

Social and Emotional Learning

As a district, we have begun a 3-year implementation plan focused on Social Emotional Learning. Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. At this link, <https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/>, you will find a post from the *Social Emotional Learning Alliance for the United States*, that offers SEL supports around COVID-19. The post offers suggestions for families to reinforce each of the 5 SEL Core Competencies which include: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Thank you for partnering with us to prioritize safety and well-being during this school closure.