



Dear Ridgefield Families,

With the spread of COVID-19, social distancing, and school closures, our routines and sense of stability have been disrupted, making social emotional learning (SEL) more important than ever before. We are here to support you and your child's social emotional learning, with a focus on instilling safety, connection, and hope.

Much of the information being shared by various education and social emotional learning organizations encourage educators and families to acknowledge that both children and adults may feel worried or stressed as they're going through the school and work day. Providing opportunities to share and process emotions, providing consistency in daily routines, as well as creating new routines that promote healthy practices, and continuing social emotional learning practices help maintain a sense of emotional safety and support.

Now is an important time to review and reinforce the social emotional learning skills students have learned this school year in their classrooms, focusing on supporting students to understand and manage their emotions and anxiety as it relates to COVID-19 and not being in school currently. To help support social emotional learning at home, please see the attached SEL resource guide—a self-paced resource divided into five sections, focusing on five primary SEL skills to support your child(ren) during this time. These SEL skills include:

- emotion management
- calming down
- managing anxious feelings
- empathy and showing compassion for others
- seeking help

To access the SEL resource guide, **please do the following:**

- Click on the link: <https://drive.google.com/drive/folders/193X3ytpqu-JTn0PKIoeQvD0mwiOB3ku?usp=sharing>
- Once you open the link, you will see four different folders, one folder for each grade band. Click on the folder that includes your child's grade; you will see a PDF document titled "*Social Emotional Learning.*" This is the primary document you will use to review all five skills.
  - You may choose to use the PDF document as it is presented, or, in the top right hand corner, you will see an icon with an arrow that when you hover over it will indicate "download", and will allow you to download the PDF document. Please do not use the "Open With" icon at the top of the document with any of the documents you access, as it will not present the material correctly.

- The second page of this document will explain how to use the SEL resource guide.
- In addition to the PDF document titled “*Social Emotional Learning*,” you will also see five folders, one folder for each of the SEL skills. As your child reviews skill one, click on the “*Skill 1*” folder to access the supporting documents for this skill. Each of the skills may be reviewed in order.

Please note the SEL resource guide is offered by grade band and not individual grade levels; this means you will see a resource guide for the grade band K-2, one for 3-5, one for 6-8, and one for grades 9-12. For example, if you have a first grade student, you will select the K-2 SEL resource guide. Please disregard the specific grade that may be listed on the Home Link and Handout activities or when you log into Second Step (logging into Second Step is for grades K-5 only). In addition, every other week the school counselors will be sending out a SEL newsletter, which will provide additional resources to further support these five primary SEL skills. The first SEL newsletter will be emailed out on Friday, April 10.

Finally, included below are resource links to help families support and talk to their child(ren) about COVID-19. Please do not hesitate to contact your child’s school counselor for additional support.

[Using Social Emotional Learning to Help in Times of Stress](#)

[Helping Children Cope with Changes Resulting From COVID-19](#)

[Child Trends: Resources for Supporting Children’s Emotional Well-Being during the COVID 19 Pandemic](#)

[Harvard School of Graduate Education: Helping Children Cope with Coronavirus and Uncertainty](#)

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