

The Manasquan Elementary School Pulse

A Bi-Yearly Newsletter from the School Safety Team

December 20th, 2019

Social Emotional Learning 101

What is S.E.L.

Social-Emotional Learning has become a very hot topic in the education world. Many schools are adopting programs and taking a look at what this truly means and how it can benefit students.

What SEL really entails is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. These are important skills that for some time may have been overlooked in education, but more research is stating now important these skills are for positive life and learning outcomes for students. Similar to emotional intelligence (a concept used outside of school settings), these skills enable people to adapt, be resourceful, and work well with others.

Research shows that early and continued SEL instruction can be highly beneficial for kids and adults. Its long-lasting effects help lower rates of depression and anxiety and decrease risky behavior such as drug use and drop-outs and can reduce violent behavior and criminality. (cfc.org)

MES is working diligently to ensure that our programs, school climate and classroom environment specifically teach and foster the SEL skills young people need to be successful and navigate the world.

“According to a 2011 meta-analysis of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an 11% point gain in academic achievement.”



S.E.L. @ MES

Yoga

Sound Bowl

Morning Meeting

Cooperative Learning

Second Step Curriculum

Natural Highs Curriculum

Life Lines Curriculum

Kelso's Choice

Teaching Tolerance Lessons

Brain Breaks

Block building, drawing, coloring

Character analysis in diverse literature

L.E.A.D. Program

Mindful Manasquan Minutes

Pillars of Character

The Mindful Courtyard

A Space to Focus

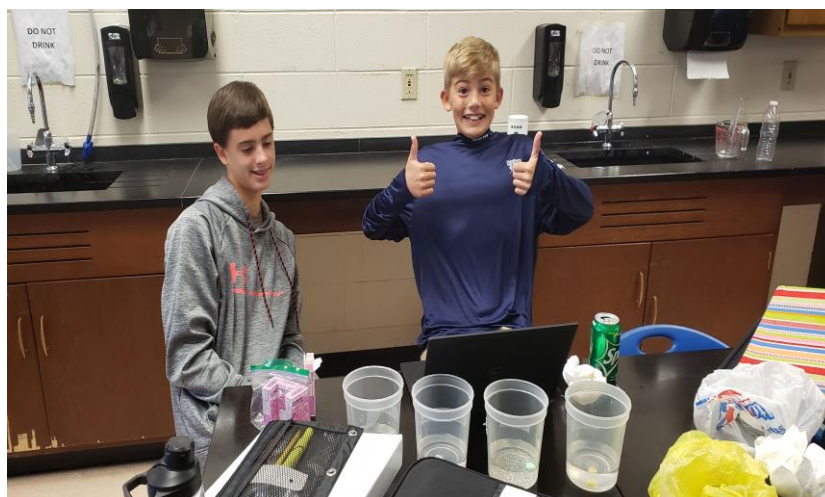
MES Art Teacher Mrs. Rostron had a vision. She wanted to turn a multi-purpose courtyard into a new an improved area where students and staff can create and participate in mindfulness. Mindfulness, the purposeful process of bringing your attention to the present moment is an ancient practice but here in schools it can be utilized to help kids relax, focus and learn.

Mrs. Rostron had this to say about the courtyard vision and its development:

“This courtyard would be another location, other than the classroom, where students and staff can gather to enhance their mindful practice. Throughout the courtyard there will be different elements that would help cater to different senses such as smell, hear, touch, and see.

For example, we will have windchimes, a tactile station, murals, and eventually sculptures. All these things will be made by the students themselves. Upon entering the courtyard, there will be activity sheets ready for students to take. They will have the opportunity to choose their own path of mindfulness that day. What I love most about this project is that it will be for students and staff and created by them as well. When we are part of the creation of something, there is an overwhelming amount of pride that we feel.”

We are so excited to see the final product and the many benefits it will have for our students at MES!



S.E.L. Videos and Articles

<https://casel.org/what-is-sel/>

<https://www.youtube.com/watch?v=ikehX9o1JbI>

<https://www.edsurge.com/news/2019-05-07-why-social-emotional-learning-is-suddenly-in-the-spotlight>

Students Have Something to Say!

What types of strategies have you learned to use when you are faced with adversity?

“I tell myself to just work harder next time and always look ahead and move forward” – Charlotte, Grade 7

“I usually try to find a place for a couple minutes where I can think about what happened and learn to accept it.”
– Maddy, Grade 7

“I take a deep breath to see what I can do to face the challenge.” – Kieran, Grade 6

“Eat ice cream!” – 3rd Grader, Miss Woytowicz’s class

What types of activities in school help you become a role model to your peers?

“In science because in that classroom we work with partners a lot to find solutions.” – Diego, Grade 7

“When I see other’s working hard it makes me want to do better.” – Dylan, Grade 7

“Being able to explain activities or lessons to a friend in class, not always coming from the teacher gives me a helping role”- 3rd Grader, Miss Woytowicz’s class

What is one way you would help a peer who is upset in school?

“Start a new positive conversation.” Hudson, Grade 6

“Talk out the problem with them and bring up a personal experience.” – Kelly Grade 6

“Give them time to cool off and get back on track.” – Molly, Grade 7

