Alexandria City Public Schools

Building Bonds Beyond the School



Social Emotional Learning: How Do We Help Our Students Feel Safe, Supported and Connected?

March 19, 2025

Department of Student Services and Equity

Essential Questions

1. What are Tier 1 Practices for social, emotional and behavioral learning for students?
2. How do Tier 1 Practices enhance students' school experience?
3. How can you support your student's social, emotional and behavioral learning at home?

TO ACCESS YOUR INTERPRETATION CHANNEL:

Interpretation

ES PARA ESPAÑOL, SELECCIONE "Español"

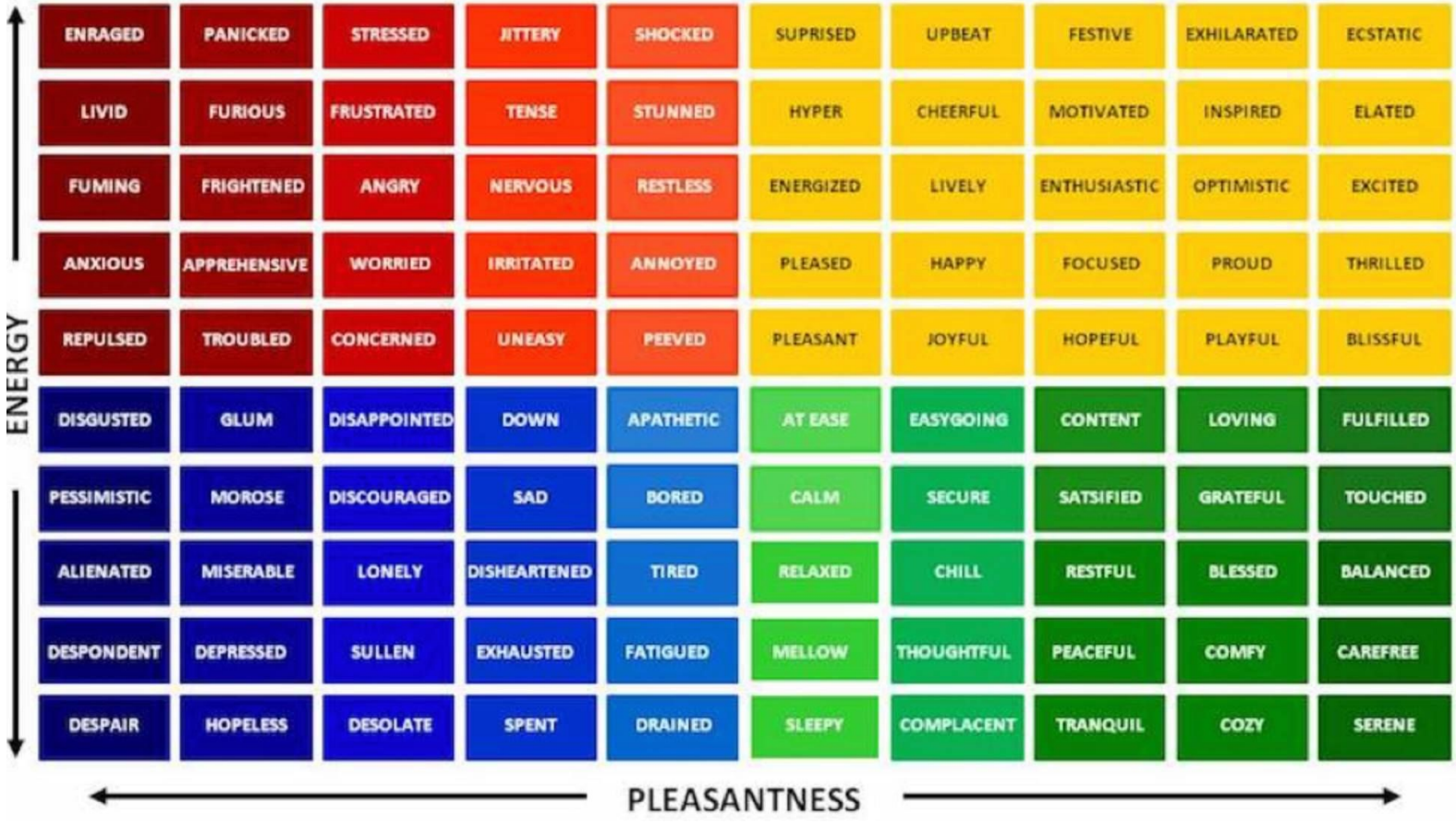
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DA برای دری، دری را انتخاب کنید

MOOD METER

How are you feeling?



EQUITY-FOCUSED

Which color describes how you are feeling right now?

Poll

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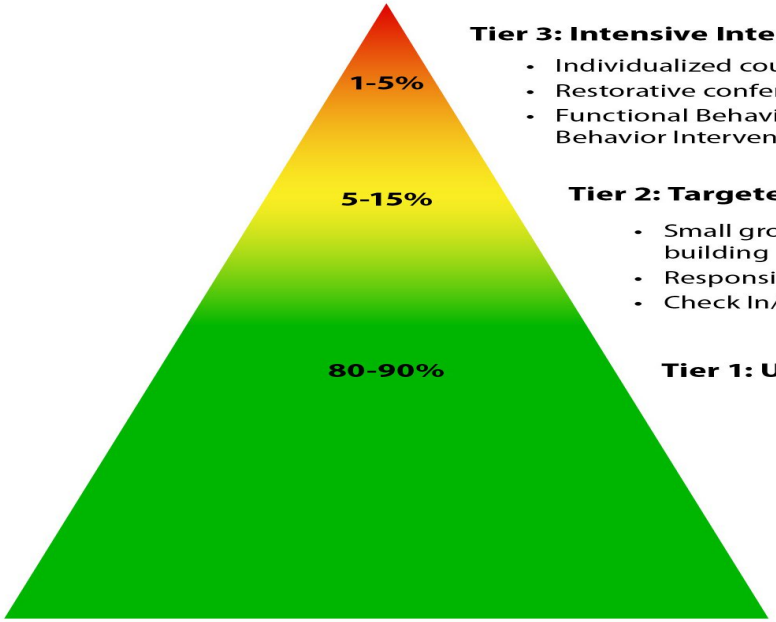
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EQUITY-FOCUSED

MTSS and Tier 1 Practices

Multi-Tiered Systems of Support is a systematic tiered framework that ensure **all** students receive the most appropriate academic and behavioral instruction, supports, services and scientifically based interventions.



Tier 3: Intensive Interventions for a FEW

- Individualized counseling services
- Restorative conferences
- Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP)

Tier 2: Targeted Interventions for SOME

- Small group counseling (social emotional skill building
- Responsive and Restorative Circles
- Check In/Check Out

Tier 1: Universal Proactive Supports for ALL

- SEAL strategies embedded into core curriculum
- Weekly SEAL lessons, facilitated by classroom teachers
- Common language to identify and manage emotions
- Positive Behavioral Interventions and Supports (PBIS) lessons
- Community Circles

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Social Emotional Learning in ACPS

Alexandria City Public Schools

Social Emotional Learning (SEL) is the process when all students and adults:

- Learn to develop healthy identities
- Manage emotions
- Set and achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain supportive relationships
- Make responsible and caring decisions



EQUITY-FOCUSED

Tier 1: Social, Emotional and Behavioral Practices for Students

PBIS

Positive Behavioral Interventions & Supports

Restorative Practices

RULER

Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework

The CASEL framework, defined by the VDOE as the SEL standards, helps cultivate skills and environments that advance students' learning and development.

It fosters knowledge, skills, and attitudes across five areas of social and emotional competence:

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



2020-2025 STRATEGIC PLAN: EQUITY FOR ALL



SELF-AWARENESS

Accurately recognizing internal emotions, thoughts, and values and how they influence behavior; accurately assessing one's own strengths and limitations; and holding a well-grounded sense of confidence, optimism, and a "growth-mindset."



SELF-MANAGEMENT

Successfully regulating emotions, thoughts, and behaviors in different situations; effectively managing stress, controlling impulses, self-motivating, and setting and working toward personal and academic goals.



SOCIAL AWARENESS

Demonstrating and practicing perspective-taking and empathizing with others; understanding appropriate social behavior; and recognizing support resources such as family, school, and the community.



RELATIONSHIP SKILLS

Creating and maintaining healthy relationships; communicating and listening effectively; cooperating with others; resisting harmful social pressure;managing conflict constructively; and seeking or providing help when needed.



RESPONSIBLE DECISION-MAKING

Making ethical, constructive decisions with a realistic understanding of consequences; and considering the well-being of oneself and others.

September October	November December	January February	March April	May June

EQUITY-FOCUSED

Do you discuss behavior expectations with your child(ren)?

Poll

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EQUITY-FOCUSED

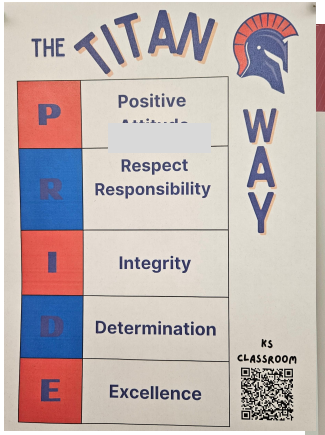
Positive Behavioral Interventions & Supports

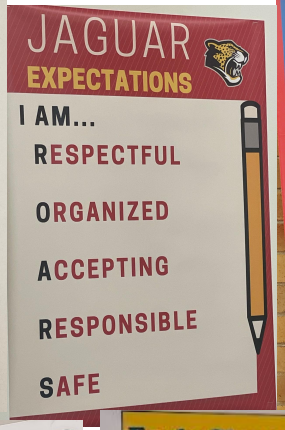


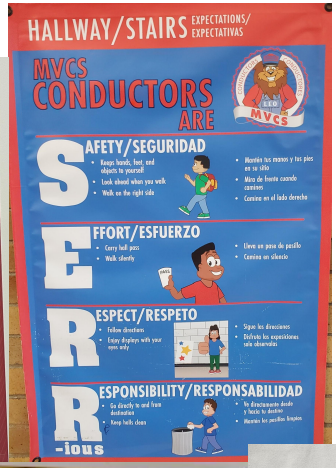
PBIS is…

A multi-tiered approach for **specific teaching** of expected behaviors that establishes the **social culture** and provides the behavior supports needed for schools to be effective, nurturing and safe learning environments for all students.

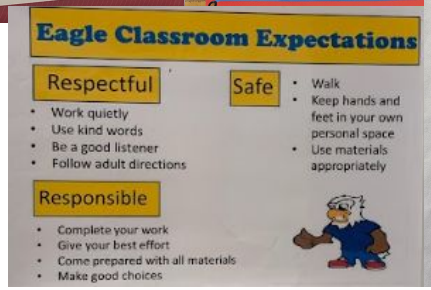
PBIS in Schools

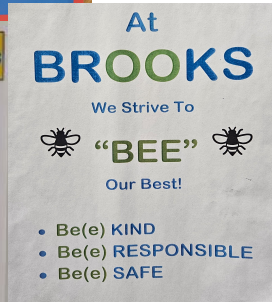












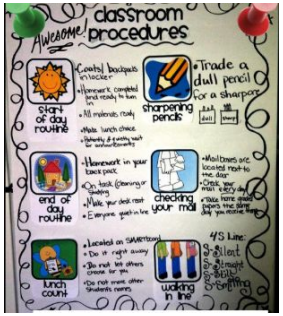
Something to think about from your perspective as a parent/guardian…

- *What are your child(ren)'s school's expectations?*
- *How can you support the school-wide expectations at home?*

EQUITY-FOCUSED

PBIS and School Culture

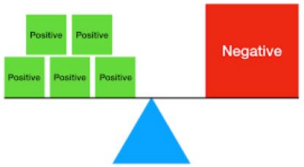
- Schoolwide expectations provide consistency for students (e.g., common language and procedures)
- Behavior expectations and routines are positively stated, clearly taught, and revisited often
- Feedback is provided frequently and acknowledgement is varied











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PBIS at Home



- Identify simple, broad behavior expectations for the home
- Describe what the expectations mean and provide examples
- Remind and reteach often
- Recognize your child(ren) when they show the expected behaviors; celebrate progress
- Be consistent





EQUITY-FOCUSED

Restorative Practices (RP)

- RP is a set of principles and practices.
- It builds and restores relationships.
- People will make positive changes when those in position of authority do things with them, rather than to or for them.



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RP and CASEL Alignment

Implementation of restorative practices in schools will help to build CASEL's five SEL competencies, including...

SELF-AWARENESS
The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

SELF-MANAGEMENT
The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

SOCIAL AWARENESS
The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

RELATIONSHIP SKILLS
The abilities to establish and maintain healthy and supportive relationships to effectively navigate settings with diverse individuals and groups.

RESPONSIBLE DECISION-MAKING
The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

EQUITY-FOCUSED

Safe, Supported, and Connected

- Restorative practices make students feel safe, supported, and connected.
- Fosters a sense of shared responsibility and belonging within the classroom community.



Restorative Practice at Home

- At home, restorative practices can include taking responsibility for keeping spaces clean or for the choices we make.
- Encourages positive relationships with family and friends, and being respectful of those around us.



EQUITY-FOCUSED

RULER is…?

Poll

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RULER

RULER is an evidence-based **approach to social and emotional learning (SEL)** developed at the Yale Center for Emotional Intelligence. The RULER curriculum supports the CASEL Framework. It reinforces entire school communities in: Understanding the value of emotions and building the skills of emotional intelligence.

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions appropriately

Regulating emotions effectively

RULER Tools



Charter



Mood Meter



Meta-moment



Blueprint

RULER in Practice

Family Charter (sample)

As a family, we want to feel…

Appreciated, understood, and happy.

In order to have these feelings, we will…

Laugh, share our own feelings honestly, avoid sarcasm, speak respectfully,

Healthy Practices for the Home

Emotional Awareness

- Use the conversation starters
- Pay attention to your emotions and the emotions of others.
- Feel your feelings and *name* them. This helps us know ourselves better and make better decisions. Practice the RULER skills at home.
- Take your child's feelings seriously. Listen to their feelings and ask questions to get to the underlying causes.

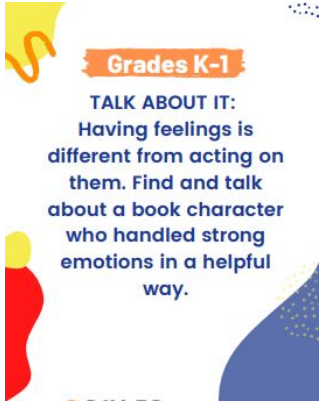




Healthy Practices for the Home

Connections

- Choose your response or lack of response wisely. Having feelings is different from acting on feelings. Be comfortable with silence.
- It is not about you!
- Model effective strategies for your child with how you manage your own emotions.
- Remember there is more than one way to look at a situation.
- Stay connected by taking time each day to reach out and let them know you care.





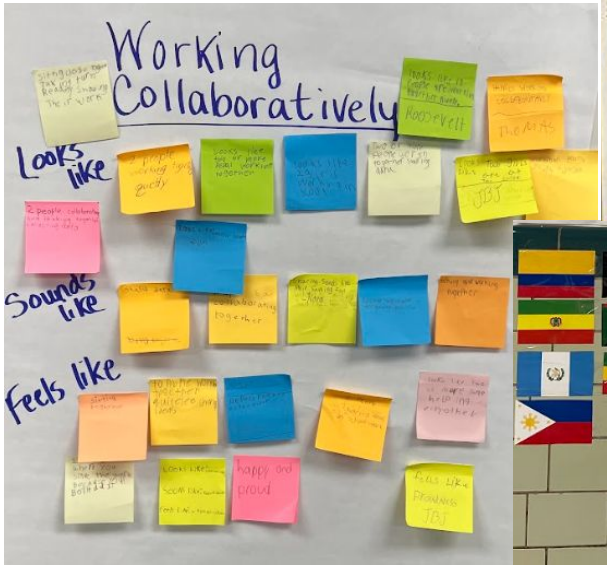
How It All Comes Together

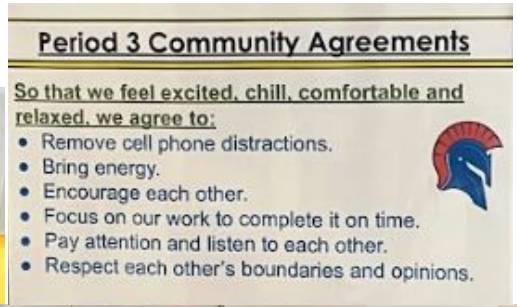


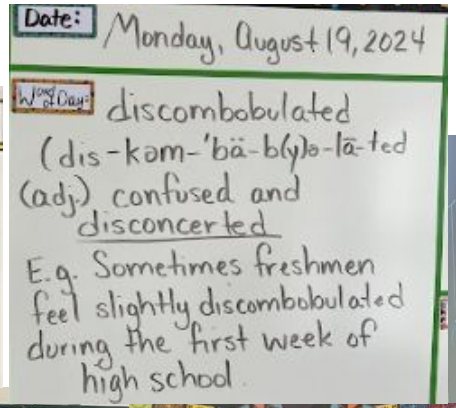
As a continued investment in social emotional learning , we have a **new teacher evaluation standard** that helps ensure that teachers infuse all the equitable practices you heard today into their academic lessons.



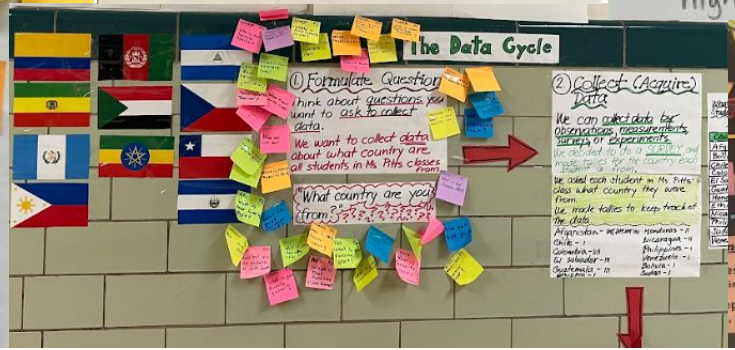
What It Looks Like In Action













How You Can Help At Home



- Check in with your student about what they are learning at school
  - Ask questions like “Have you learned about any new cultures? What are you discussing in class? How is your class celebrating ___ history month?”
- Encourage your student to learn about different cultures and perspectives from their own
- Continue to practice the social emotional tools you learned today

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What is one thing you will try with your child(ren) at home?

Poll

Resources



Alexandria City Public Schools

Questions?





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Thank You!

Department of Student Services & Equity



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Feedback Form

