Social Emotional Learning In Andover Public Schools

Yale Center for Emotional Intelligence



Presentation to the Andover Special Education Parent Advisory Council (SEPAC) 10/19/23

Jason Levene, District SEL Coordinator





What is Social Emotional Learning?

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to:

- develop healthy identities
- manage emotions
- achieve personal and collective goals
- feel and show empathy for others
- establish and maintain supportive relationships make responsible and caring decisions.

(Collaborative for Academic and Social Emotional Learning)



SEL Core Competencies





When does SEL instruction take place?

- SEL is not a stand alone subject. It is incorporated into everything we do!
- **Integrating SEL Through Academic Content:** https://www.youtube.com/watch?v=Q75AvxjNc4w
- Time blocks dedicated to reinforce and build on SEL skills:

 - Elementary: Morning Meeting/Circle Middle School: Advisory Blocks/CREW/Flex
 - High School: H-Block (Advisory and H2-5)



RULER & Emotions Matter Mindset

Foundational Learning:

- Emotion science & Emotional Intelligence
- Vocabulary
- Awareness of the impact of emotions

- R ecognizing emotions in self and others
- nderstanding the causes and consequences of emotions
- abeling emotions accurately
- xpressing emotions appropriately
- R egulating emotions effectively



Yale Center for Emotional Intelligence

NEW Mental Health Resource

Care Solace

Mental Health Referral service meant to help cut down the leg work for you or your family to navigate the various obstacles.

FREE use for Students, Families, and Staff members.

https://caresolace.com/site/aps1

Ph: 888-515-0595

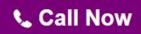


Care Solace Family Flyer



24/7/365 Mental Health Care Coordination Service for Andover Public Schools Students, Staff, and their Families

Getting help can be a daunting process. Let our Care Companions™ find the help you need for depression, anxiety, stress, and more.





In partnership with Andover Public Schools.



Thank you!

EMOTIONS MATTER

Questions & Discussion

Contact Information:

Jason Levene, District SEL Coordinator

Em: <u>Jason.Levene@andoverma.us</u> Ph: 978.247.7035

