

About Wellness And Prevention Learning

What Is Wellness and Prevention Learning

Wellness and Prevention Learning is the process in which both children and adults comprehend and regulate emotions, establish and achieve positive goals, demonstrate empathy for others, foster positive relationships, and make responsible decisions. SEL is not merely a method or separate curriculum lesson; instead, it is integrated into all aspects of learning.

How Do We Achieve Wellness and Prevention Learning?

Wellness and Prevention learning becomes a habit through consistent practice. It is important for students, adults, and the whole school community to remember that SEL skills are utilized throughout the day, not just during a designated time slot once or twice a week. Research suggests that social and emotional development can be nurtured, and skills, attitudes, and behaviors in this area can be taught through various methods. (CASEL)

The Fairbanks School District achieves SEL by using the following approaches:

- Explicit Wellness and Prevention Skills Instruction
- Integration with Academic Curriculum Areas
- ✕ Organizational, Culture, and Climate Strategies

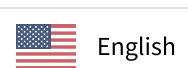
Direct Instruction Programs:

- PBIS
- CHAMPS
- Zones of Regulation
- In Strategies

• Second Step

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Wellness and Prevention Districtwide Framework

The district uses the Collaborative Academic for Wellness and Prevention Learning (CASEL) framework for Wellness and Prevention implementation. CASEL is the leading researcher and knowledge base for social and emotional learning with over 20 years of experience. The CASEL framework infuses social and emotional learning from classroom instruction, to schoolwide climate and practices, to community and home. SEL skills are more likely to be achieved by learners when taught using a variety of methods in a variety of settings. The Fairbanks North Star Borough School District partners with caregivers and community partners to strengthen student opportunities for practicing social and emotional learning skills to improve student outcomes.



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