



Somers Central
School District

FORWARD IN EXCELLENCE

Social Emotional & Physical Wellness



October 7, 2025

Elements of Excellence

SOCIAL, EMOTIONAL & PHYSICAL WELLNESS

Wellness Team Mission: The mental health team teaches and models for all students the life-long skills of self-regulation, self-management, and effective social engagement.

2025-2026 District Priorities:

01

Build faculty and staff capacity to support students' executive functioning and self-management skills.

02

Implement a 5-12 wellness assessment and develop a corresponding reporting system

03

Continue aligning the K-8 Health and Wellness curriculum.



SOCIAL-EMOTIONAL & PHYSICAL WELLNESS

Build faculty and staff capacity to support students' executive functioning and self-management skills.

In 2022, we began a multi-year approach designed to support all teachers in reaching the goal of embedding effective EF strategies into daily instructional routines.

Research-Based Consultation Support (Cognitive Connections)

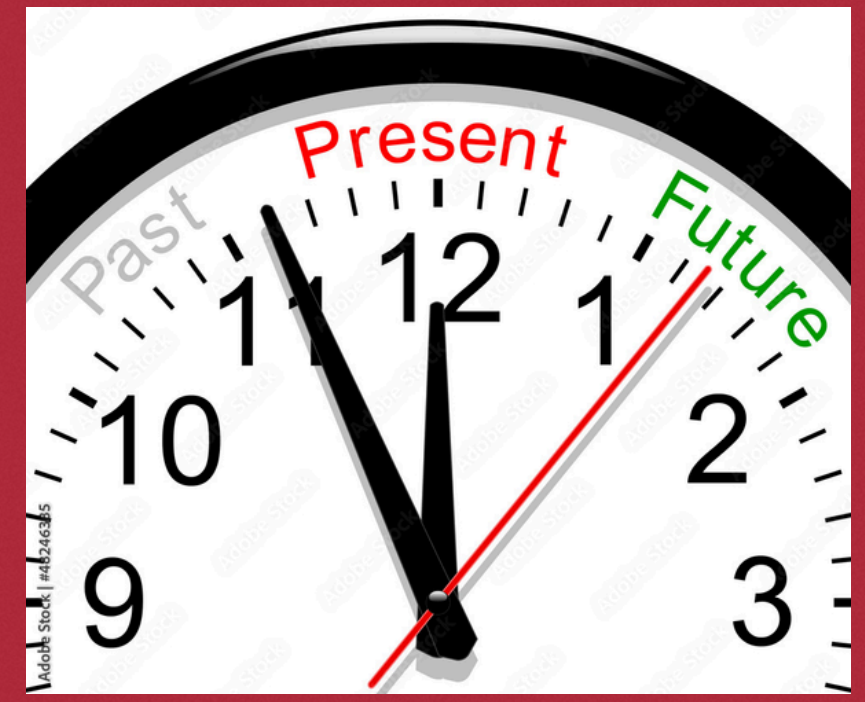
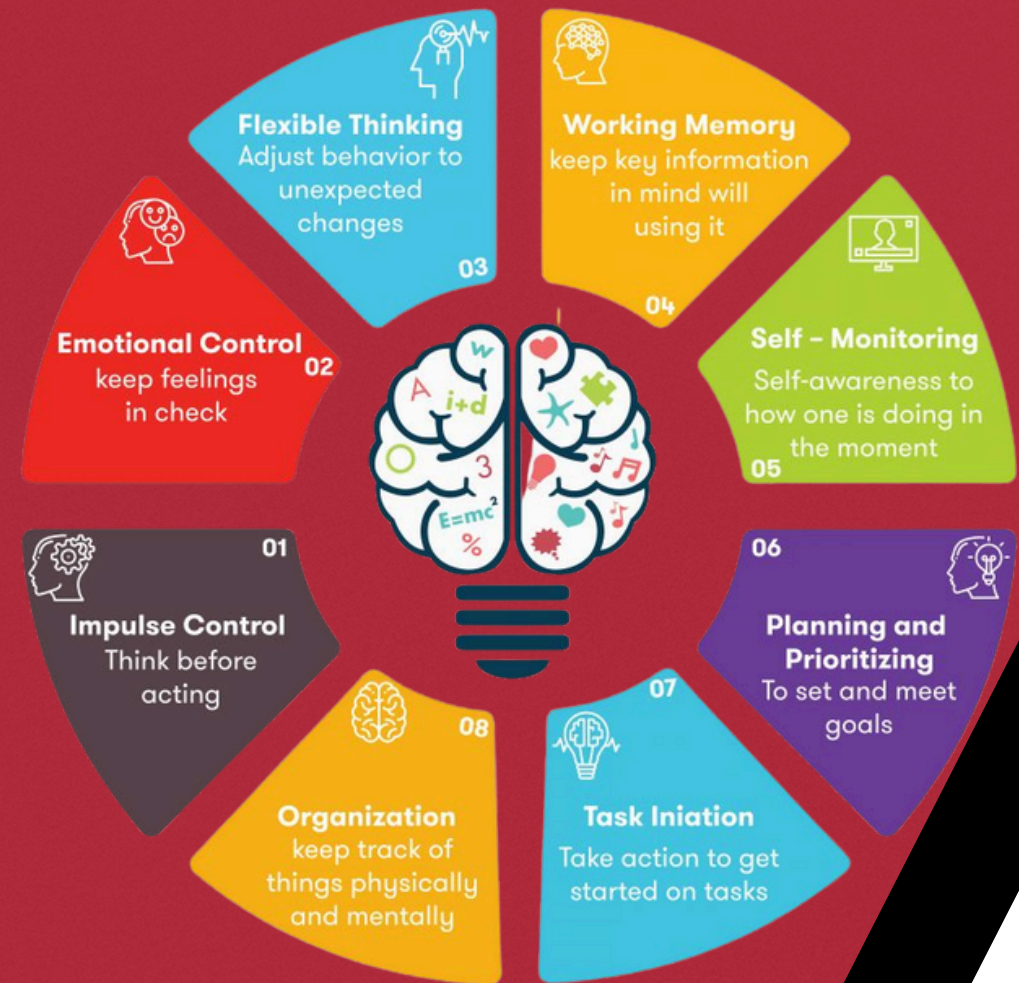
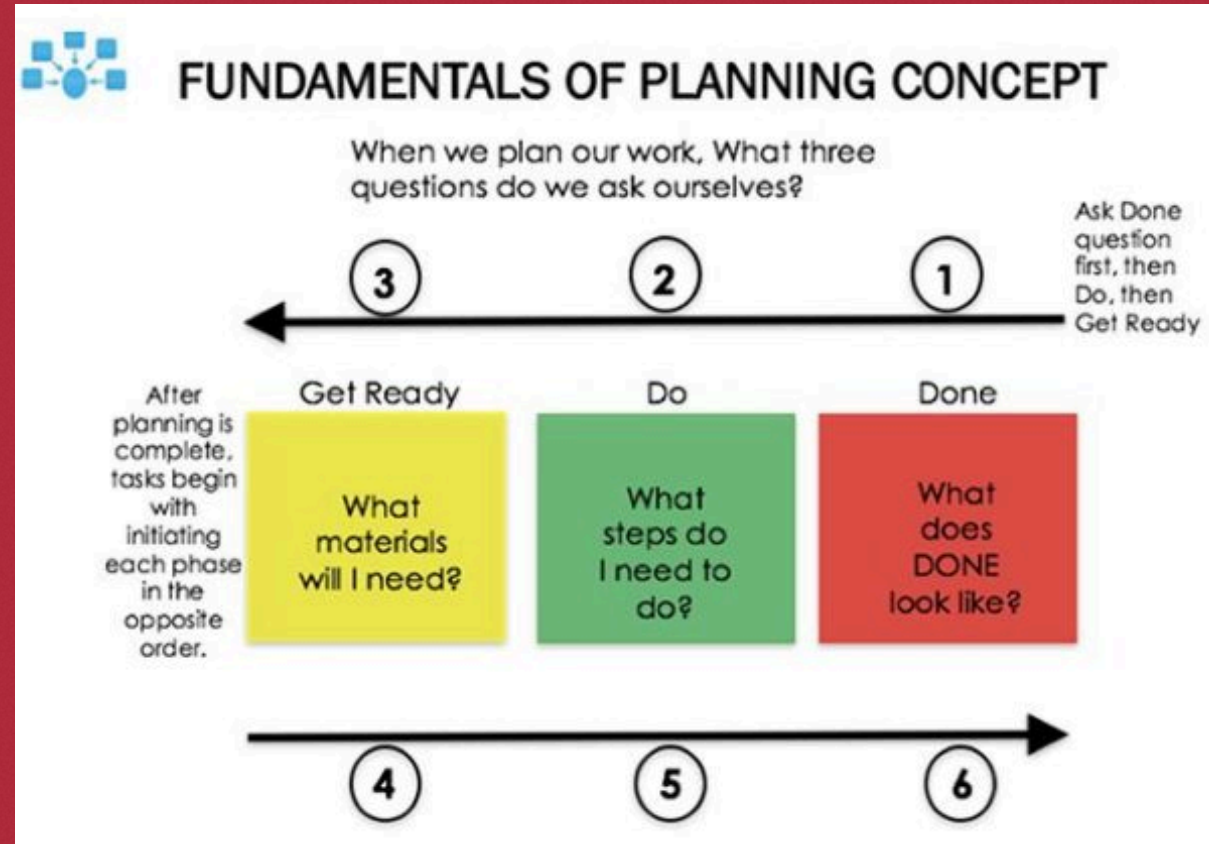
In-person and virtual EF training for Staff at all four schools has taken place over the past year, with a parent training offered during the Wellness Summit in November, 2023.

Additionally, in-service, focused study groups have been delivered at all schools.

Long term goals include equipping our students with more effective skill sets to best navigate current and future experiences and demands.



WHAT IS EXECUTIVE FUNCTIONING?



SOCIAL-EMOTIONAL & PHYSICAL WELLNESS

Implement a 5-12 wellness assessment and develop a corresponding reporting system

▶ 2025-2026 SCSD Student Wellness Self-Assessment (WCSD, Nevada)

Students self-assess in a variety of areas such as Self-Awareness, Self-Management and Social Awareness

▶ What We Hope to Capture

How students assess their own skill in managing their mood, social situations, schoolwork and personal and academic goals

▶ How Will This Information be Used?

This feedback will help students, parents and school staff to identify student strengths that can be leveraged, as well as skills in need of further development. This can support both individual students and groups of students to engage in their academic and social experiences most effectively.





WELLNESS ASSESSMENT

Skills to be Self-Assessed & Sample Questions

Response Options: 1 = Very Difficult; 2 = Difficult; 3 = Easy; 4 = Very Easy

▶ **Self Awareness: Self-Concept**

Knowing what my strengths are is usually:

▶ **Self-Awareness: Emotion Knowledge**

Knowing when my feelings are making it hard for me to focus is usually:

▶ **Social Awareness**

Learning from people with different opinions than me is usually:

▶ **Self-Management: Emotion Regulation**

Getting through something even when I feel frustrated is usually:

▶ **Self-Management: Goal Management**

Finishing tasks even if they are hard for me is usually:

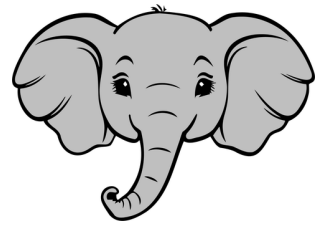
▶ **Self-Management: School Work**

Doing my schoolwork even when I do not feel like it is usually:

SOCIAL-EMOTIONAL & PHYSICAL WELLNESS

Continue aligning the K-8 Health and Wellness curriculum.

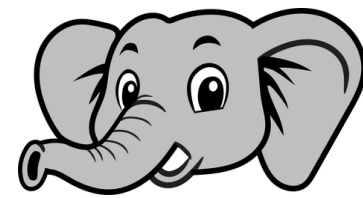
We're building a seamless progression of health education by adapting the standards and concepts from the middle and high schools for PES and SIS students in age-appropriate ways.



Primrose Elementary School

PES will provide handouts and online resources for teachers and staff to incorporate in their classwork and lesson planning. Topics include:

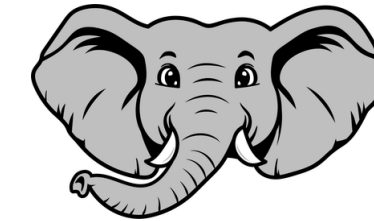
- Physical Activity and Fitness
- Germ Fighting/Hygiene
- Nutrition and Healthy Eating
- Outdoor Safety and Injury Prevention



Somers Intermediate School

SIS students will have health teachers push into classrooms monthly to teach on topics like:

- Heart Health
- Hygiene
- Nutrition
- Exercise
- The Importance of Sleep
- Fighting Germs
- Respiratory System
- Outside Health & Safety
- Circulatory System



Somers Middle School

SMS students will continue learning about the aforementioned health topics, in addition to:

- Human Growth
- The Dangers of Substance Use