

Social Emotional Learning In Andover Public Schools

**Presentation to the Andover Special Education
Parent Advisory Council (SEPAC)
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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
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

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](#)

 Anonymous

 Confidential

 Free Care Connection

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.

 **Call Now**

 **Search On Your Own**

In partnership with **Andover Public Schools**.

Thank you!



Questions & Discussion

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