

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.**



RULER Anchor Tools

CHARTER



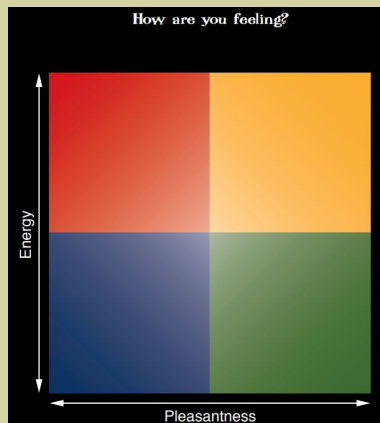
CLARKSTOWN HIGH SCHOOL SOUTH STUDENT CHARTER AS OF FALL 2022



In order to feel HAPPY , we will:	In order to feel MOTIVATED , we will:	In order to feel SUCCESSFUL , we will:
<input type="checkbox"/> Smile at each other <input type="checkbox"/> Do things we enjoy (clubs, teams, school events) <input type="checkbox"/> Focus on our physical health - get enough sleep and eat healthy foods <input type="checkbox"/> Offer positive affirmations to one another	<input type="checkbox"/> Take courses/electives we enjoy <input type="checkbox"/> Set small goals that lead to larger goals <input type="checkbox"/> Be a role model for others <input type="checkbox"/> Work on assignments and study with friends	<input type="checkbox"/> Engage in study groups, independent study time, extra help, and review sessions <input type="checkbox"/> Set up to-do lists and a schedule for assignments <input type="checkbox"/> Remain focused and attentive in class

In order to feel RESPECTED , we will:	In order to feel SAFE , we will:	In order to feel CALM , we will:
<input type="checkbox"/> Be kind <input type="checkbox"/> Be helpful <input type="checkbox"/> Be open-minded <input type="checkbox"/> Demonstrate active listening (ie. pay attention, use positive body language, avoid judgment, respond appropriately)	<input type="checkbox"/> Follow the rules <input type="checkbox"/> Alert staff with safety concerns <input type="checkbox"/> Be an upstander against cruel behavior and bullying	<input type="checkbox"/> Take deep breaths/practice breathing exercises <input type="checkbox"/> Help others who are struggling <input type="checkbox"/> Listen to music or take a walk

MOOD METER



META-MOMENT



BLUEPRINT



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-cebrations" 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-cebrations.

**STUDENTS AND STAFF SEL-EBRATE WITH THE THEME:
HOW DO YOU FILL YOUR CUP AND HOW DO YOU FILL OTHER'S CUP?**



On December 21, students and staff enjoyed a winter SEL-cebration focusing on how to fill their own cup and the cup of others. Activities, such as a photobooth, live musical performances, pin the nose on the snowman, build a human snowman were provided for students to fill their own cup. In addition, students were provided hot cocoa and popcorn for participating in the activities meant to promote positive feelings. The festive event also focused on encouraging students to fill someone else's cup. They were encouraged to create holiday cards for senior citizens, active military, teachers, family and friends and to donate old stuffed animals to support a puppy rescue. Based on feedback from the students, 91% of students who responded "liked" or "loved" it. South's SEL Committee plans to have more events to promote school spirit and community.



Students and staff teams competed to build the best "snowman".

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

