

Social and Emotional Learning (SEL)

Hillcrest Primary & LEADS Charter School



What is Social and Emotional Learning?

Social and emotional learning (SEL) is a process which helps children cultivate essential life skills.

Skills including:

- awareness of one's own emotions
- fostering respect and care for others, establishing strong relationships
- making ethical and responsible decisions
- handling adversity constructively

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The Importance of SEL

Social and Emotional Learning plays a key component in the success of a child. Through the use of social and emotional skills, children:

- Become knowledgeable in ways to manage their emotions
- Responsible for their actions
- Develop the skills of empathy
- Understand the importance of relationships
- Learn how to solve their problems
- And adapt when faced with change



"It is essential for school and home to work together, to build a child's social and emotional learning skills..."

What we have to offer

Hillcrest/LEADS utilizes **Trauma Sensitive Practices** and the **PBIS framework**, school-wide to increase social and emotional learning amongst all students and staff. These practices create a multilevel system of support that incorporates academics, behaviors, environment, and culture when addressing a child's needs.

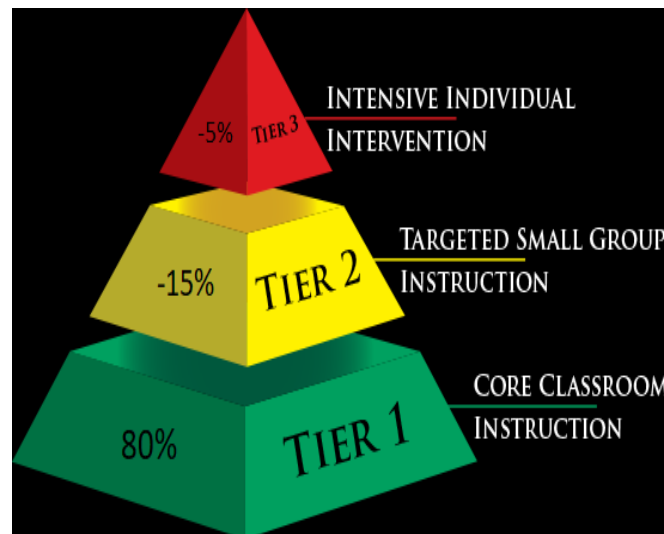
Students at Hillcrest/LEADS are taught a **Growth Mindset**. This is being able to understand that you can grow your brain through hard work, the use of effective strategies, and the help from others when needed.

Universally, the **Zones of Regulation** are implemented into the student learning environment. This curriculum encourages students to consciously self-regulate, which helps lead to the ability to better problem solve and control emotions.

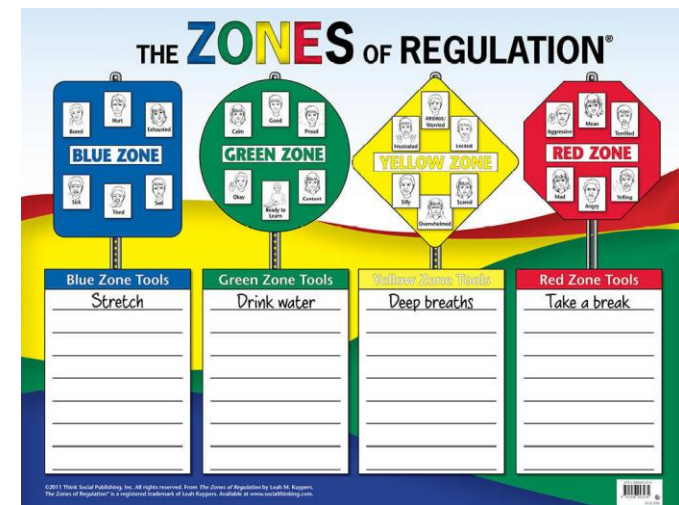
Our school has developed a **Mental Health Team**, with trauma coaches, who collaborate on way to create an appropriate learning environment for all students. This environment supports social and emotional learning, mental wellness, resilience, and relationships.



Staff are involved in ongoing trainings that focus on the development of social and emotional learning within their students. They utilize the **Conscious Discipline** framework, which places an emphasis on helping students learn to self-regulate their emotions. Teachers also incorporate the **Mind UP** curriculum, which is a social and emotional curriculum for classrooms. Through these lessons, students learn various mindful ways to stay on-task, build resilience, create a positive mind-set, and learn self-regulation skills.



At the Tier 2 level, our school counselors utilize **Second Step**. This is a research-based curriculum focusing on social and emotion development, safety, and the well-being of each child. This curriculum is implemented on an individualized basis when a student reaches a behavior threshold document by a specific number of Behavior Incident Forms. Students are involved in **Life Skill** classes once a month, led by the school counselors. During these classes, students have the opportunity to explore the topics of character, culture, self-management, relationship skills, and more. These classes provide an emphasis on the importance of self-regulation. – A key component of social and emotional skills.



At Hillcrest/LEADS...

When a child's emotions are dysregulated, they are able to utilize:

- ◆ Their learned self-regulation skills
- ◆ Safe zone in the class room
- ◆ Calming rooms (quiet space with tactile activities to help calm down)
- ◆ Therapy dogs

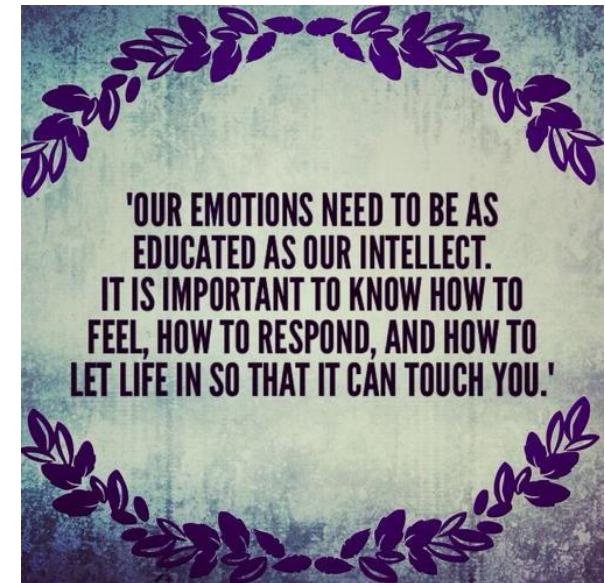
For students who need assistance in using their self-regulation strategy, Hillcrest/LEADS has the Self-Regulation Station where students are able to utilize various tools that assist in regulating emotions.

Pupil services also offers 1:1 and small group counseling, focusing on social skills, friendship, self-esteem, anger management, and more.



Strategies for Home

- ◆ Be a good listener: This will help your child open-up about their feelings, as well as validate their emotions.
- ◆ Model the behaviors you ask for: Children learn from what they see and hear. Demonstrate the behaviors you expect from your child.
- ◆ Recognize your child's strengths: Support your child's accomplishments, without comparing them to siblings or friends. Uplift them for the individual they are. Emphasize their capabilities.
- ◆ Power of choices: Provide your child with the independence to make choices. This establishes problem-solving skills. When your child is defiant, providing two positive choices allows for them to have control of their decisions.
- ◆ Create a safe zone: A safe zone is in every classroom at school. Utilizing a safe zone at home is a familiar spot your child can go to if they are feeling overwhelmed or need a break.
- ◆ Self-regulating strategies: Your child is learning self-regulating strategies every day in school. When your child becomes upset, remind them of their strategy to help them calm their body. This will teach your child to self-manage their behaviors.
- ◆ Build your child's self-esteem: Provide your child with appropriate responsibilities, showing your appreciation.
- ◆ Talk to your child about feelings: If your child seems upset, say to them "I notice your face is crunched and your arms are folded. Tell me how you are feeling right now". This will help your child identify their feelings and what upsets them.
- ◆ It's okay to ask for help: Seek advice and support from school or community resources if you need assistance.



Resources:

- Trauma Sensitive School: <https://dpi.wi.gov/sspw/mental-health/trauma>
- Positive Behavior Interventions and Supports (PBIS): <https://www.wisconsinpbisnetwork.org/>
- Conscious Discipline: <https://consciousdiscipline.com/about/parents/>
- Zones of Regulation: <http://www.zonesofregulation.com/learn-more-about-the-zones.html>
- Growth Mindset: <https://www.mindsetnetworks.com/science/>
- Second Step: <https://www.secondstep.org/>
- Mind UP: <https://mindup.org/>
- Therapy Dogs International: <https://www.tdi-dog.org/default.aspx>
- School Mental Health: <https://dpi.wi.gov/sspw/mental-health>



Pictured left: Students learning the importance of focus and community by utilizing yoga.



Pictured above: A mindful sensory activity in the classroom.