SEL & Character Development

The skills of emotion regulation, behavior management, and healthy social interaction builds the foundation for immediate wellbeing and lifelong character development. While character education provides the deeper purpose behind these skills by connecting daily actions to personal values, guiding individuals to choose honesty and integrity as expressions of who they are rather than responses to external consequences. In CMS, we provide instruction in both social and emotional skills and character development for the purpose of enhancing the overall wellbeing or wellness of our students.

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I've Got Your Back

Mental and emotional wellness is as important as physical health. In Charlotte-Mecklenburg Schools we're focused on the whole child and ensuring students are engaged, learning and thriving at school.

In the school setting, Social Emotional Learning (SEL) strengthens student well-being, belonging and resilience by building the skills needed to manage emotions, develop positive relationships and succeed in school and life.

This school year we're introducing a special initiative called "I've Got Your Back", which is centered around raising awareness of mental health resources. Throughout the year, students and families will receive information through various school communication channels.

October and May are recognized as Mental Health Awareness months across the globe and October marks National Bullying Prevention month. In addition to recognizing these months, we will continue to focus on mental and emotional wellness throughout the year with special programming and initiatives at the district and in schools across all grades.

If you have questions please email **IveGotYourBack@cms.k12.nc.us (mailto:ivegotyourback@cms.k12.nc.us)** or **contact us via our customer service tool - Onflo (https://www.cmsk12.org/contact-us)** formerly known as the "Let's Talk" platform.

Healing Conversations (https://www.cmsk12.org/student-services/student-wellness-and-academic-support/social-emotional-learning/healing-conversations)

(http ser e

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Videos provided discuss mental health topics and are provided by Charlo educational purposes only. Videos are not intended to be a substitute for treatment.

Charlotte Mecklenburg Schools does not provide clinical mental health tr services, or actions of third-party resources, including the 988 Suicide &

If you or a student are struggling with mental health, distress, or a persor professional, a trusted adult, or call or text 988 to connect with confidenti

Quick Links & Resources

Office of Student Wellness and Academic Supp (https://www.cmsk12.org/student-services/stude support/office-of-student-wellness-and-academi

School Health and Wellness (https://www.cmsk services/student-wellness-and-academic-suppo

School-Based Mental Health (https://www.cmsk services/student-wellness-and-academic-suppo

School-Based Virtual Therapy (https://www.cms services/student-wellness-and-academic-suppo wellness/school-based-virtual-therapy)

School Counseling (https://www.cmsk12.org/stu wellness-and-academic-support/student-counse

School Psychological Services (https://www.cm services/student-wellness-and-academic-suppo services)

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If you are struggling with mental health, distress or a personal crisis, please call 988 or text HOME to 741741 or the NC Peer Warmline: 855-733-7762.

School Social Work (https://www.cmsk12.org/st
wellness-and-academic-support/school-social-w

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Student Wellness resources are aligned to the vision and mission of our district and are utilized to create “an innovative, inclusive and student centered environment that supports the development of independent learners…[who will] lead the community in educational excellence…so that all students reach their full potential”

Student Wellness Specialists support schools and all school staff with emotional, behavioral, social and character development of our staff and students by:

- Providing guidance on integrating social and emotional and character development into academic instruction
- Advocating and demonstrating creative ways to incorporate student voice
- Providing guidance on the relevance of SEL to foundational practices of MTSS
- Providing professional development for adults and students to create and maintain a healthy culture and climate
- Collaborating with community partners to deliver effective, efficient and relevant professional development

Social Emotional Learning

"Social Emotional Learning (SEL) advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities." (CASEL, October 2020)

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The CMS Student Wellness Ecosystem

+ The Core: 5 SEL Competencies

The foundation of student wellness: **Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.**

+ Classroom Support

SEL Curriculum and Instruction: Explicit skills instruction provided daily to help students reach their full potential.

+ Schoolwide Environment

Practices and Policies: Creating inclusive and student-centered environments that support healthy culture and climate.

+ Homes & Communities

Family and Community Partnerships: Collaborating with partners to ensure educational excellence beyond the school walls.

Why is this Important?

CASEL 5: Core Competencies

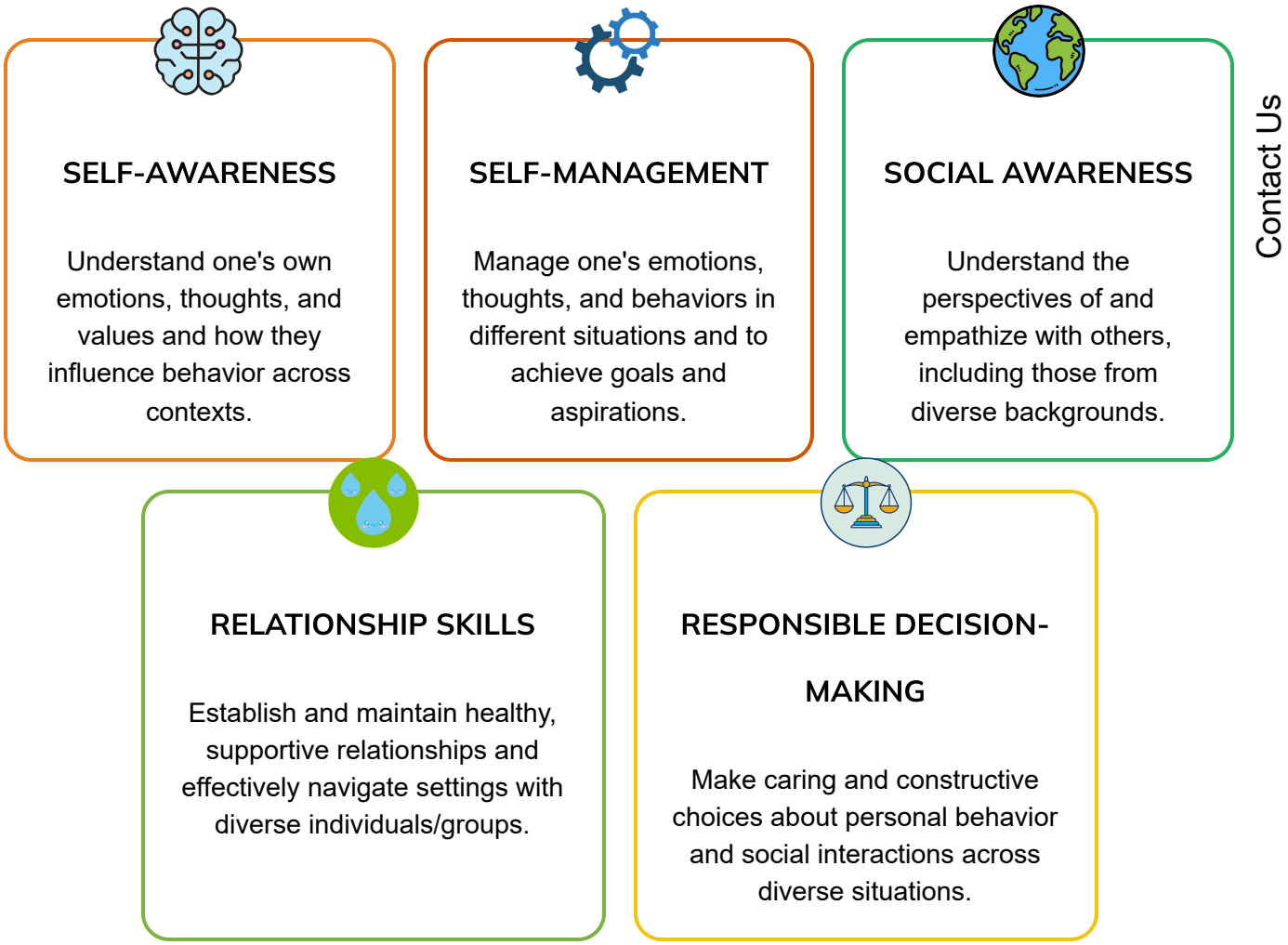
CASEL stands for the Collaborative for Academic, Social and Emotional Learning. CASEL offers an evidence-based framework for SEL and guides SEL best practices and resources that lead to student success. They have identified five core competencies as a foundation to providing

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high-quality SEL. The "CASEL 5" are as follows:

Social and Emotional Learning Competencies



Benefits of SEL Instruction (from **https://www.panoramaed.com/blog/casel-new-definition-of-sel-what-you-need-to-know (https://www.panoramaed.com/blog/casel-new-definition-of-sel-what-you-need-to-know)**)

- 50% more likely to graduate high school
- Twice as likely to earn a college degree
- Improved positive attitude toward self-and others while reducing aggression and emotional distress
- Increases helping behaviors and student engagement
- SEL provides the context and the opportunities for students to establish and maintain supportive relationships by developing and practicing skills that are applicable to various

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settings

- Academic learning accelerates and students' academic performance increases by 11 percentile points in comparison to those who don't participate in social and emotional learning

(Durlak et al., 2011 & Committee for Children)

SEL is aligned with the Superintendent's 3-E Goal that at the end of each student's academic career, they leave prepared to be Enrolled, Enlisted or Employed.

Recent surveys confirm: There is broad, consistent support for social and emotional learning.

93%

OF PARENTS

Say SEL is important in schools

Pew Research Center, 2022

83%

OF TEACHERS

Say SEL improves academics

Education Week Research, 2022

75%

OF HIGH SCHOOLERS

Say SEL would help them personally

CASEL, 2018

92%

OF EMPLOYERS

Say SEL skills are as important as technical skills

Wall Street Journal, 2015

"Our generation's embrace of social, emotional, and academic learning in schools is undeniable and unambiguous: ***Learning does not happen in a vacuum.***"

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ASPEN INSTITUTE NATIONAL YOUTH COMMISSION

Social and Emotional Learning Supports Local Priorities

Schools, families, and communities work together to create shared goals for SEL.

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SUPPORTS ACADEMICS

With social and emotional learning, students scored **13 points higher** academically compared to students without SEL.

SUPPORTS WORKFORCE DEVELOPMENT

6 of the top 10 in-demand career skills involve SEL, like complex problem solving, critical thinking, and creativity.

SUPPORTS PUBLIC SERVICE

77% of high school students from schools that prioritize SEL would engage in military, national, or public service.

SUPPORTS MENTAL HEALTH

SEL promotes supportive relationships, safe environments, and skills development that can **buffer against mental health risks**.

From "How Does SEL Support Your Priorities?" on **casel.org (https://casel.org)**

CASEL Resources:

- **What is the CASEL Framework? (https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/)**

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- Resources for Families/Caregivers (https://casel.org/systemic-implementation/sel-with-families-caregivers/)

CMS Resources:

Curriculum:

- Caring School Community (https://www.collaborativeclassroom.org/programs/caring-school-community/) (K-8)
- 7 Mindsets (https://7mindsets.com/) (9-12)

NC Department of Public Instruction Resources:

- Educator Resources (https://www.dpi.nc.gov/districts-schools/districts-schools-support/nc-social-emotional-learning/educator-resources)
- Educator Wellness (https://www.dpi.nc.gov/districts-schools/districts-schools-support/nc-social-emotional-learning/educator-wellness)
- Families and Caregivers Resources (https://www.dpi.nc.gov/districts-schools/districts-schools-support/nc-social-emotional-learning/families-caregivers-resources)

Additional Resources:

- Restorative Practices (https://www.iirp.edu/restorative-practices/explained)
- RULER - Yale Center for Emotional Intelligence (https://medicine.yale.edu/childstudy/services/community-and-schools-programs/center-for-emotional-intelligence/ruler/)
- Second Step (https://www.secondstep.org/)
- WhyTry? (https://whytry.org/)

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