

Smithton Community Consolidated School

District No. 130, St. Clair County

316 SOUTH HICKORY STREET, POST OFFICE BOX 395, SMITHTON, IL 62285
PHONE # (618) 233-6863 FAX # (618) 233-8413



Dear Smithton CCSD #130 Parents and Guardians,

Our school will be engaging in Social Emotional Learning (SEL) this year. This time will be called Cougar Connection. We will be focusing on the core competencies based on research done by the Collaborative Academic, Social, and Emotional Learning (CASEL). The five core competencies of social-emotional learning are: self-awareness, self-management, responsible decision making, relationship skills, and social awareness.

SEL is being implemented in an effort to cultivate a caring learning environment that actively involves all of our students as well as our staff. Research has consistently shown that developing the social and emotional skills of students helps them succeed academically, gain confidence, and have a more positive mindset.

Cougar Connection will be twenty minutes everyday during homeroom. Here are a few examples of SEL in the classroom: doing a read aloud with SEL themes, hosting a daily morning meeting with a greeting, teaching students how to listen actively and pay attention, creating calm down corners, practicing how to disagree respectfully, talking about managing emotions, giving students responsibilities, encouraging positive self-talk, setting goals, giving team tasks and encouraging teamwork, practicing mindfulness, and doing a daily check-in with students on their mood. These are teachable skills that can have lasting impacts on students.

We want to give our students the knowledge and skills to navigate the challenges in their lives successfully. We are excited about this new addition and the opportunity it is going to provide for our students. If you have any questions or concerns regarding social emotional learning feel free to contact me at sbelosi@sccsd130.com or (618) 233-6863 ext. 103.

Sincerely,

A handwritten signature in black ink that reads "Stacy Belosi". The signature is written in a cursive, flowing style.

Stacy Belosi
Principal

WORLD CLASS ACADEMIC EXCELLENCE

The mission of Smithton Community Consolidated School District #130, in partnership with the school community, is to inspire, support, and develop students by providing optimal resources, innovative instruction, character education, and the foundational skills needed for future personal success.