Social-Emotional Learning

What is Social-Emotional Learning?

"Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which **all young people and adults** acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.



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Joy in Learning: Social Emotional Learning



SEL 101: What are the core competencies and key settings?



Family Strong (Elementary)



Family Strong (Middle School)

+ How does D65 support Social-Emotional Learning?

SEL programs available to D65 PreK-8th grade students

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- **Conscious Discipline (Early Childhood) (https://consciousdiscipline.com/about/parents/)**
- **Purposeful People (PreK-5th) (https://characterstrong.com/purposefull-people/)** and **Character Strong (6th-8th grade) (https://www.characterstrong.com/familystrong)**
    - Explicit social-emotional lessons for all PreK-8th grade students that are taught by classroom educators during the school day.

- **Second Step (K, 1st and 4th grade) (https://www.secondstep.org/families)**
    - Taught during the Social-Emotional Equity Learning (SEEL) class each week.

- **Erika's Lighthouse (4th and 6th grade) (https://www.erikaslighthouse.org/familyengagement/)**
    - Taught during SEEL for 4th grade and Advisory for 6th grade.

SEL Practices in D65

- Daily scheduled time in PreK-5th grade classrooms for social-emotional learning and community building.
- Weekly scheduled time in 6th-8th grade classrooms for social-emotional learning and community building.
- Integration of Social-Emotional Learning standards that align with the standards of each content area.
- Regular review of student needs to provide differentiated support for social-emotional learning.

+ How does D65 monitor Social-Emotional Learning?

SAEBRS and mySAEBRS Universal Screening Tool

SAEBRS (educator tool) and mySAEBRS (Grades 2-8 student tool) rates social, academic and emotional behaviors that allows us to identify supports needed for all students. **Additional information can be found here. (https://www.illuminateed.com/products/fastbridge/social-emotional-behavior-assessment/saebrs/)**

SAEBRS Chart (/fs/resource-manager/view/6cb4fb8b-0bc1-4bc3-a3ad-f4c507da6dcd)

Panorama Education for our 3rd-8th grade Students

This is a short online survey, given to students twice a year, to gain insight from students regarding their experiences of equity, inclusion, and social and emotional learning.

Panorama Education Evanston/Skokie District 65 (/fs/resource-manager/view/27f2dbed-beab-4668-9b22-378c4954e9df)

5Essentials Survey

The 5Essentials survey is given to fourth through eighth-grade students, and families once a year. Student responses provide school leaders with valuable insight that is used to develop effective school improvement plans.

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+ Resources for at Home

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SELF-MANAGEMENT

PBS Learning- Self Management (https://illinois.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/self-manageme rank_by=recency)

Well-Being is Up To Me: Why Self-Management Matters (https://clsteam.net/info/well-being-is-up-to-me-why-self-management-matters)

5 Ways to Develop Your Child's Organizational Skills (https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills- kids/12-ways-to-develop-your-childs-organizational-skills.html)

Impulse Control Techniques (https://www.wesd.org/cms/lib/OR01915639/Centricity/Domain/45/Impulse%20Control%20Techniques%20That%20Work%20for%20Chil

Contact

To contact the SEL Department, please reach out to Dr. Jessica Plaza: Director of Student Supports and Services at **plazaj@district65.net (mailto:plazaj@district65.net)**.