

Social Emotional Learning



Gower 62

Gower 62 Social Emotional Learning Philosophy

At Gower 62, we believe that every student should have access to social emotional learning (SEL). Social emotional learning is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. SEL helps provide students with a supportive and welcome learning environment. This leads to a strong and productive school culture. To review the Illinois State Board of Education SEL Standards, please use [this link](#).

Our framework for social emotional learning is based on the five competencies identified by the Collaborative for Academic, Social, and Emotional Learning (CASEL):

- Self-Management
- Self-Awareness
- Responsible Decision-Making
- Social Awareness
- Relationship Skills

For more information regarding SEL, visit

<https://case1.org/what-is-sel/>



Support Services at Gower

Our social workers and school counselor can help support your child in various ways, such as through:

- Individual counseling
- Small group counseling
- Classroom SEL lessons for all students
- Consultations for classroom behavioral support
- Referrals for outside counseling support

School Counselor

- Ms. Ward while at West works with 3rd and 4th grade students and while at Middle works with 5th and 6th grade students

Social Workers

- Mrs. Urgo at West works with all elementary IEP students and regular education students in kindergarten through 2nd grade
- Mrs. Lange at Middle works with all middle school IEP students and regular education students in 7th and 8th grade

Contact Information

For additional information regarding SEL supports for your child, feel free to contact a member of our SEL team:

Mrs. Urgo -- Social Worker at Gower West, kurgo@gower62.com

Mrs. Lange -- Social Worker at Gower Middle, tlange@gower62.com

Ms. Ward -- School Counselor at GW and GM, kward@gower62.com

Mrs. Spaulding -- PE Teacher at Gower West, kspaulding@gower62.com

Mr. Mohiuddin -- PE Teacher at Gower West, imohiuddin@gower62.com

Mr. Mengarelli -- PE Teacher at Gower Middle, kmengarelli@gower62.com

Ms. Stankiewicz -- PE Teacher at Gower Middle, jstankiewicz@gower62.com

Gower West Social Emotional Learning Lessons will include the following topics:

Mindfulness, communication, feelings, kindness, empathy, self-esteem, respect and much more.

Example of September Lessons:

- Kindergarten = Family
- 1st Grade = Friends
- 2nd Grade = Friends
- 3rd Grade = Self-Regulation and Coping Skills
- 4th Grade = Self-Regulation and Coping Skills

Example of October Lessons:

- Kindergarten = Mindfulness
- 1st Grade = Helping
- 2nd Grade = Feelings
- 3rd Grade = Kindness, Empathy, and Respect
- 4th Grade = Kindness, Empathy, and Respect

Gower Middle Social Emotional Learning Lessons will include the following topics:

Personal goal setting, anxiety, veterans importance, and much more.

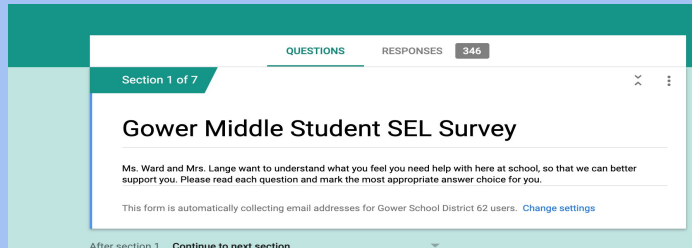
Example of September Lessons:

Goal setting and trait identification

- How others see them, how they want to be seen
- Setting a personal goal that we review monthly
- Students completed a Needs Assessment Questionnaire
 - 32% of our students reported they are struggling with feelings of stress or anxiety
 - 51% of our students said they would like help at school with learning how to manage their stress and anxiety

Example of October Lessons:

- Anxiety identification
- Coping skills
 - Breathing strategies
 - Motor movement
 - Creative expression
 - Phone apps
- Red Ribbon Activities
 - Focus effects on vaping



The screenshot shows a digital survey interface. At the top, there are tabs for 'QUESTIONS' and 'RESPONSES' with a count of '346'. Below this, it indicates 'Section 1 of 7'. The main title is 'Gower Middle Student SEL Survey'. A message reads: 'Ms. Ward and Mrs. Lange want to understand what you feel you need help with here at school, so that we can better support you. Please read each question and mark the most appropriate answer choice for you.' At the bottom, there is a note: 'This form is automatically collecting email addresses for Gower School District 62 users. [Change settings](#)'. A navigation bar at the very bottom says 'After section 1 Continue to next section'.