



Social-Emotional Learning (SEL) Priorities

Prioritize SEL to encourage healing and relationship-building, foster equitable and engaging learning environments, and create a foundation for deeper academic learning

1. Allow space for connection and healing among adults
2. Ensure discipline policies and practices foster resilience
3. Provide each student a trusting, supportive adult relationship at school
4. Provide trauma-sensitive and culturally competent support to students and staff
5. Develop learning environments with layers of social-emotional learning and supports

Most students will likely have experienced some trauma, and staff as well. Students are also dealing with a number of adverse childhood experiences.

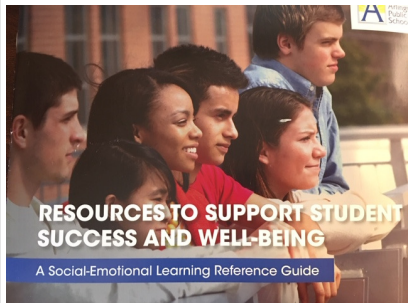


Tiered Supports – Social Emotional Skill Development

APS SEL Resource Document

Resources to Support Student Success and Well-Being

A Social-Emotional Learning Reference Guide



Tier 1

Comprehensive School Counseling

Explicit instruction in Morning Meetings and TAs
Second Step
Sources of Strength
Mindfulness

Teacher's reinforce and practice SEL lessons daily in Morning Meetings or TAs and send HomeLinks or other materials provided by counselors to families

Tiers 2-3

Individual short-term and solution-focused counseling
Individual Check-Ins
CARS

Group Counseling (RTI or targeted group counseling on issues such as grief and loss)

Acculturation, trauma, and reunification support

Other skill development and program interventions (such as Superflex, Unstuck and On-Target, Check In-Check Out, Zones of Regulation, etc.)

Edited Sample from our Guidance Document



Schedule Planning for SEL Lessons and Supports

MONDAY

K-8

Asynchronous Video-Taped Delivery of Counselor Produced SEL using:
 1) K-8 Second Step Lesson Videos*
 2) Mindfulness Videos

9-12

Virtual advisory periods for comprehensive high school students: deliver SEL video taped lessons based upon Sources of Strength* and a series of mindfulness videos. Teachers are expected to show/practice/reinforce lessons. Counselors are expected to support teacher's by providing lessons/materials

***Delivery of the videotaped SEL lessons will contain information from our purchased SEL learning programs and must be provided to students/families in a password protected environment (i.e., it cannot be uploaded to the school's website as that violates copyright)**

ELEMENTARY SCHOOL MON-FRI

Counselors hold individual check-in / office hours (by appointment with families and/or students)
 Teacher collaboration and consultation

Support Teacher Advisory/SEL Counselors provide teachers practice strategies to use with students around SEL videotaped lessons
Counselors and Teachers collaborate to send HomeLinks to families for home practice
 Counselors also provide lessons on bullying prevention, substance abuse prevention and academic planning
 Synchronous Child Protection lessons

Small Group Tier 2 (based on teacher referrals from SEL instruction)
 Small Group Counseling (e.g., grief and loss)
 Individual Check-ins
 Individual Counseling (up to six sessions)

Academic, College and Career Planning
 Transitions to MS

MIDDLE SCHOOL MON-FRI

Counselors hold individual check-in / office hours (by appointment with families and/or students)
 Teacher collaboration and consultation

Support Teacher Advisory/SEL Counselors provide teachers practice strategies to use with students around SEL videotaped lessons
Counselors and Teachers collaborate to send HomeLinks to families for home practice
 Counselors to provide lesson delivery on bullying prevention, substance abuse prevention and academic planning)

Small Group Tier 2 (based on teacher referrals from SEL instruction)
 Small Group Counseling (e.g., grief and loss)
 Individual Check-ins
 Individual Counseling (up to six sessions)

Academic, College and Career Planning
 Course Information & Scheduling
 Transitions from ES and to HS

HIGH SCHOOL MON-FRI

Counselors hold individual check-in / office hours (by appointment with families and/or students)
 Teacher collaboration and consultation

Small Group Tier 2 (based on teacher referrals from SEL instruction)
 Small Group Counseling (e.g., grief and loss)
 Individual Check-ins
 Individual Counseling (up to six sessions)

Academic, College and Career Planning
 Course Information & Scheduling
 Transitions from ES and MS

Posting of tutorials for students/parents in Canvas and on the school website to fully access the resources in Naviance



Social-Emotional Learning Lessons & Supports

SEL Learning and Supports

Monday

Asynchronous instruction

Social-Emotional Well-Being (10 min) pre-recorded videos on emotion management

K-5 Second Step*

K-12 Mindfulness

*Copyrighted materials to be used in a password protected environment

Tuesday - Friday

Synchronous teacher led instruction/Intervention Practice/Reinforcement of SEL Tuesday and Thursday – 20 minutes (time included to watch video if needed)

Monday - Friday

Small Group Tier 2 (based on teacher referrals from SEL instruction)

Small Group Counseling (e.g., grief and loss)

Individual Check-ins

Individual Counseling

K-2 Weekly Elementary Lessons – Feelings First

We Feel Feelings in Our Bodies

Identifying Feelings

Managing Frustration

Calming Down Strong Feelings & Breathing Strategies

Handling Waiting

Managing Anger

Managing Disappointment

Managing Worry

Showing Care & Concern

3-5 Weekly Elementary Lessons – Feelings First

Introduction to Emotion Management

Handling Strong Feelings

Managing Disappointment

Managing Anger

Managing Anxiety

Managing Hurt Feelings

Handling Put Downs

Showing Compassion

Managing Frustration

Teachers instruct students to watch the SEL videos on Mondays; Counselors to attend SEL deliver with teachers in September

Teachers practice and reinforce these lessons Tues-Friday using tip sheets provided by Counselors

Teachers send home materials for family practice after each weekly SEL lesson using materials (called HomeLinks) provided by Counselors

Principal messages around SEL can center on the HomeLinks for consistent and common language

Child Protection needs to be delivered synchronously early in the school year for K-5

Additional topics to be added including bullying, substance abuse prevention, and topics school staff feel are important for their population; can be asynchronous or synchronous



Social-Emotional Learning Lessons & Supports

SEL Learning and Supports

Monday

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K-5 Second Step*

6-8 Second Step*

9-12 Sources of Strength*

K-12 Mindfulness

*Copyrighted materials to be used in a password protected environment

Tuesday - Friday

Synchronous teacher led instruction/Intervention

Practice/Reinforcement of SEL Tuesday and Thursday – 20 minutes (time included to watch video if needed)

Monday - Friday

Small Group Tier 2 (based on teacher referrals from SEL instruction)

Small Group Counseling (e.g., grief and loss)

Individual Check-ins

Individual Counseling

Social Emotional Canvas Course for Students

School/Counselor created Canvas courses that contain engaging and useful information on social-emotional issues and strategies as well as links to hotlines

Middle School SEL Lessons – Feelings First

Understanding emotions

Emotion management

Handling frustration

Thoughts vs. emotions

Positive self-talk

Mindfulness (calming down)

Mindfulness (be calm)

Mindfulness (stay calm)

Mindfulness (slow breathing)

Being grateful

Mindfulness

(12 additional videos created by Erin Sonn, specifically for APS students); these can be used as weekly lessons, supplementing those listed above

Teachers 1) send HomeLinks to families for home practice and 2) practice and reinforce weekly lessons with students (Tuesday-Friday) during advisories; materials to support these two tasks will be provided by the school counselors

Counselors will plan and deliver instruction on bullying prevention, substance abuse (using substance abuse counselors) and additional topics staff feel are relevant to their student's needs

Principals can message weekly SEL themes matching the HomeLink materials

High School Lessons – Sources of Strength

Healthy Activities

Mental Health

Generosity

Positive Friends

Spirituality

Family Support

Mentors

Medical Access

Mindfulness

(12 videos created by Erin Sonn specifically for APS students); these can be used as weekly lessons, supplementing those listed above

Teachers practice and reinforce these concepts during Monday Virtual Advisory

Counselors will plan and deliver instruction on bullying prevention, substance abuse (using substance abuse counselors) and additional topics staff feel are relevant to their student's needs



SEL Implementation Resources & Supports

Teacher SEL Canvas Course (K-12)

- Links to SEL lessons, practice sheets and HomeLinks
- Survey students weekly to gauge student emotional well-being
- Regular use of CLT meetings to reflect on SEL and discuss student supports and surveys
- Professional Learning Links
- APS SEL Resource Guide
- Information on county services

Regular mental health collaboration and consultation with the site based mental health teams

Student SEL Canvas Course (Middle and High School)

- Existing Canvas Course content
- Additional video taped lessons provided on substance abuse and other critical topics
- Warmlines and Hotlines
- DHS developed video taped materials as needed
- Additional college and career outreach and support for Juniors and Seniors

Delivery of responsive services individually or through groups, check-ins and office hours for students and families