



*Meadow Parent
Connection
11/30/22*

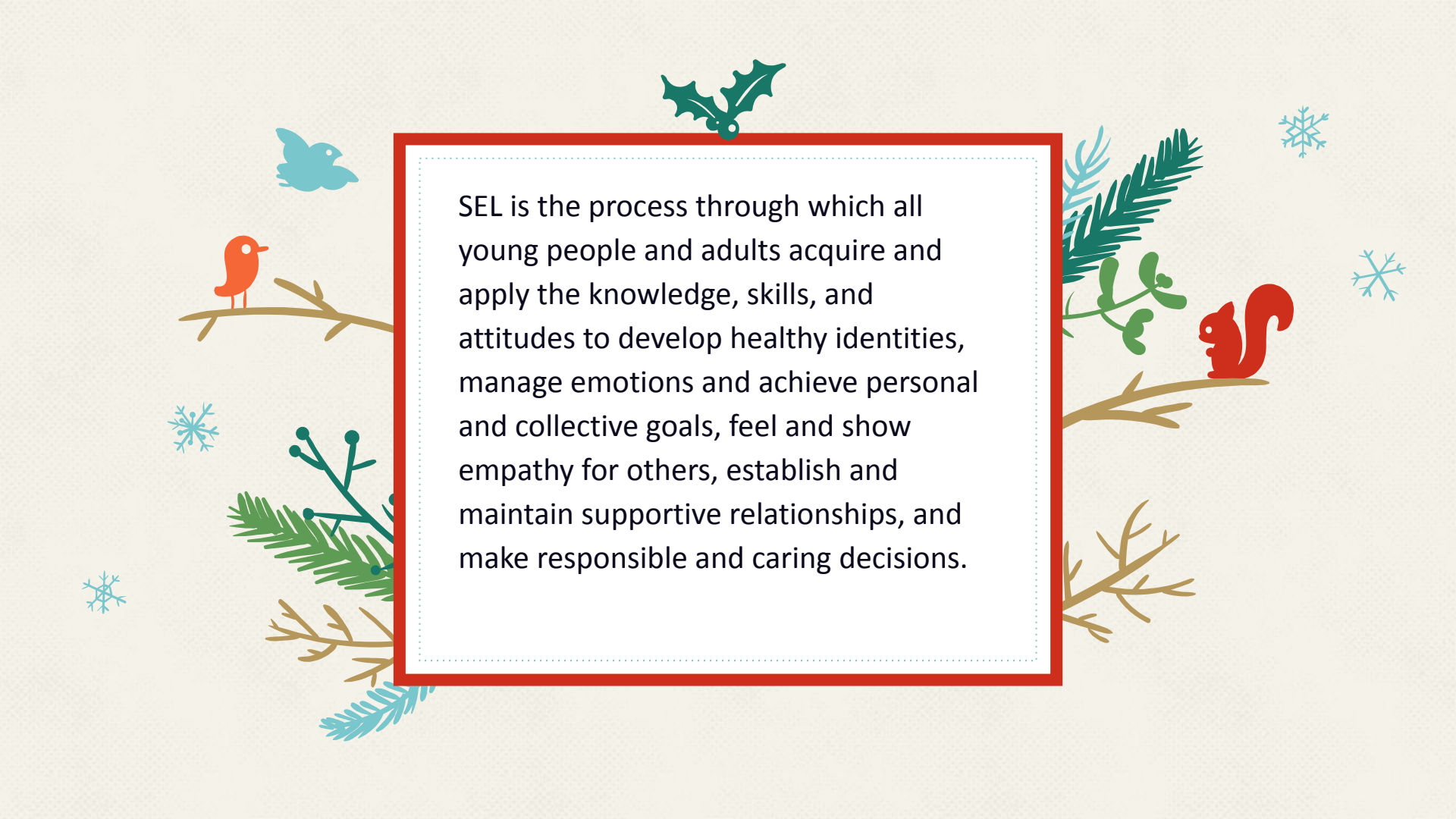
Hello!

Agenda



- Greetings
- Social Emotional Learning
- Growth Mindset
- Upcoming Events





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.

**The benefits of SEL
are well-researched:**



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



SEL is a **wise financial investment**



Social and emotional skills **help improve lifetime outcomes**



For more: <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>




Science Links SEL to Student Gains: Landmark study documented multiple benefits of SEL

2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:

Science Links SEL to Student Gains:

- ✓ Social-emotional skills
- ✓ Improved attitudes about self, others, and school
- ✓ Positive classroom behavior
- ✓ 11 percentile-point gain on standardized achievement tests

Reduced Risks for Failure:

- Conduct problems
 - Emotional distress
- 



Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., & Schellinger, K. (2011) The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82 (2), 405-422.



Ho ho ho

**The Impact of Social
Emotional Learning**

SEL benefits adults, too

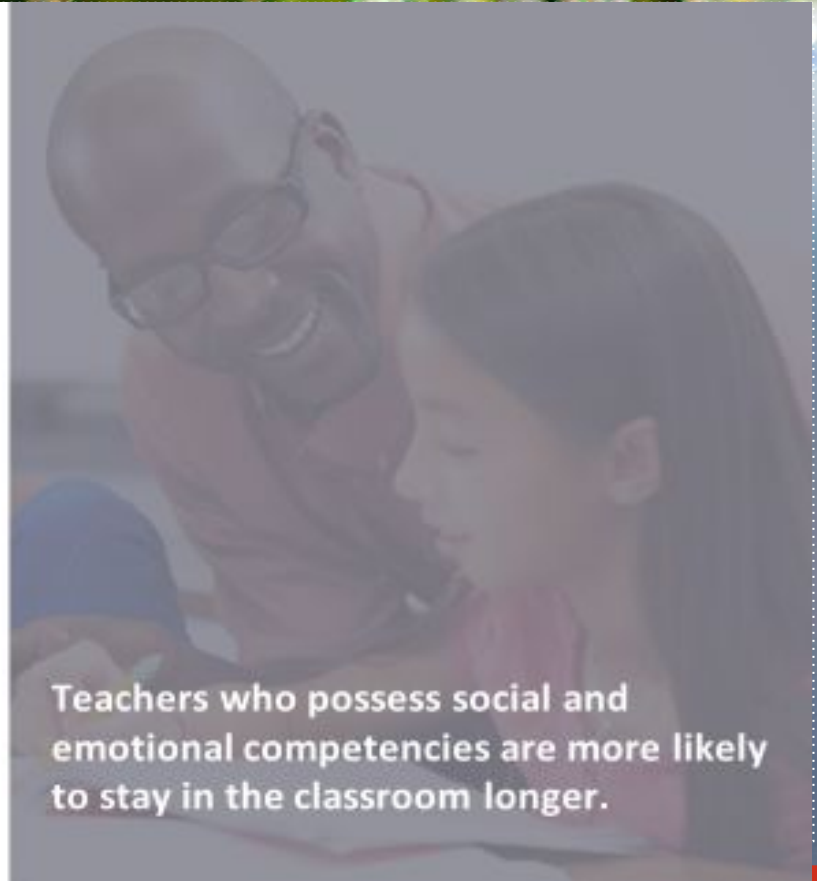
Positive impact on teachers

Teachers with high levels of social competence are better able to protect themselves from burnout by:

- Developing and managing nurturing relationships with their students
- Serving as behavioral role models for children
- Regulating their own emotions



Source: Jennings, P.A. & Greenberg, M.T. (2009). The Process of Classroom: Teacher Social and Emotional Competence in Relation to Student and Classroom Outcomes. American Educational Research Association.



Teachers who possess social and emotional competencies are more likely to stay in the classroom longer.

Practical Benefits of an SEL Program: Based on the 2011 meta-analysis

Adding an SEL program is likely to be a wise choice compared to students receiving current school services.

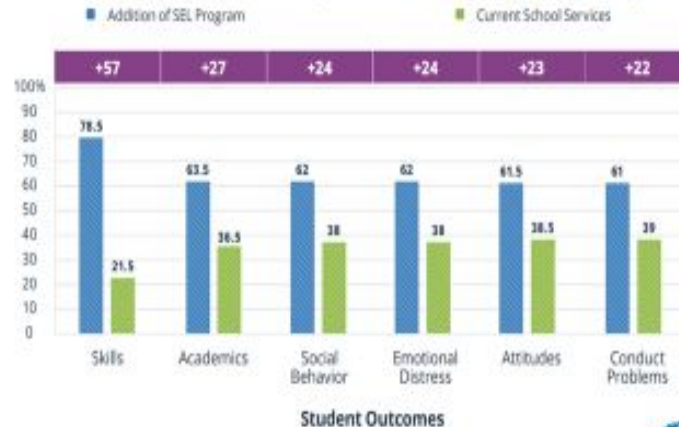
For example:

- **27% more** students would improve their academic performance at the end of the program
- **57% more** would gain in their skills levels
- **24% more** would have improved social behaviors and lower levels of distress
- **23% more** would have improved attitudes
- **22% more** would show fewer conduct problems

Should we use this program in my school?

Would this new program really be helpful or worthwhile for our students?

Percentage of Students Who Improve with the Addition of an SEL Program





THE CASEL 5

Five broad, interrelated areas of competence



self-awareness

Understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



self-management

Manage one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations.



social awareness

Understand the perspectives of and empathize with others, including those from diverse backgrounds.



relationship skills

Establish and maintain healthy, supportive relationships and effectively navigate settings with diverse individuals/groups.



responsible decision-making

Make caring and constructive choices about personal behavior and social interactions across diverse situations.



| | |
|--|---|
| <p><u>Kinder</u> Unit 1- Skills for Learning Unit 2- Empathy Unit 3- Emotion Management Unit 4- Problem Solving</p> | <p><u>First Grade</u> Unit 1- Skills for Learning Unit 2- Empathy Unit 3- Emotion Management Unit 4- Problem Solving</p> |
| <p><u>Second Grade</u> Unit 1- Skills for Learning Unit 2- Empathy Unit 3- Emotion Management Unit 4- Problem Solving</p> | <p><u>Third Grade</u> Unit 1- Skills for Learning Unit 2- Empathy Unit 3- Emotion Management Unit 4- Problem Solving</p> |
| <p><u>Fourth Grade</u> Unit 1- Empathy and Skills for Learning Unit 2- Emotion Management Unit 3- Problem Solving</p> | <p><u>Fifth Grade</u> Unit 1- Empathy and Skills for Learning Unit 2- Emotion Management Unit 3- Problem Solving</p> |

SECOND STEP CURRICULUM SCOPE & SEQUENCE BREAK DOWN



Growth Mindset

[Video Here](#)

Tis the season to read!

 SCHOLASTIC

BOOK FAIR

