



STRONGER TOGETHER

**PROMOTING DIVERSITY, EQUITY, AND INCLUSION
IN THE WEST SHORE SCHOOL DISTRICT**

*Social Emotional Learning
Presented May 2022*

OUR WHY

We are committed to providing students with inspiring and relevant experiences so they may live meaningful, purposeful, and impactful lives.

OUR WHAT

To provide a place where staff want to work, students want to be, and families want to live.

OUR HOW

- Make student-centered decisions.
- Support a service-oriented organization.
- Personalize learning experiences
- Treat people with respect, dignity, and empathy.
- Support a culture that promotes collaboration.
- Provide excellent academic and extra-curricular programs.
- Provide staff with up-to-date tools and resources.
- Build and maintain meaningful relationships.
- Communicate in a clear and timely manner.
- Maintain a highly trained staff.

What is Social Emotional Learning (SEL)?

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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Why Social & Emotional Learning is Important for our Students

- **Self-Management**
Managing emotions and behaviors
- **Social Awareness**
Showing understanding and empathy for others
- **Responsible Decision-Making**
Making responsible and caring decisions





Why Social Emotional Skills are Important for our Students

- **Increases Self-Awareness**
- **Increases Academic Achievement**
- **Increases positive behaviors in and out of the classroom**

What do we mean when we say ...

- establishing a healthy identity
- managing emotions
- feeling and showing empathy for others
- establishing and maintaining supportive relationships
- making responsible and caring decisions

Establishing a Healthy Identity

Students will develop self awareness which will allow them to understand their own emotions and thoughts and how they influence their behavior in a variety of settings.

Lessons would help students to:

- Identify emotions and understand why they feel certain ways.
- Accept compliments and constructive feedback.
- Recognize strengths and weaknesses.
- Work toward growth.

Managing Emotions and Achieving Personal and Collective Goals

Students will learn how to manage emotions and behaviors in different situations.

Lessons would help students to:

- Determine what to do if they are feeling strong emotions (Examples: angry, sad, lonely, jealous, frustrated).

Feeling and Showing Empathy for Others

Students will learn how to take the perspectives of and empathize with others.

Lessons would help:

- Reduce bullying
- Students make friends
- Students give and receive help from others



Establishing and Maintaining Supportive Relationships

Students will learn how to establish and maintain healthy and supportive relationships.

This includes the ability to communicate clearly, listen actively, cooperate, work collaboratively to problem solve, approach conflict constructively, provide leadership, and seek or offer help when needed.

Making Responsible and Caring Decisions

Students will learn how to make caring and positive choices about personal behavior and social interactions across situations.



Benefits of Strong Social Emotional Skills

- can increase students' overall grades and their attendance
- can help students better cope with emotional stress, solve problems, and avoid peer pressure to engage in harmful activities
- can equip students to deal with problems that affect them on a personal level so they are better able to navigate the pressures of adult life



Character
Strong

Focus Character Traits of CharacterStrong



Be Kind

Social Skills

Empathy
Cooperation
Respect



Be Strong

Executive Functioning

Responsibility
Perseverance
Courage

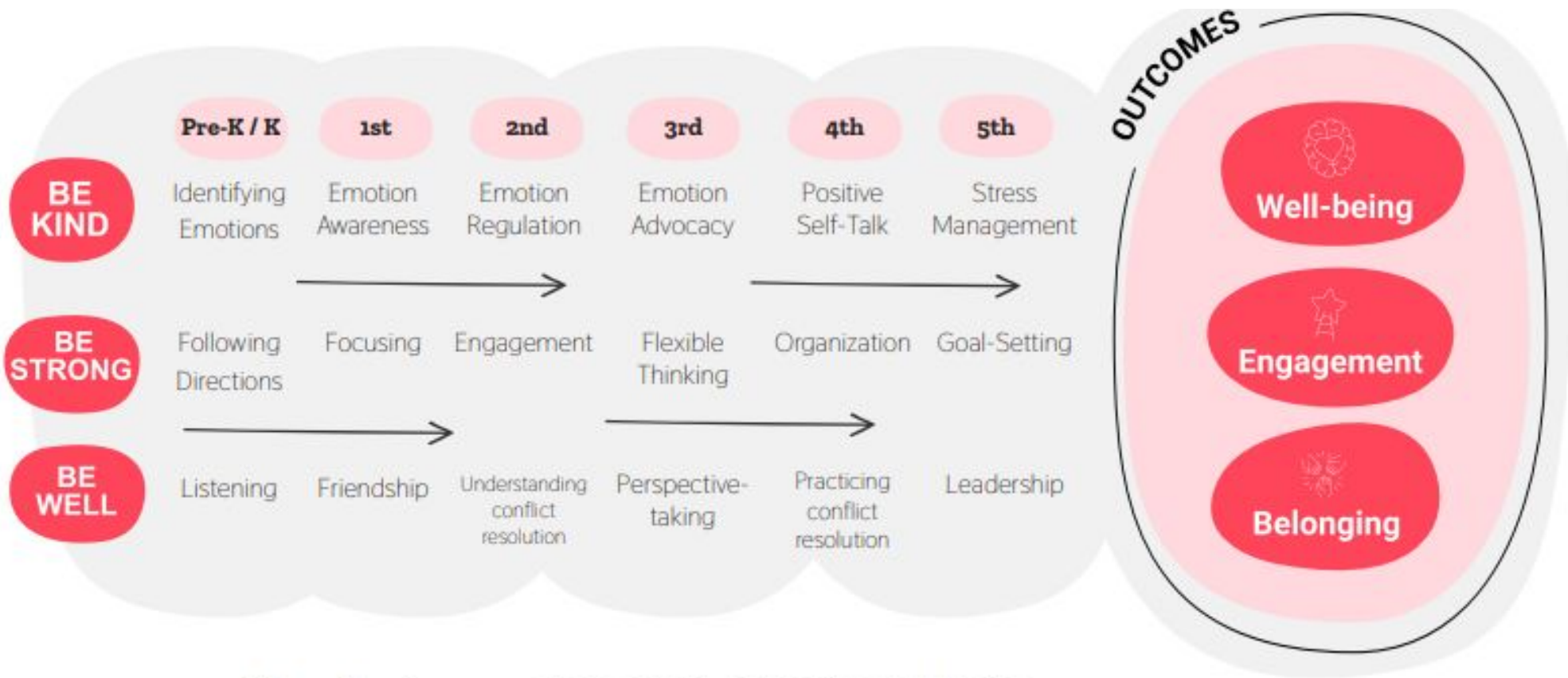


Be Well

Emotion Regulation

Gratitude
Honesty
Creativity

Elementary Snapshot - Kindergarten to Grade 5



Shared outcomes: engagement, belonging, well-being

Shared strategy: relational, engaging, relevant learning

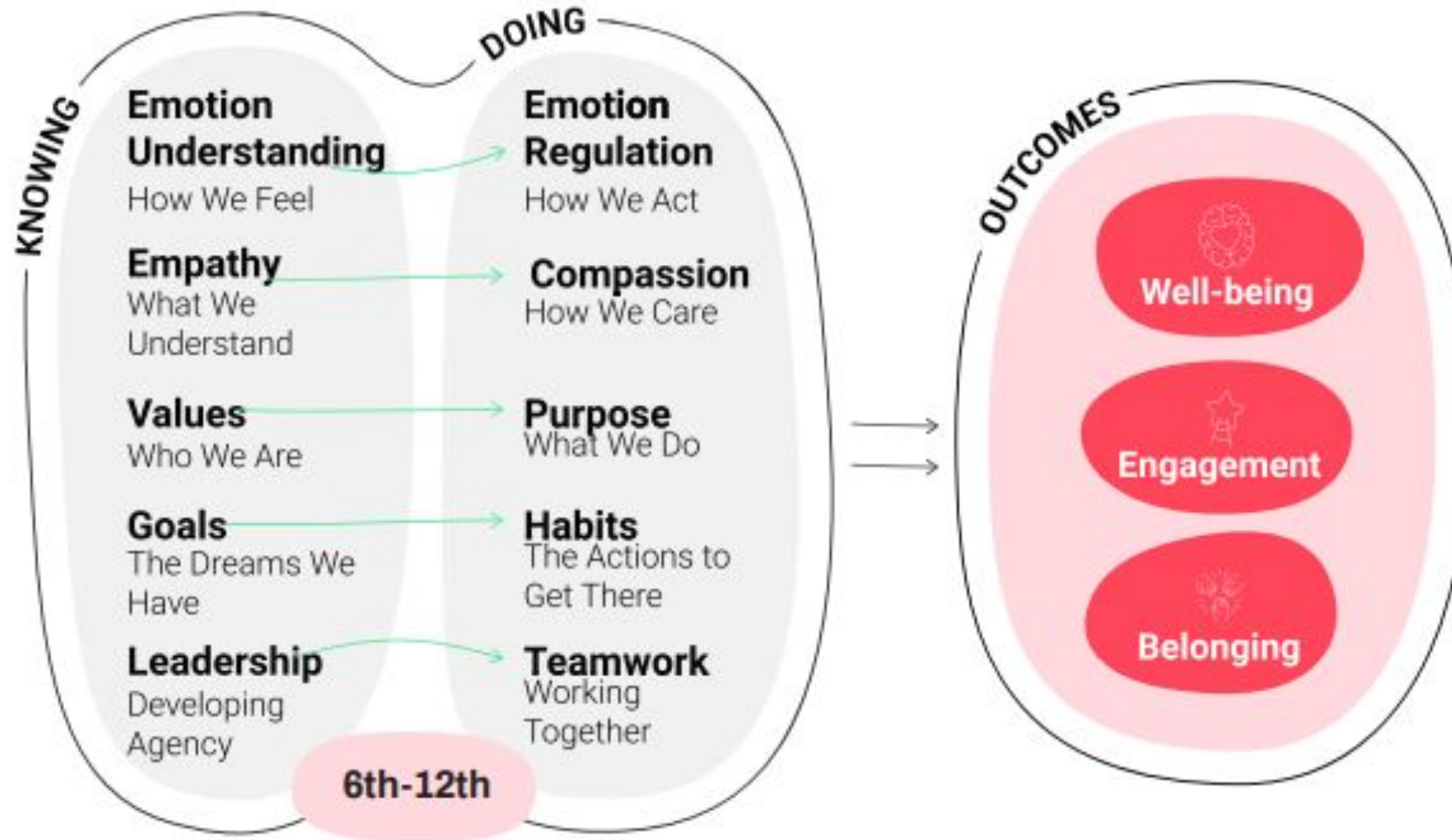
Shared values: school culture starts with the adults, relationships are key, implementation and sustainability matter



Primary Ingredients for Grades 6-12

- **Emotion Understanding and Regulation**
How we feel and how we act
- **Empathy and Compassion**
What we understand and how we care
- **Values and Purpose**
Who we are and what we do
- **Goals and Habits**
The dreams we have and the actions to get there
- **Leadership and Teamwork**
Developing agency and working together

Middle School Snapshot - Grades 6-8



Professional Development

Courses

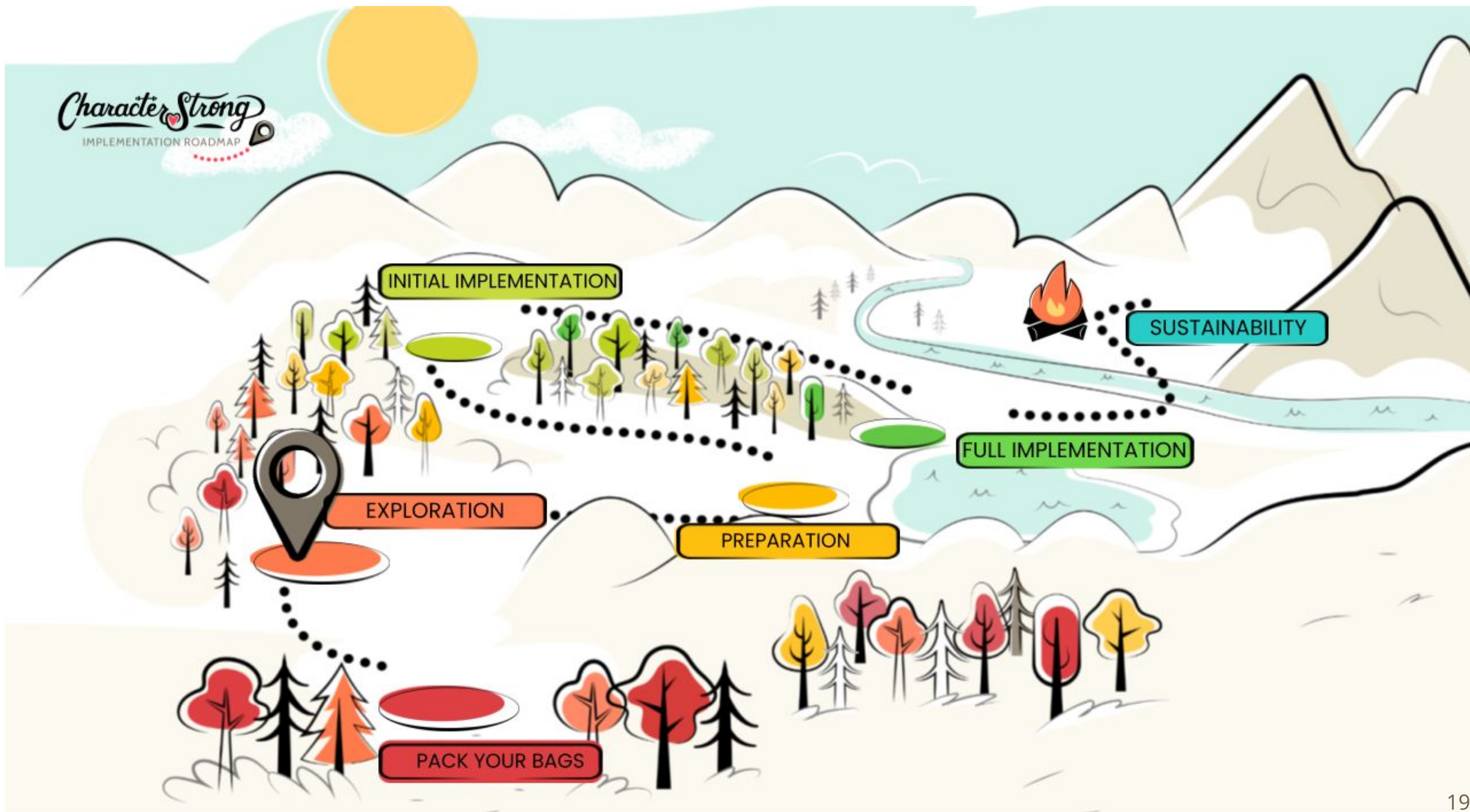
- Stress, Coping and Resilience
- Student Behavior
- **Establish, Maintain, Restore**
- Responding with Empathy
- MTSS
- Trauma Informed

Establish, Maintain, Restore

- **Student Sense of Belonging**
- Reflecting on Relationships
- Establish Relationships
- Maintain Relationships
- Restore Relationships

Related Files

Student Sense of Belonging Worksheet
Module 1: The Why





What's next?

- Program and materials will be on review for one month at characterstrong.org
- If approved, we will begin implementation (staff training and logistics).
- If approved, we will have information about the program on the District website and shared via social media so families will be able to access resources and materials from home.