

Social Emotional Learning

Update to the Board of Education

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Social Emotional Learning 2021 - 2022

Social and Emotional Learning 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 (CASEL, 2021).

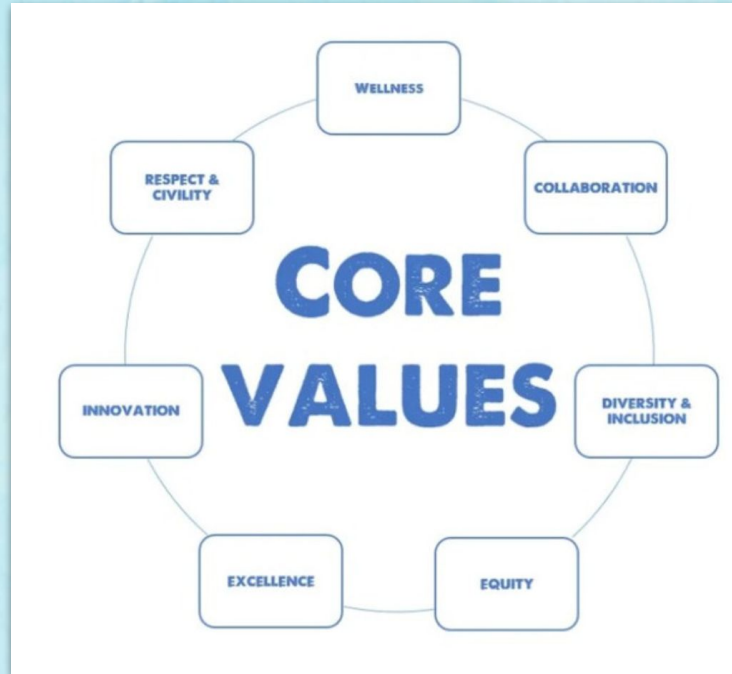
Social Emotional Learning 2021 - 22

MISSION

Inspiring a love of learning in all students so they develop as critical thinkers and innovative creators who contribute to the world with integrity and purpose beyond themselves.

VISION

Preparing all students today to thrive in a changing world tomorrow



DHS

Vision of the Graduate

Communication

Creativity

Curiosity

Empathy

Independence

Integrity

2021 Observations

- Disruptions to routines at school and home
- Separation from adults and small peer groups
- Stamina and exhaustion with sustained work
- Learning to collaborate
- Navigating social settings
- Navigating the physical environment
- Anxiety... the unknown
- Grief and loss

THE LAST NORMAL SCHOOL YEAR

for students currently in...

was...

SY 2021 - 2022

12th Grade	Grade 9
11th Grade	Grade 8
10th Grade	Grade 7
9th Grade	Grade 6
8th Grade	Grade 5
7th Grade	Grade 4
6th Grade	Grade 3
5th Grade	Grade 2
4th Grade	Grade 1
3rd Grade	Kindergarten
2nd Grade	Never
1st Grade	Never
Kindergarten	Never

SY 2018 - 2019

Staffing and Human Resources Update

- Successful implementation of School Psychology model at the Elementary Schools
- Addition of SESS Assistant Principal position at Elementary Schools
- Additional School Psychologist at DHS
- Continued consultation with Cognitive Behavioral Consultants (CBC)
- Collaborative and Proactive Solutions (CPS) Proficiency training with Lives in the Balance

Staffing / Models by Level

PreK and Elementary

- ELP School Psychologist
- 2 School Psychologists at each elementary school

Middlesex Middle School

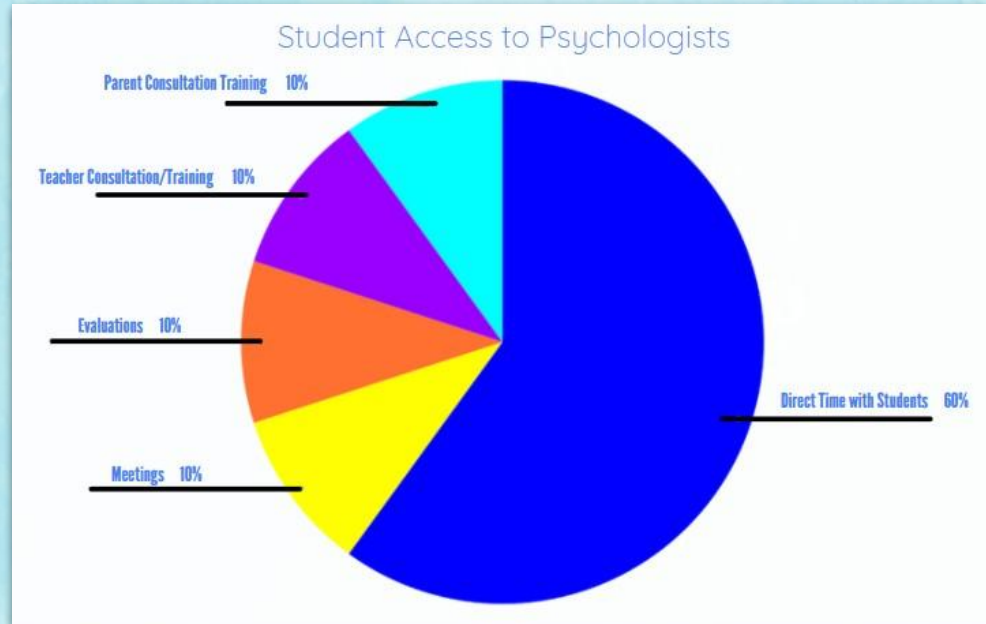
- 6 School Counselors
- 3 School Psychologists
- 1 School Social Worker
- 1 School Resource Officer

DHS and Fitch Academy

- 8 School Counselors and Director of Guidance
- 4 School Psychologists at DHS and 1 School Psychologist at Fitch
- Part-time Connections Counselor (focus: substance use)
- 1 School Social Worker
- 1 School Resource Officer

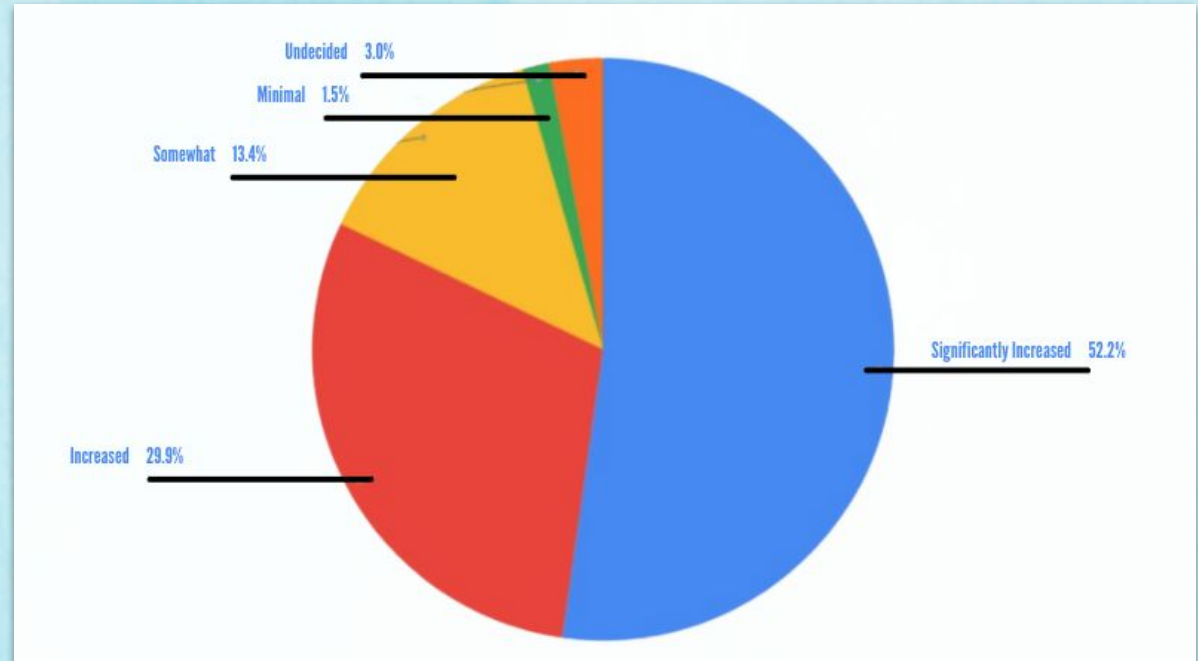
Elementary Psychologists Impact on Students

School Psychologists spend the majority of their time working directly with students, whether through direct hours (60%) or evaluations (10%). This includes counseling designated through an IEP or 504, check-ins with students, DBT skills groups, counseling groups, crisis intervention, and whole class SEL lessons.



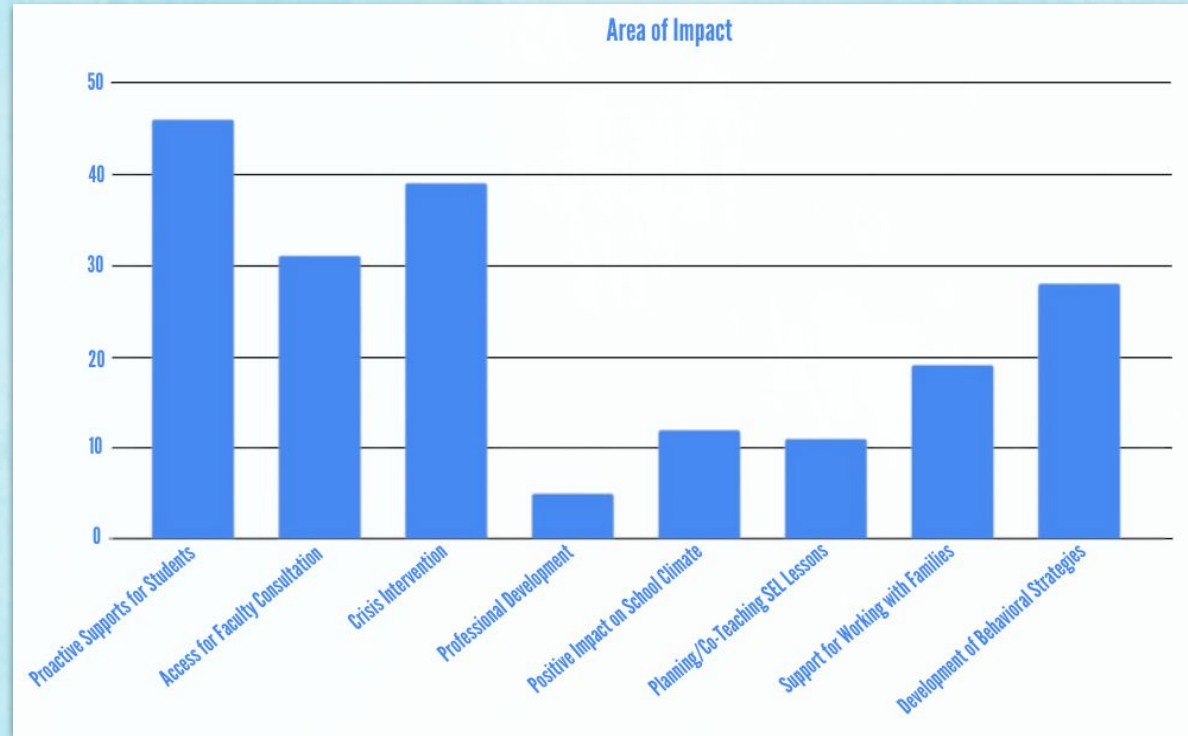
Elementary Teacher Survey: What is the perception of increased support or availability of a School Psychologist?

Over 82% of Elementary teachers have seen increased/significantly increased support available from school psychologists.



Teacher Reported Areas of Impact

Elementary teachers ranked the 3 greatest areas of impact. Teachers have found significant impact in proactive supports for students and access to a School Psychologist for crisis intervention.



School Counselor Supports

- Individual counseling - personal, academic, and social
- Response to student/family crisis
- Frequent communication with families to address student and family needs
- Daily collaboration with teachers, related service providers, and administrators, to address student needs
- Case Managers for 504 plans and participation in PPTs to support the individual student's needs
- Individual course selection meetings (DHS)) and transition programming (MMS) to create a balanced school experience
- Ongoing DBT training, implementation of DBT skills in Guidance Seminar (DHS) and through DBT groups (MMS)
- Guidance Seminar each quarter grades 9-12 to support Social Emotional Learning
- Weekly SEL lessons for grades 6-8 delivered in FLEX (MMS) in partnership with academic teachers

Professional Learning

RULER

- Summer 2021 Training for Implementation Teams at each building
- 2021-2022 SY Faculty and staff training at each school led by Implementation Team

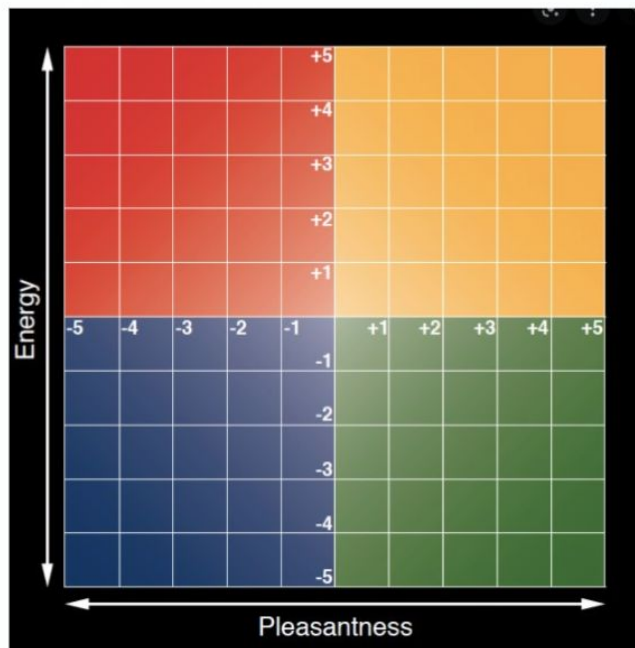
DBT

- Continued consultation with CBC for School Psychologists/Social Workers/School Counselors
- Sept 2021 - Training completed for all new mental health staff and administrators

CPS

- 12 staff members attended 2 day (virtual) advanced training
- 8 staff members participating in Proficiency training Fall 2021
- PD choice sessions provided Jan 2021 and Feb 2021

RULER[®]



- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

Pk-5

Responsive
Classroom



Learning how to build a classroom community with peers so that all students feel safe, respected, and a sense of belonging.

Pk-5

CPS



Working with school adults to identify areas of difficulty and collaboratively solve problems as they arise in class and other school settings.

6-8

FLEX



Connecting each student with an adult for their journey through middle school to foster a sense of belonging, while focusing on developmentally appropriate SEL topics.

9-12

Guidance
Seminar &
Advisory



Connecting each student with an adult for their high school experience to foster a sense of belonging, while focusing on developmentally appropriate SEL topics.

Pk-12

DBT



Learning strategies in mindfulness, distress tolerance, emotional regulation, and interpersonal skills to be able to use in the moment when difficult situations happen.

Pk-12

RULER



Learning how to recognize, understand, label, express, and regulate emotions so that all students and adults in school can work to be their "best self".

Putting it all together...

Family Partnerships

- Parent presentations (“coffees”) on Social and Emotional Wellness
- CBC Parent Workshops regarding DBT
- PTO guest speakers at various school levels
- Parent and faculty book clubs: Raising Human Beings by, Dr. Ross Greene
- Parent and faculty book clubs: Permission to Feel by, Dr. Marc Brackett
- Extracurricular Participation meetings at DHS
- CDSP-sponsored programs for parent-school connections

District and Building-Level Committee Work



Questions?

