

Social and Emotional Learning and SWPBIS

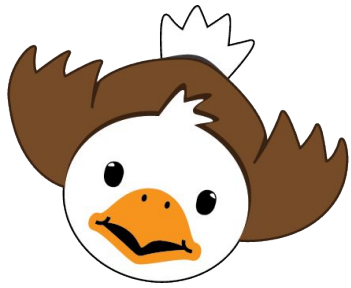
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“Our What Versus Our Why?”

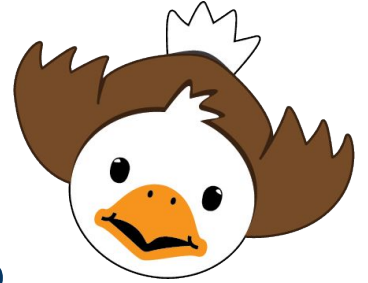
Mrs. Eley, Assistant Principal
Mrs. Gelb, School Counselor

WHAT IS SWPBIS?





The 3 Major Components of SWPBIS



- ✓ **Teaching** appropriate behavior in all settings.
- ✓ **Interventions** when behavior expectations are not met.
- ✓ **Recognition** when behaviors are met.



Matrix

Classroom Expectations



New for The 2019-2020 School Year

- 2nd Step Social and Emotional Lessons Grades K-8
- Bullying Prevention Lessons Grades K-4
- Eagle Eye Tickets
- Reconfigured SOAR Ambassadors
- Cool Down Corner

WHAT IS SEL?



SEL is...

“The process through which children **and adults** acquire and effectively apply the knowledge, attitudes and skills necessary to and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions”

WHY SEL?



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“Learning Happens in Relationships”



Facts:

1 in 4 students enter school having already experienced a traumatic event

Nearly 35 million kids have experienced trauma

"When students develop prosocial behaviors and self-regulation skills, they learn more; students with unaddressed problematic behaviors learn less" (All Learning is Social and Emotional p. 6)

"Children who are able to effectively manage their thinking, attention and behaviors, are also more likely to have better grades and higher standardized test scores" (All Learning is Social and Emotional p. 5). Knowing this information, we felt it was important to embed social emotional learning into students' academic programs, grades K-8."

Demand is
at an all-
time high
in every
sector



public

Most important factor in school quality: teach cooperation, respect, problem solving

NSA Post, 2017



employers

growth in jobs that require mastery of SEL skills outpaced growth of all other jobs

National Bureau of Economic Research, 2017



district personnel

strong consensus among school/district administrators: SEL skills are important & should be taught in schools to all students

Ready to Lead Survey, 2017



principals

95% are committed to developing students' social and emotional skills in their schools

Ready to Lead Survey, 2017



teachers

93% of teachers want a greater focus on social and emotional learning

Strong Post Survey, 2017



parents

3 out of 5 give greater importance to their children being happy & not overly stressed, than doing well in school

Learning Mindset Research Survey, 2017



students

The majority of high school and recent grads agree that going to a school that focuses on developing SEL skills would help better prepare them for life after high school

Research Survey, 2018

Why Second Step?




WHY 2nd Step?

As a committee comprised of middle school and elementary teachers, school counselors and administrations, the team reviewed 5 social emotional programs. All of which were solidly founded in research based best practices. As a district, we have selected the same social emotional program for grades k through 8 to provide our students alignment, consistency, and common language and strategies.

2nd Step is researched based and demonstrates specific gains in prosocial skills, empathy, and conduct.

We view parent communication as one of the essential elements for student success. Because of our diverse student population, over 10% of our families require Spanish materials when communicating home. **Both English and Spanish materials are provided with this social emotional program.**

Continued...



When compared to other social emotional learning programs, this program was given a rating of 52% Emotional Processes focused. This was by far the highest of any of the programs considered.

This program most closely aligns with our the district needs, is research based, and has demonstrated success in neighboring districts with a similar need and demographic.

Several research studies have been conducted on second step highlighting the program successes. Some of those successes include: **23% gain in social emotional skills, 9% gain in attitude about self, others and school, and a 11% gain in academic achievement.** Additionally, the program has research to support a **9% decrease in problem behaviors and emotional distress.**



Second Step Learning:

- Empathy
- Characteristics of Successful Learners
- Compassion
- Emotion Management
- Making Friends
- Included Everyone/Joining Groups
- Conversations
- Being Assertive (Difference being Assertive and Aggressive)
- Self Talk

SECOND STEP BULLYING PREVENTION LESSONS:

Kindergarten - Third Grade

- Recognizing Bullying
 - Bullying is when someone keeps being mean to someone on purpose. It happens over and over, and the person it's happening to hasn't been able to make it stop.
 - Unfair and one-sided (Second & Third grades)
- Reporting Bullying
 - Report to an adult who cares about you, will listen, and help make it stop.
 - Stand up tall, face the person you're reporting to, and speak in a strong respectful voice.
 - "I need to report bullying."
- Refusing Bullying
 - Refuse means not to let something happen. You say no, and can use a signal that means stop.
 - "Stop it. That's bullying."
- Bystander Power
 - Bystanders are the people who see or know of bullying happening to someone else. Bystanders have a lot of power to help stop bullying or to make the problem worse.

SECOND STEP BULLYING PREVENTION LESSONS:

Fourth Grade

Lesson 1: Recognize, Report, Refuse

- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors
- Understand you can refuse bullying in different ways
- Demonstrate assertively reporting and refusing bullying

Lesson 2: Bystander Power

- Define bystander
- Identify ways bystanders can help stop bullying
- Identify different ways bystanders can support someone being bullied

Lesson 3: Bystander Responsibility

- Understand how bystanders can be part of the bullying problem
- Understand that helping stop bullying is the right thing to do
- Decide on and practice positive bystander responses to bullying

Lesson 4: Bystanders to Cyber Bullying

- Recognize and identify different ways of cyber bullying
- Understand that cyber bullying can be even more harmful than other types of bullying
- Demonstrate ways to support and/or stand up for a person being cyber bullied





Parent Resources

<https://education.cu-portland.edu/blog/leaders-link/social-emotional-learning-families/>

<https://www.casel.org/wp-content/uploads/2016/06/schools-families-and-social-and-emotional-learning.pdf>