

# One Boyertown

**BASD: School Counseling & SEL Supports**



## COVID-19

Sheltering in place can be a challenge. Here we offer information, activities, and tips for a positive experience.

The sudden switch to home being a place of educating, working, and sheltering can bring challenges to families. The National Association for School Psychologists and National Association of School Nurses provide these suggestions on how to navigate these new and changing times. To access the full document please click [here](#).

- Stay calm, listen, and offer assistance. Be aware of how you talk about COVID-19 and monitor your reactions. Children look to adults for cues on how to handle situations and will model your responses. Take this time to focus on positives.
- Monitor television watching and social media. Exposure to news related to COVID-19 can cause fear and anxiety for adults and children.
- Take time to talk, be honest, accurate and age appropriate when answering



### **Child Mind Institute Video**

How to Talk to Kids About the Coronavirus



### **Action for Happiness April Calendar**



### **26 Best Podcast for Elementary, Middle, & High School**

questions related to COVID-19. Provide correct information that is up-to-date while focusing on safety precautions like washing hands and covering coughs and sneezes.

- Stay Connected to School. Know where to find your child's on-line learning resources and communicate with their teacher, counselor, or principal with questions you or your child might have.
- Know the symptoms of COVID-19 and model basic hygiene and healthy lifestyle practices.
- Be aware of your child's mental health. With support from parents and family members most children will be able to manage life changes resulting from COVID-19 without undue anxiety and stress. Students with past trauma or pre-existing mental health conditions may experience increased anxiety during this time.
  - **Signs of Anxiety in Preschool Aged Children**- bedwetting, clinging to parents, thumb sucking, sleep disturbances, and regression of behavior.
  - **Signs of Anxiety in Elementary School Children**- irritability, aggression, poor concentration, nightmares, clinginess, and withdrawal from friends and preferred activities.
  - **Signs of Anxiety in Adolescents**- poor concentration, sleeping and eating disturbances, increased conflicts, and agitation.
  - **Signs of Stress in Adults**- changes in energy level and sleeping patterns, trouble relaxing, excessive worry, loss or increase of appetite, being easily startled, feeling angry, anxious, fearful or depressed, and not caring about anything (SAMSA, 2014).
    - Strategies for Reducing Anxiety & Stress:
      - get physical exercise, take a daily walk, stretch, do some pushups and planks, turn on a yoga video, choose a physical activity that you find enjoyable
      - get good sleep, eat healthy foods, drink plenty of water, and reduce caffeine intake
      - listen to relaxing music, color, cook, engage in activities you find pleasurable
      - share your feelings with loved ones and friends
  - **Crisis Information**- If you or someone you know is or has been experiencing signs and symptoms of anxiety for several days or weeks it may be time to seek additional support. If you or your child are in crisis, please contact **Service Access Management** if you are a **Berks County** resident @ **610-236-0530** or **Montgomery County Mobile Crisis** if you are a **Montgomery County** resident @ **1-855-634-4673** to speak with a crisis worker. If your child is having suicidal thoughts, you can take them to the local Emergency Room for an evaluation. If you cannot get your child to the E.R. due to safety concerns, call 911. If you have concerns about another individual who may be in crisis, you can access **Safe 2 Say** by calling **1-844-723-2729** , using the **Safe 2 Say APP**, or by visiting **<http://safe2saypa.org>**

# What is Social Emotional Learning?

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions (CASEL)

The term social emotional learning (SEL) has recently received increased attention in education. At its core, SEL is focused on preparing students to be successful in life. At first glance, SEL may seem like a new focus, but in reality SEL has always been a part of education. Examples can be seen daily as teachers help students work through disagreements, when counselors help students identify feelings and how to manage them, and when students comfort other students. The Collaborative for Academic, Social, and Emotional Learning(CASEL) focuses on five SEL competencies: self-awareness, self-management, social-awareness, relationship skills, and responsible decision making. Although there is no direct mention of academic skills in social emotional learning it is important to note that focusing on social and emotional skills boosts academic achievement. When students have the ability to identify and manage emotions, foster healthy relationships, and make responsible decisions they are able to attend and engage in their learning in more meaningful ways. Building a



strong base in these five areas early provides a balanced foundation for success after graduation.

BASD has developed a three year plan focused on strengthening SEL in the district. SEL building Champions have engaged in professional learning to strengthen their own SEL skills and have shared that learning with peers throughout the 2019-2020 school year. Our teachers are excited to bring their learning to students in their classes during the 2020-2021 school year. It is never too early to get a jump on developing SEL. For a fun home activity check out this [SEL scavenger hunt](#).

***“There is no separation of mind and emotions; emotions, thinking, and learning are all linked”***  
***Eric Jensen***

## BASD: School Counseling & SEL Supports

We hope you have enjoyed our first publication of the BASD: School Counseling & SEL Supports newsletter! Please be on the lookout for future publications that will be added to the BASD website. You will be able to find this newsletter by visiting <https://www.boyertownasd.org/Domain/1770>

## Additional Readings & Resources

- ▶ [How to Stay Positive During the Pandemic](#)
- ▶ [How Changing the Way We Talk About COVID-19 Can Improve Our Mental Well-Being](#)
- ▶ [A Parent's Resource Guide to Social and Emotional Learning](#)