

Sayville Public Schools



Jillian Makris
Director of Student Services

Dr. John E. Stimmel
Superintendent of Schools

Dear Sayville Families,

I hope that the 2019-2020 school year is off to a great start! The Board of Education, Dr. Stimmel, and the entire Sayville Schools community are committed to help our students become the healthiest versions of themselves. Youth today face significant challenges many of which can jeopardize their wellness. Despite these challenges, they must still attend school and be successful. Extensive research indicates that mastery of social emotional competencies is associated with greater well-being and better school performance. Students with strong social and emotional skills are more likely to graduate high school on time, complete a college degree, and achieve and maintain full-time employment. They are less likely to misuse alcohol and opioids or require medication for emotional or behavioral issues. Unsurprisingly, wellness is a key component of happiness and success.

A state agency, the Collaborative for Academic, Social and Emotional Learning (CASEL) describes Social and Emotional Learning (SEL) "as a process for helping children...develop the fundamental skills for life effectiveness. SEL focuses on creating and sustaining systems of support that improve the personal health, mental health, learning, and family lives of all children." Beginning in November 2019, we are excited to implement **SAYVILLE STRIDES** with students K-12. This initiative strives to teach our students about seven essential attributes for personal success and well-being: self-esteem, trust, resiliency, independence, diversity, empathy and strength. Each month, our schools will focus on one these traits.

No doubt, the best results occur when our schools and families work in unison. Therefore, we ask that families incorporate these monthly themes into their home life via discussions, games and/or family activities. Cultivating these traits will help our students learn fundamental life skills such as establishing positive relationships, making responsible decisions, resolving conflicts effectively, calming themselves when angry, and developing concern for others. The benefits are immeasurable!

We are excited to embark on our SAYVILLE STRIDES initiative and continue to grow it in the years to come. Please join us as we take our first strides together. Follow us on Twitter at Sayville Strides to get updates on what our students are doing throughout the District and visit the Student Services webpage at <https://www.sayvilleschools.org/domain/725>.

Sincerely,

Jillian Makris
Director of Student Services

Sayville STRIDES Calendar

Month	Traits
November	Self-esteem
December	Trust
January	Resiliency
February	Independence
March	Diversity
April	Empathy
May	Strength