

SEL Curriculum (Social Emotional Learning) at SPPCS

School Counselor, Mrs. Jaime Kaiser-Smith



Up



Charm



Top



Down



Strange



Bottom



What is SEL???

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. From effective problem-solving to self-discipline, from impulse control to emotion management and more, SEL provides a foundation for positive, long-term effects on kids, adults, and communities.

Children thrive. Schools win. Workplaces benefit. Society strengthens. All due to social-emotional learning. <https://www.cfchildren.org/>



2023-24 SEL Classroom Focus:



Communication



Relationships



Regulation of Emotions

Curriculum and other ways SEL is brought to Mrs. Kaiser-Smith's Classroom:

There are a variety of ways to help students in the SEL realm at SPPCS. In the SEL Classroom there can be one on one counselor time, group sessions if needed, sensory time, play to learn time with the class, Brain Breaks, Second Step Lessons, Virtue Lessons, Lessons of Illinois State Standards in SEL, Book Read Alouds, and many more. We want your child to be as successful as possible at school. Success in school is not just about core subjects. It is also about knowing yourself and how to get along with others. Grades Pre-K through 5th grade can use the Second Step program to help teach these critical skills in the SEL Classroom. The Second Step program teaches skills in the following four areas: **1. Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork. **2. Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion. **3. Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger. **4. Problem Solving:** Students learn a process for solving problems with others in a positive way. Your child will be learning a lot this year—and he or she will need your help. Second Step has an area on their website for families to look at different ways they can discuss SEL at home. These include Family Codes to use on the website. Information on how to look that up is on the next slide.

Second Step

Empowered with Skills for Life

Second Step® programs help students build social-emotional skills—like nurturing positive relationships, managing emotions, and setting goals—so they can thrive in school and in life.

<https://www.secondstep.org/>

Pre K Home Code: **SSPEFAMILY68**

Kindergarten: **SSPKFAMILY70**

1st Grade: **SSP1FAMILY71**

2nd Grade: **SSP2FAMILY72**

3rd Grade: **SSP3FAMILY73**

4th Grade: **SSP4FAMILY74**

5th Grade: **SSP5FAMILY75**

There will be a bullying component later on in the school year after the above Second Step areas, which will also come with family codes to check out at home when those are issued.

How to get Set up SS Access @ Home:

You can gain family access to the Second Step website by creating an account and password.

Go to the site - <https://www.secondstep.org/>

Once you create an account, you can input Grade codes that are relevant to your family.

Second Step is the main Curriculum we use, however we also incorporate Virtue Lessons,

Brain Breaks, play to learn time with the class, Book Read Alouds, and any live time issues that can

be a learning opportunity for a class.

<https://www.diobelle.org/>

Be on the lookout for the annual Diocesan Safe & Sacred class discussions and permission/opt out slips coming home. This is for grades PreK - 8. Parent Handout & survey will be sent via email when the grade completes their component.

The Children's Learning Program brings safety training to children of all ages. Themes are covered in this curriculum including safety rules, trust, responding to unsafe situations, understanding intuition, internet and phone safety, and predators. Children learn age appropriate concepts introduced in the early years, and built upon in the upper years.



Diocese of Belleville

Communication w/ Mrs. Kaiser-Smith:



Look for “Counselor Communications” in the SPPCS paper Newsletter



Look for updates in Pre K-2nd Classroom Newsletters



3rd - 5th Grade take “notes” in class that get sent home in some Friday Folders



Email: jkaisersmith@sppswaterloo.com & on school website: <https://www.sppcs.org/jaimie-kaisersmith>

The background of the slide is a light gray gradient with numerous question marks scattered across it. Some question marks are large and dark gray, while others are smaller and lighter gray. The question marks are distributed throughout the entire slide, creating a theme of inquiry and questions.

Questions For The Counselor?

Did you know this year Mrs. Kaiser-Smith is teaching 6th Grade Art & Jr High Elective Art And Coaching Cross Country?!?!

Please feel free to ask me anything about these topics as well!!!

Virtues to Recognize (Visual for Students on Bulletin board)

Enthusiasm

Kindness

Respect

Service

Faith

Courage

Responsibility

Patience

Love

Flexibility

Joyfulness

Self Discipline

Gentleness

Unity

Compassion

Thankfulness

Hope

Justice

Community

Assertiveness

Caring

Diligence

Integrity

Reliability

Peace

Forbearance