

SOCIAL

EMOTIONAL

LEARNING

Atlantic Highlands Elementary School

# What is SEL?

Social and emotional learning (SEL) refers to the process by which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to do the following: understand and manage emotions; set and achieve positive goals; feel and show empathy for others; and make responsible decisions. The NJDOE adapted this definition from the founding SEL organization, the Collaborative for Academic, Social, and Emotional Learning, also referred to as CASEL.

# CASEL Social and Emotional Learning Competencies



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## Science Links SEL to Student Gains: Landmark study documented multiple benefits of SEL

2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:



### Science Links SEL to Student Gains:

- ✓ Social-emotional skills
- ✓ Improved attitudes about self, others, and school
- ✓ Positive classroom behavior
- ✓ 11 percentile-point gain on standardized achievement tests



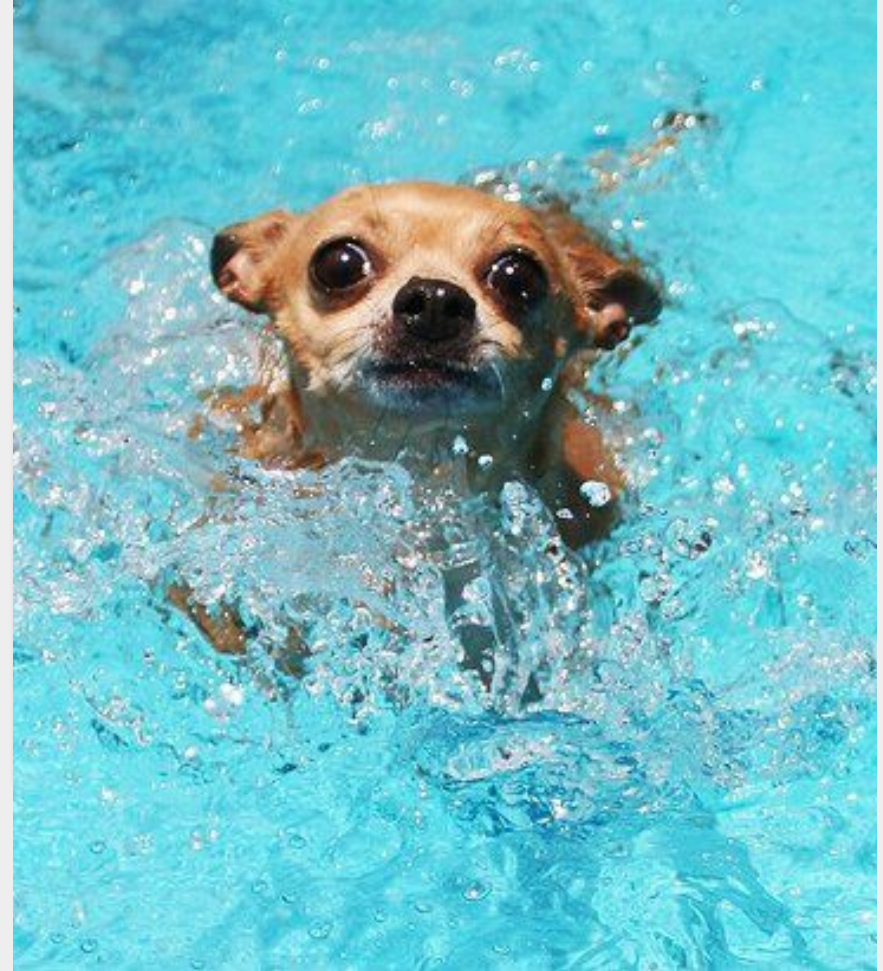
### Reduced Risks for Failure:

- × Conduct problems
- × Emotional distress



**Where We Are Right  
Now**

**SEL in Response to  
Covid 19 Pandemic**



# Trauma-Informed Classroom

As a school not only do we maintain a critical focus on education and achievement, we must also acknowledge that mental health and wellness are innately connected to students' success in the classroom and to a thriving school environment.



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# **Creating Predictability During Uncertainty**

According to Teaching Tolerance, now more than ever we must focus on:

Establishing routines and maintaining clear communication;

Prioritizing relationships and well-being over assignment and behavioral compliance, and

Supporting students and staff in feeling safe, connected, and hopeful.

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# **SEL at Atlantic Highlands Elementary School**

- Presentation on trauma-informed classrooms during first Professional Development day for staff.
- Staff online resource library developed.
- Designated SEL time built into schedules for both in-person and virtual learners.
- Responsive Classroom Morning Meeting Ideas book distributed to all homeroom teachers
- CASEL supported SEL programs purchased for use in the classrooms



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# Current SEL Programs

SSIS by Pearson and Classwide Intervention Program

The Character Tree

Zones of Regulation

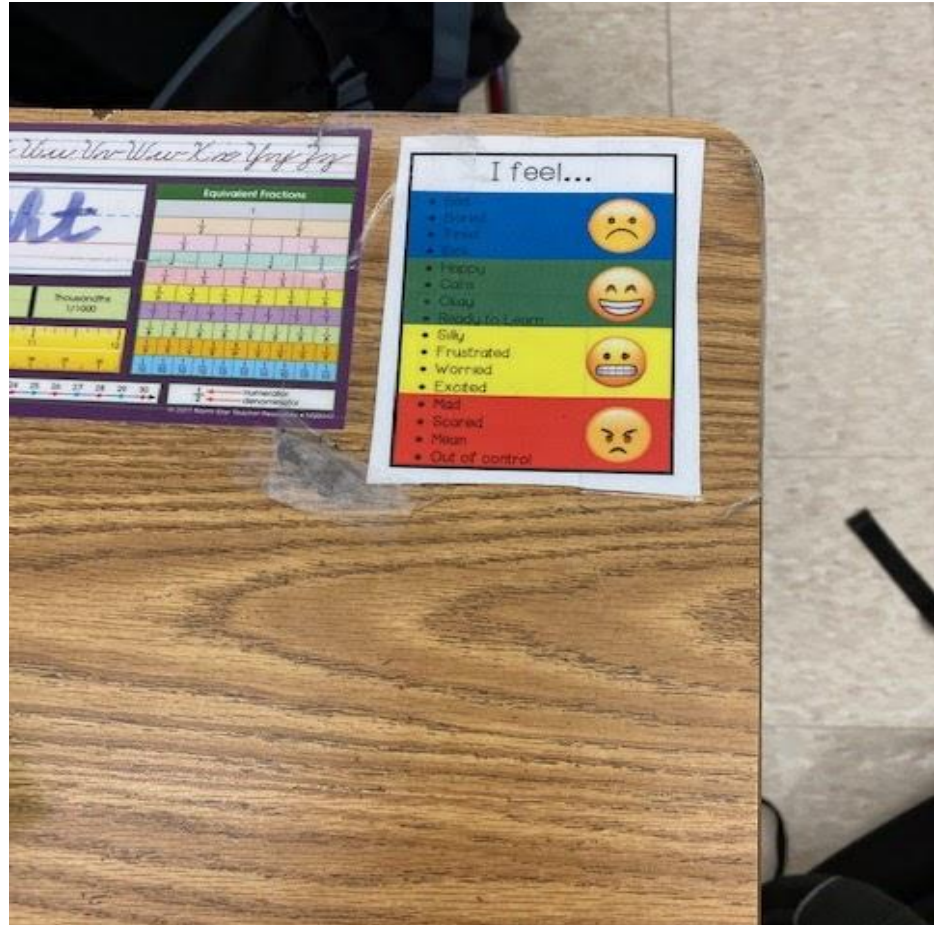
Go Noodle

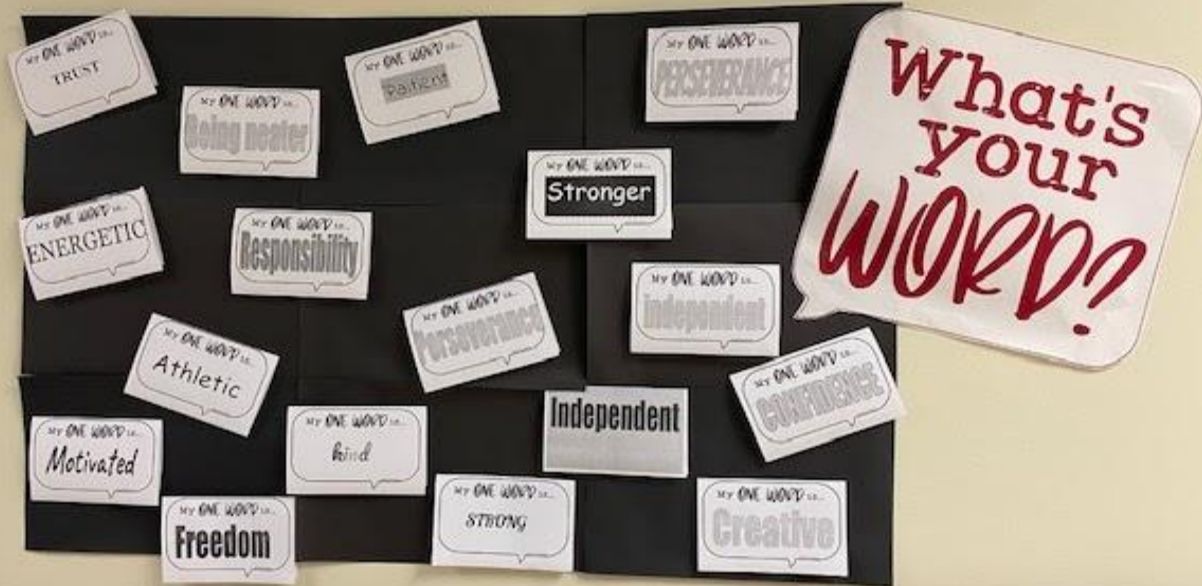
Individualized Lessons based on student needs

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**Some  
examples:**

Zones of  
Regulation





Row of pink paw prints with names: Sam, Robyn, [unclear], [unclear], [unclear], [unclear], [unclear], [unclear]

[unclear]

PAWSOME  
First Graders

[unclear]

[unclear]

Eric

Yorlan

Nicholas

[unclear]

Amelia

Lu

NINA

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

[unclear]

# Great Day to LEARN Something

#BeLikeDylan



1821

## What Are Little Boys Made Of?

WHAT ARE LITTLE BOYS MADE OF?

SNIPS AND SNAILS, AND PUPPY DOGS  
TAILS,

THAT'S WHAT LITTLE BOYS ARE MADE OF.

*What are little girls made of?*

*Sugar and spice and all things nice,*

*That's what little girls are made of.*

2021

## What are we made of?

What are we all made of?

What are we all made of?

No matter what gender you are.  
This country had a stereotypical  
scar.

For girls and boys were given  
specific traits.

But now it's our time to open the  
gates.

We can be brave, or kind  
We can be anything you will find  
Anyone can be anything,  
Everyone will remember the change  
you bring