



Joint Primary PTA Meeting

NOVEMBER 28, 2018

Presented by:

- ▶ Dr. Happy Arstark, School Psychologist, Locust Schools
- ▶ Ms. Tracy Martinez, Social Worker, Locust, Homestead and Hemlock
- ▶ Ms. Monica Saavedra, School Psychologist, Hemlock School

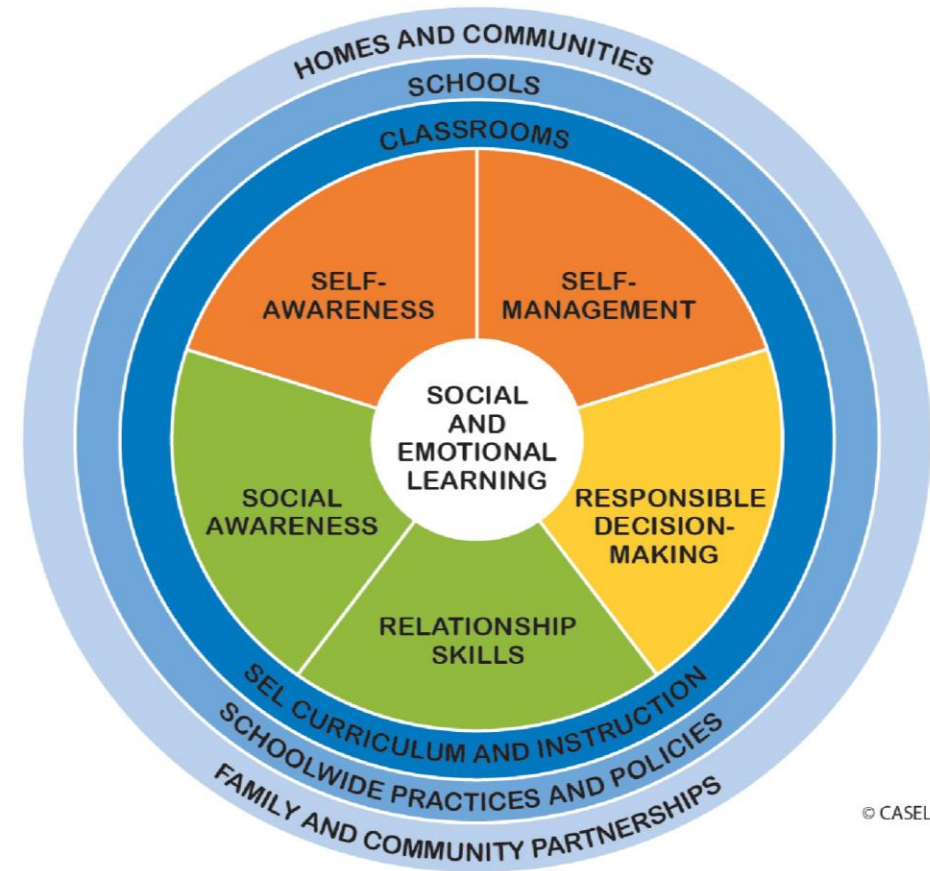
What is Social-Emotional Learning?

- Social and Emotional Learning (SEL) can be defined as the capacity to recognize and manage emotions, solve problems effectively, and establish positive relationships with others (Collaborative for Academic, Social and Emotional Learning, CASEL)
- ▶ CASEL is the United States' leading organization in advancing the teaching of academic, social and emotional skills.
- ▶ Social and Emotional Learning is an educational movement gaining ground throughout the world



Social and Emotional Learning Competencies

- ▶ Self-Awareness
- ▶ Self-Management
- ▶ Social Awareness
- ▶ Relationship Skills
- ▶ Responsible decision making



SOCIAL EMOTIONAL LEARNING AT THE PRIMARY LEVEL

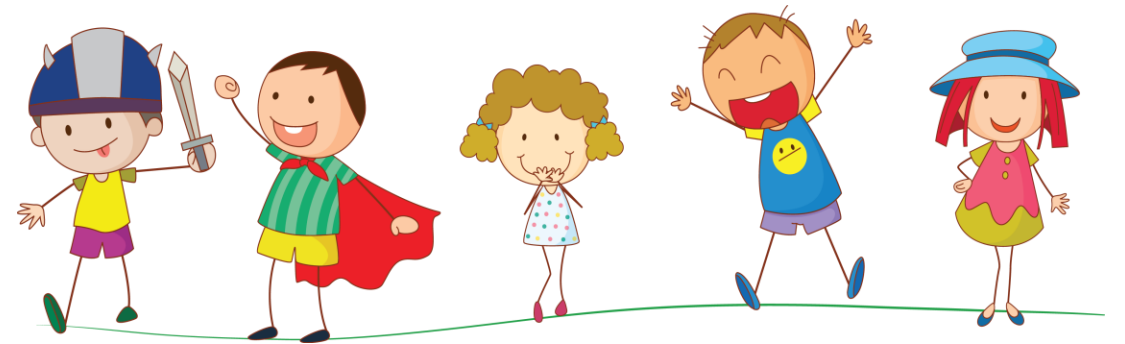
- ▶ In the Primary grades, we take every opportunity to directly teach and reinforce positive social-emotional behaviors through:
 - ▶ Ongoing, planned practices (including reading, writing, social studies and character education curricula)
 - ▶ Look for those teachable moments with our students
 - ▶ Individual praise, as well as class wide positive reinforcement systems.



WHAT
we do

Mental Health Professional Interventions

- ▶ Mandated counseling support for classified students
- ▶ Non-mandated counseling for individual and small groups of students
- ▶ Whole class lessons on empathy, kindness, and unity
- ▶ Mindfulness exercises
- ▶ Ongoing communication with parents, teachers, and administration
- ▶ Consultation with teachers



Some
Warning
Signs of
Anxiety
Which May
Require
Greater
Attention
(NIMH)

- ▶ Often feels anxious or worried
- ▶ Has very frequent tantrums or is intensely irritable much of the time
- ▶ Has frequent stomachaches or headaches with no physical explanation
- ▶ Is in constant motion, can't sit quietly for any length of time
- ▶ Has trouble sleeping, including frequent nightmares
- ▶ Loses interest in things he or she used to enjoy
- ▶ Avoids spending time with friends
- ▶ Has trouble doing well in school or grades decline
- ▶ Has low or no energy

Strategies That Parents Can Use At Home



- ▶ Ask your child how he/she is breathing and practice inhaling and exhaling together.
- ▶ Remind your child that it is normal to feel nervous.
- ▶ Let your child know that their worries are not dangerous and will not hurt them.
- ▶ Be more aware of your own emotions and expressions around your child.
- ▶ Remember the power of a smile.
- ▶ Take a walk with my child. A 10-minute walk is just as effective as a 45-minute workout.

Strategies That Parents Can Use At Home

- ▶ Prepare your child for transitions and change in routine.
- ▶ Encourage dot to dot activities, puzzles, and coloring. These activities help to increase focus.
- ▶ Encourage household chores. Internal movement contributes to feeling happy and more positivity.
- ▶ Encourage activities which give your child a sense of purpose. This is associated with less anxiety and higher self-esteem.

Suggestions by Sherianna Boyle, Adjunct Professor of Psychology at Cape Cod Community College