mrs. Stephanie Rucci  
Vice Principal

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**SEL Day- Social Emotional Learning.**

**Celebrated on March 7, 2025**

**Lakehurst Elementary School acknowledged Social Emotional Learning Day by coming together for group exercises to display resilience and expression of movement. This was helpful in promoting self esteem, self confidence and control. By intentional movement of the body, students were able to connect mind/body connection which is essential for regulating emotions.**

**Exercise is one way to help students relieve and deal with stress by enhancing neurotransmitters. Cardiovascular exercise helps the body transition from sympathetic to parasympathetic nervous systems. This creates homeostasis which promotes and maintains a focused and controlled mind enabling social emotional regulation.**

**Carmen Quaglia, MSW**  
**School Social Worker**

