



SEL Skills

At A Glance

Students will learn to:

- Identify and manage emotions
- Recognize sources of stress and cope with challenges
- Maintain positive motivation and perseverance
- Build relationships and communicate effectively
- Develop self-awareness and self-confidence
- Think critically and creatively

So, they can:

- Express their feelings and understand the feelings of others
- Develop personal resilience
- Foster a sense of optimism and hope
- Support healthy relationships and respect diversity
- Develop a sense of identity and belonging
- Make informed decisions and solve problems

Ontario. (2010). The Ontario curriculum, grades 1-8: Health and physical education: H & PE. Toronto, Ont.: Ontario Ministry of Education.



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Social Emotional Learning

Why now? What is SEL?

Social Emotional Learning is an integral part of the Ontario Health and Physical Education Curriculum as well as part of the new Math Curriculum for Grades 1-8. However, Social Emotional Learning has been pushed into the spotlight as we look for tools and strategies to help our students and ourselves to thrive and grow in these circumstances. When we break apart Social Emotional Learning, we are explicitly teaching our students strategies to develop healthy lifestyles to cope with stressors they face today and in the future. Although these practices may be awkward to implement at first, recognize that you are the most powerful influencer in your classroom.

Teacher directed Social Emotional Learning is an opportunity to model and practice healthy strategies for students during this time of change and uncertainty. Creating healthy spaces and environments in classrooms through the development of SEL skills has a measurable impact on attitudes, behavior, and academic performance in students.

A meta-analysis of 213 school-based, universal social and emotional learning (SEL) programs involving 270,034 kindergarten through high school students shows how impactful SEL programming can be when used in the classroom with students. Compared to controls, SEL participants demonstrated significantly improved social and emotional skills, attitudes, behavior, and academic performance that reflected an 11-percentile-point gain in achievement. School teaching staff successfully conducted SEL programs – Durlak et al, 20



Ready to Use Resources

Your time is important. School Mental Health Ontario is a treasure trove of useful, timely and sound resources that address social emotional learning in the classroom. Whether you would like to deepen your own professional learning, research some key practices to maintain your mental health, or access everyday activities that you can use in your class, take a look at what this organization has to offer educators.

Gratitude Moment

Being grateful makes you more patient when life is difficult.

1. Think of something that you are grateful for.
2. Hold this in your mind for a moment.
3. You may choose to write the details of your gratitude moment in a journal of share with someone.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



Perseverance

*I show PERSEVERANCE
when...*

I do not give up easily
I encourage myself to
keep trying

I am not afraid to fail
I strive for excellence
I set high goals for
myself

I do not give in to
hardship

I do not quit
I am patient

I maintain enthusiasm
If I don't succeed, I
keep on trying

Digging Deeper

Angela Lee
Duckworth

Grit: The Power of Passion
and Perseverance



Character Matters

Increasing students' awareness of their "character" helps them appreciate the workings of our society. Sharing a moral and ethical heritage helps us to promote school as a community, and students as future citizens of an even larger community. When we help students understand the core virtues of good character, we are enhancing the quality of their lives and their communities.

ADSB Changemakers

This month we would like to give a shout out to Felicity, a Grade 9 Student at White Pines C&VS. She used her creative skills to develop and design an inclusive logo for the students at White Pines. When asked about the meaning of her logo she said, "I chose the colors because I wanted to make something



that would include everyone here at the school. The design is special for me because I have people close to me who are a part of the LGBTQ+ community and I wanted to include everyone so I made the pine tree the Pride Flag and the 4 colours represent the peoples of this land." - Felicity, Grade 9 student

Safe and Accepting Schools

For all of our staff and students, the 2020-2021 school year has produced unprecedented challenges on all levels. It's important for both our staff and students to recognize the importance of self-care in order to have successful days at school.

When our students, regardless of age, are struggling to manage their school day, it's important for our staff to remember the message conveyed by Maslow's Hierarchy of Needs. The first thing we want to investigate is the physiological needs of our students. Hunger, lack of sleep, and overstimulation are common physiological symptoms that make it difficult for a student to regulate in a school setting. Providing food or a quiet space may be the only thing staff need to do to turn a student's day around.

Creating a safe and welcoming school environment is another key to helping our students regulate. Staff messaging plays a huge role in setting this environment. When a student is misbehaving, it is vitally important to consistently enforce school procedures. It is equally important to let the student know their actions/choices are what is getting them into trouble but that they are a valued member of the school environment ("I think you are a great kid, but I don't like the choices you're making right now").

When we support our students with the two foundational layers of the hierarchy, the top layers are much easier to develop. Our students will feel like they belong and are an important member of the school community. This sense of belonging helps them build strong self-esteem. Confident students are more likely to take risks and challenges, which leads to learners with an open mindset. However, this won't happen without our staff supporting the foundational layers.



5 tips to Recharge During COVID - 19

- **Exercise**

The most effective way to bump up well-being is through 30 minutes of daily exercise.

- **Gratitude**

Taking time for gratitude. Happy people focus on the good things in life. Research shows that you can change your brain on an average of two weeks by writing down 3-5 things you are grateful for every day.

- **Sleep**

Invest in positive sleep habits.

- **Get Social**

Happy people are more social and prioritize time with friends and family (even if it is through a phone call or virtual talks)

- **Be with your emotions**

Try journaling, meditation, and check out some apps like MindShift.

-Adapted from Dr. Laurie Santos', "5 Evidence Based Coping Strategies"

Healthy Schools: Concussions

Children and adolescents are among those at greatest risk for concussions and while there is potential for a concussion any time there is body trauma, the risk is greatest during activities where collisions can occur, such as during school based activity programs (curricular, intramural, interschool), playground time or field trips.

In addition to staff training on PD day there are additional concussion materials on the [ADSB website](#) and on the [OPHEA website](#). Learn the signs of concussions, steps to take if

an injury occurs, and the return-to-school protocol that is in place to assist student's road to recovery. Concussions are an evolving injury and require assistance and classroom support as they heal. Check out our Return to School Plan on the [ADSB website](#).



Days of Significance

Day of the Girl

Oct 11, 2020

Recognizing girls' rights and the unique challenges girls face around the world.

Treaty Week

Nov 2-6, 2020

Helps students, faculty, staff, and the public to learn about treaties from diverse Indigenous perspectives and encourages greater understanding of the importance of treaties in Ontario.

Remembrance Day

Nov 11, 2020

Honouring members of the armed services who have served and continue to serve our country in times of peace and during conflict.

Louis Riel Day

Nov 16, 2020

A day to celebrate Métis people, culture, and history.