SOCIAL EMOTIONAL LEARNING AT CLARKSTOWN SOUTH

Back to School Night
Wednesday, September 20th, 2023
What is Social and Emotional Learning (SEL)?

“Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

-Collaborative for Academic, Social, and Emotional Learning (CASEL)
Why do Emotions Matter?

Emotions (and what we do with them) influence:

● Attention, memory, and learning
● Decision making and judgment
● Relationship quality
● Physical and mental health
● Everyday effectiveness
Why Do We Include SEL in School?

- **New York State Education Department Benchmarks**
  - Develop a self-awareness that nurtures and affirms a strong sense of identity, informs decisions about their actions, and builds a sense of agency.
  - Use social awareness and interpersonal skills to establish, navigate, and maintain mutually supportive relationships...
  - Demonstrate intentional decision-making skills and behaviors that consider social, emotional, and physical safety and well-being...

- **CCSD District Goal**
  - Support the Social–Emotional and Ethical Development of All Students

- **Positive Feedback**
  - Connections with teachers makes students feel better, want to learn, and perform better
  - Connections with peers makes students feel more comfortable in the classroom

- **RULER Leads to Improved Academic Outcomes and Behaviors**
  - Increase in: positive climate, attendance, academic performance
  - Decrease in: attention problems, bullying, suspensions, anxiety, depression
What is Yale RULER?

● RULER is an approach to social and emotional learning that teaches the skills of emotional intelligence.

● RULER includes everyone in the school community.

● RULER is an acronym (see next slide).

● Research shows that RULER reduces problem behavior, promotes positive relationships, and improves academic achievement.
**RULER** is an acronym for the skills that will build our emotional intelligence.

- **RECOGNIZE**: Recognizing emotions in oneself and others.
- **UNDERSTAND**: Understanding the causes and consequences of emotions.
- **LABEL**: Labeling emotions with a nuanced vocabulary.
- **EXPRESS**: Expressing emotions in accordance with cultural norms & social context.
- **REGULATE**: Regulating emotions with helpful strategies.
SEL Activities at South HS

CLASSROOM ACTIVITIES

● Developed by South HS teachers using the RULER resources.

● Bi-monthly; approximately 10 minutes long.

● Include the RULER anchor tools

● Based on student feedback

SCHOOLWIDE EVENTS

● 3 “SEL-ebrations” per year, during lunch periods

● Designed to foster school community while focusing on our SEL skills

● Planned by students, teachers, staff, and administration
SEL Updates for Families

- Information about SEL is shared monthly in the Principal’s Newsletter.
- South’s website includes pictures and updates surrounding SEL.
- SEL updates are shared at PTSA meetings.
- Options to participate in our SEL-ebrations.
How to Continue SEL at Home

Checking in with our children is so important every day, especially when they are in high school.

CONSIDERING ASKING YOUR CHILD(REN):

● What was one positive thing about your day? What is one thing you would do differently?
● Were you nice to someone today, or did you do one nice thing today?
● Which class inspired you today?
● Do you feel supported throughout the day?
● How do you feel about your workload?
● Is there something we can help you with to manage your stress?
How to Continue SEL at Home

- Pay attention to your emotions and the emotions of your family members.
- Listen without dismissing family member’s feelings so they feel valued. Ask questions to get to the underlying feelings and their causes.
- Choose your response wisely. Having feelings is different from acting on feelings.
- Model effective strategies for managing your own emotions.
- There is always more than one way to look at a situation. Sharing different points of view within your family can be healthy.
- Stay connected by taking time each day to reach out and let them know you care.
QUESTIONS?

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“I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—Maya Angelou