

Social Emotional Learning Committee



Co-Chairs: Brennen Bierwiler, Andrew Frisone, Gina Horton, and Susan Saban

Committee Members:

High School - Dan Doherty, Nicole Cestari, Leigh Condalino, Mike Yoo

Middle School - Katherine Kirschner, Allison Sevilla, Caitlin Etry, Malorie Steinhauer

Shelter Rock Academy - Allison Barshak,

Center Street - Karen Maiello, Danielle Bantileskas

Denton Avenue - Beth Rosenman, Stacey Souravlis, Jeanine Wansor-Greenberg

Searingtown - Maureen Granfors, Deirdre Bambrick

Parents - Seemen Biju, Hillary Stein



What is Social Emotional Learning?



Social Emotional Learning is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and **manage emotions**, set and **achieve positive goals**, **feel and show empathy** for others, establish and maintain **positive relationships**, and **make responsible decisions**.

Social Emotional Learning Core Competencies:



Why Social & Emotional Learning?

Benefits

Improvement in classroom behavior.

Increase in self-confidence.

11% increase in scores on standardized tests.

Social & Emotional Skills.

Better attitudes about school and interactions with others.

Reduces

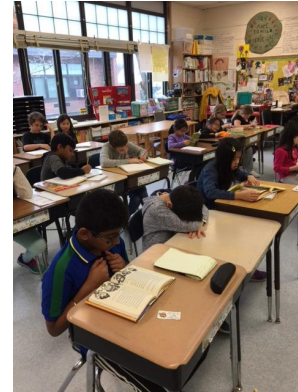
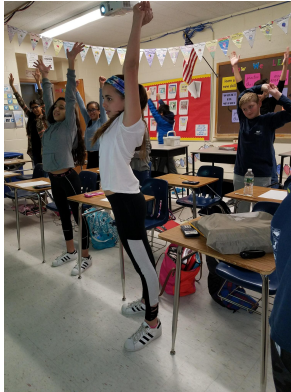
Aggressive Behavior

Emotional Distress

Conduct Problems

The Work of the SEL Committee

- Organized a district-wide Committee
- Shared SEL programs and practices from each of the buildings
- Explored different SEL programs and speakers
- Developed district-wide goals



The Work of the SEL Committee

- Superintendent's Conference Day 2016-2017
- Professional Development (Mindfulness) training for teachers
- Implementation of Mindfulness into school day
- Parent Education
 - Parent University - Mindfulness with Steven Pinto (March 28, 2017)
 - School-based parent presentations
 - Parent Resources
- On-going exploration/research on new SEL practices/programs
- Developed district-wide SEL goals for 2017-2018
 - District-wide Health and Wellness Week
 - Continue staff training on Mindfulness and Increase Mindfulness Practices District-wide
 - Explore Growth Mindset Professional Development
 - District-wide Unity Day (October 25th, 2017)



Mindfulness is:

The way of being and thinking by **paying attention**, to the **present moment**, on **purpose**, without judgement.

Mindfulness creates **EMOTIONAL BALANCE**

Research shows the Mindfulness practices:

- Reduce Stress and Anxiety
- Builds Resiliency
- Improves Overall Academic Performance
- Regulates the Brain
- Body and Nervous System



Initiated district-wide roll-out of Mindfulness programs in each of the buildings

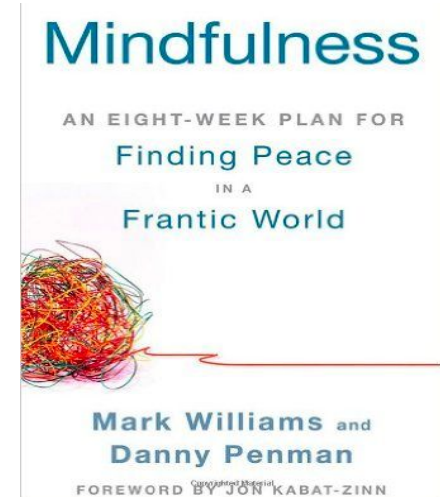
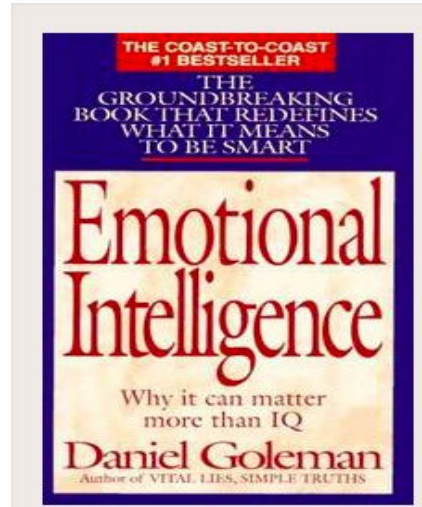
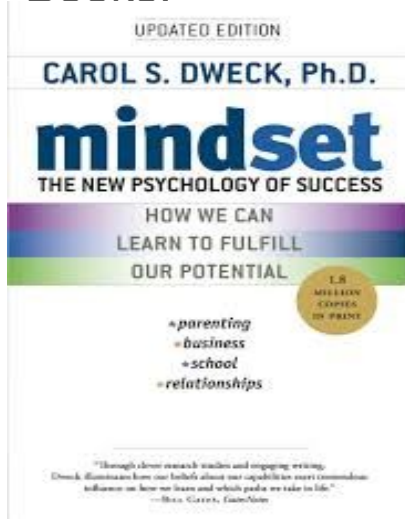
- Mission Be
- Educate 2B
- Learning to Breathe



Recommended Resources:

Websites: <http://www.casel.org>, <https://projecthappiness.com>

Books:



Mindful parenting is about moment-to-moment, openhearted and non judgemental attention. It's about seeing our children as they are , not as we want them to be.

- Jon Kabat Zinn

