

SEL Health and Wellness Progress Report, July 16, 2020

- **New committee goals based on recent guidance from New York State related to SEL:**
 - Design orientation and transition period to support social and emotional well-being and resilience before phasing in academic content.
 - Revise school counseling/guidance program to plan, develop and implement a Multi-Tiered System of Supports (MTSS)
 - As part of an MTSS framework, SEL, mental health, and well-being supports offered at all levels to reflect schoolwide implementation of effective, efficient, and evidence-based practices and strategies that all students can access.
 - Offer all staff opportunities to heal together, to build strong, mutually supportive relationships, and to process their own emotions
 - Leverage Transformative SEL to support the work of adult anti-racism and anti-bias work
- **Committee discussed definition of SEL, “core competencies,” and District’s work to date using the CASEL (Collaborative for Academic, Social and Emotional Learning) framework.**
 - CASEL currently has a “roadmap” for reopening schools and addressing SEL, titled “Reunite, Renew and Thrive:SEL Roadmap for Reopening School” <https://casel.org/reopening-with-sel/>
- **Priorities established based on needs of students, staff, families:**
 - What do staff members need to know to help students transition back to learning in the fall?
 - What resources/training can we provide staff members?
 - How can we better support parents and families?
 - What resources/training can we provide?
 - How can we communicate SEL strategies and initiatives with all stakeholders?

- **Key ideas, questions and takeaways discussed:**

- Build relationships and making connections at start of the year
- Facilitation of SEL days in person and virtually to make sure students are receiving positive interactions
- Facilitation of parent relationships, support groups
- How to make ALL feel safe and welcomed when re-entering the building
- Discussion circles and frequent “check-ins”
- Staff training on how to have meaningful conversations with students on current events (covid-related, racial justice)
- Possibility of pass/fail to reduce stress on students and staff who are trying to spend the appropriate time needed on SEL
- Focus on mindfulness, meditation, wellness for staff
- Mental health training for staff
- What supports are already available
- What are expectations of staff
- How to address anxiety and depression
- How are we utilizing specialists within our community
- Diversity training and acceptance among staff
- Identification of a universal screener for mental health

- **Next Steps:**

- Continue to unpack the roadmap, seek out and compile resources that will benefit students, staff and families. A folder will be shared among the group.