

**SOCIAL**  
**EMOTIONAL**  
**LEARNING @ U-32**  
**(SEL)**



# WHAT IS SEL ?

SEL is the “process through which children and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

These skills underlie students’ academic success.



# SEL STRATEGIES

**1 SELF-AWARENESS**

**2 SELF-REGULATION**

**3 SOCIAL AWARENESS**

**4 RELATIONSHIP SKILLS**

**5 RESPONSIBLE DECISION-MAKING**

For definitions click [here](#)



# SEL AT U-32 (LAYER 1)

- TA
  - RP (Proactive Circles) – “One thing that made you smile in the last 24hrs and something that you did that was hard.”
  - Executive Functioning Wednesday Focus
- MIDDLE SCHOOL FLEX TIME
- SEL PD for faculty / adult TA trainings
- Professional Development for faculty
  - w/ Joelle Van Lent on Executive Functioning
- Social worker consultation with MS Cores & 9/10 grade teams

**Raider Pride!** Wednesday, January 3

**WACKY WEDNESDAY**

**How Do You Feel Today?**

happy tired strong bored

scared mad sad silly

**JOKE OF THE DAY**

Why are pirates called pirates?

*They just 'arrrrr'!!*

**QUESTION OF THE DAY**

What famous person, living or dead, would you invite to dinner?

**1959...**

Alaska becomes the 49th U.S. state. The territory had been bought from Russia in 1867 for \$7.2 million.

**SHOUT OUT TO:**

**BRAXTIN**

for Persevering when feeling overwhelmed and producing strong writing!

**SOMETHING TO THINK ABOUT**

"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."

(Middle School Morning Welcome Screen)

# LAYER 1 CONTINUED

## SPACES

- SPARK (Seek Positive Answers, Reset and Keep going)
- RISE (Restorative In School Environment)
- Transition
- Zen Den
- Zenith

## AFFINITY GROUPS

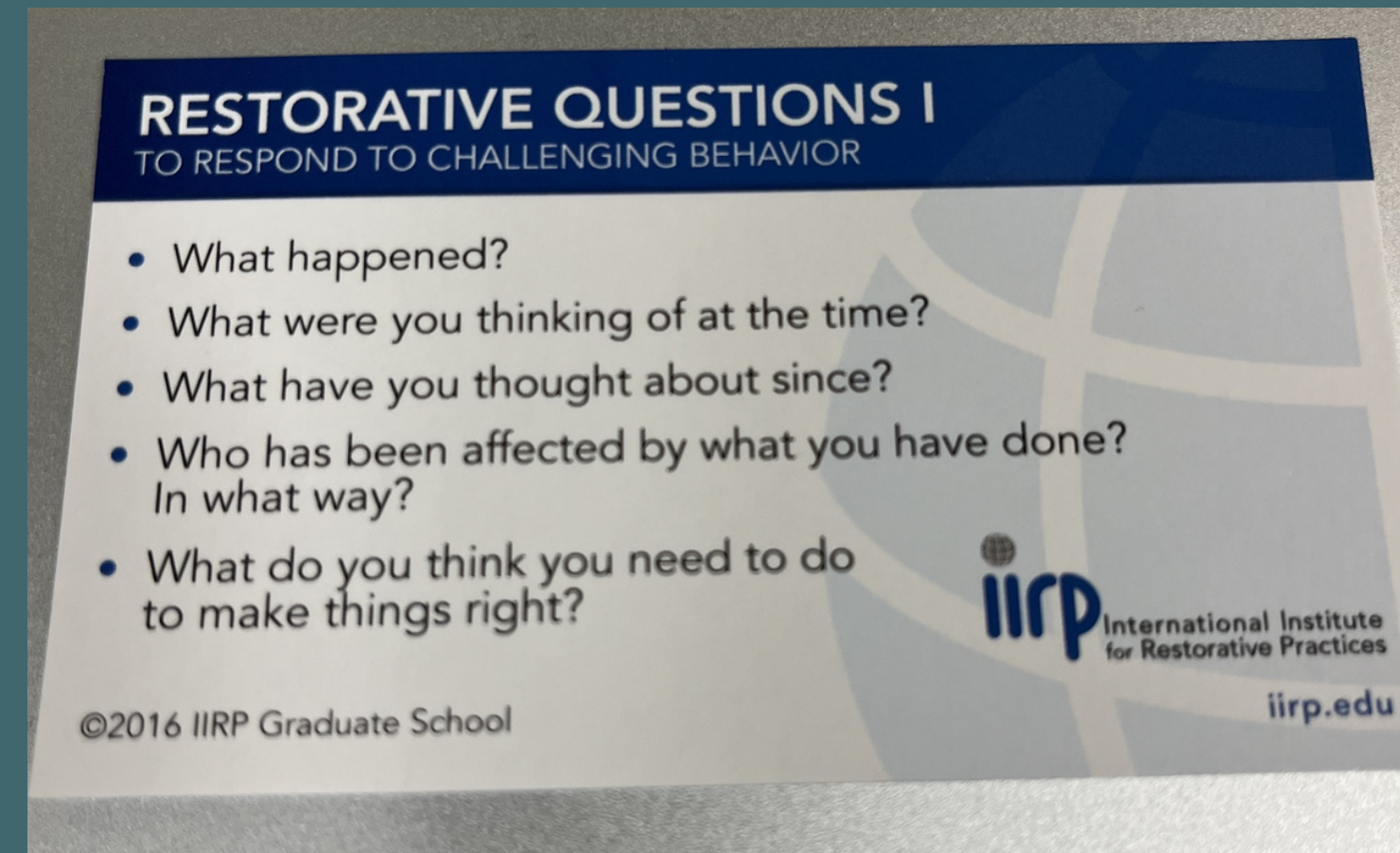
- Black, Latino, Asian and Many More
- Gay, Lesbian and Many More

## PEP SQUAD ACTIVITIES



# LAYER 2 SEL SUPPORTS

- TA circles to address school needs/ concerns
- Restorative Classroom Circles
- Approach to supporting behaviors
- BRAVE = Building Resilience, Academic Values, and Empathy
- MOST– Men of Strength
- RISE = Restorative In School Environment
- SEL Groups w/ Social Worker & Community Partners
  - Substance Use Prevention w/ Elevate Youth Services
  - Fireside After School Program w/ Community Mentors



# LAYER 3 SEL SUPPORTS

- 1:1 meetings with Administrators
- 1:1 meetings with TAs
- 1:1 meetings with school counselors
- 1:1 meetings with school social worker
- 1:1 meeting with RISE Coordinator
- Social Worker interventions with students, families



HUGE THANKS TO:

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# QUESTIONS

