South St. Paul Public Schools

The mission of South St. Paul Public Schools is to **Engage, Educate, Empower!**

Our Core Values connect with the CASEL 5 Core Competencies:



Respect and Resilience

Self-Awareness and Self-Management



Pride and Equity

Social Awareness and Relationship Skills



Collaborations and Integrity

Responsible Decision-Making

Questions?

For more information about SEL, please contact your building administration.

District Office
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South St. Paul Public Schools

What is Social Emotional Learning?

Our district vision is "Nurturing an inclusive Packer community of lifelong learners." SEL is how we teach the relationship and self-management skills that make inclusion possible, and the self-awareness and decision-making skills that make lifelong learning sustainable.

ENGAGE. EDUCATE. EMPOWER.

What Students Learn Through SEL

Self-Awareness:
Understanding their feelings, thoughts, values, and how they affect their choices.

Social Awareness:
Understanding others' perspectives and showing empathy and respect for differences.

Responsible Decision-Making:
Making safe choices and thinking about their impact on others.

Self-Management:
Managing emotions, thoughts, and actions while working toward personal goals.

Relationship Skills:
Building positive relationships and working well with others.



What is Social Emotional Learning (SEL)?

In South St. Paul Public Schools, Social Emotional Learning (SEL) is about more than just educating students to be knowledgeable; it also helps students become compassionate, resilient, and prepared to navigate life's challenges.

We emphasize values like kindness, empathy, and honesty while equipping students with skills to set and achieve goals, identify and manage their emotions, build healthy relationships, and make thoughtful decisions.

SEL does not include Critical Race Theory (CRT), mental health services in the classroom, individual or group therapy, individual mental health services, supporting a political agenda, or religious teaching. Instead, SEL focuses on developing the social and emotional skills students need to succeed in school, build positive relationships, handle challenges, and contribute positively to their communities.

How SEL Helps Students

SEL gives students practical skills they can use at school, home, with friends, in activities, and throughout their lives.

Handling Frustration



SEL helps students recognize when they are becoming frustrated and learn strategies to manage those feelings. For example, when a student struggles with a math problem, they can learn to pause, take a breath, ask for help, and try a different approach rather than getting overwhelmed and give up.

Solving Conflicts



SEL helps students learn how to communicate respectfully, listen to another perspective, and work toward a solution. For example, if two students disagree during a group project, they can practice expressing their concerns, listening to each other, finding and deciding how to move forward together.

Making Good Choices



SEL helps students think through the choices they face everyday. For example, if a student is encouraged by friends to break a rule, they can learn to pause, consider the possible consequences, and make a responsible decision. This helps students learn how to think critically about their actions and understand how their choices can affect themselves and others.