



March 11th is S.E.L. Day!

What is S.E.L.?

- S.E.L. stands for Social Emotional Learning. Social emotional learning includes management of emotions and behavior, the ability to identify and understand feelings in ourselves and others, the ability to form and maintain positive relationships, and the development of empathy for others.

Why is S.E.L. important?

- S.E.L. teaches important life skills that will carry over into adult life, making students positive, contributing members of society. Some of these life skills include the ability to understand themselves, develop positive self-esteem, take responsibility for actions, and maintain healthy personal and working relationships.

Here's what Sky Country Elementary School is doing:

- School-wide behavior expectations and social skill lessons
- Morning messages with Mrs. Sigala
- Building connections in the classroom
- Morning meetings in the classrooms
- Availability of S.E.L. library books with classroom lessons
- Increased staff awareness of S.E.L. practices
- Behavioral health social lessons and groups

How can I help my child at home?

Click here for parent resources:

<https://casel.s3.us-east-2.amazonaws.com/schools-families-and-social-and-emotional-learning.pdf>

<https://www.edutopia.org/social-emotional-learning-parent-resources>

<https://drive.google.com/file/d/1KKuSKGxwpjrmz1RCdGmJ1rKWbl8S3x1s/view?usp=sharing>

<https://drive.google.com/file/d/1Y1VnHDTluFHnKu1qPSysx3nSyPeDRpL0/view?usp=sharing>

<https://www.rcdmh.org/psp>

How can I help the school? We are growing our S.E.L. picture book library and would love book donations. Here are some books that would be great additions to our library:

[SEL Read Aloud List](#)

If you want to learn more about S.E.L. click here:

[S.E.L. Framework: The Details](#)

[Sky Country: Social and Emotional Learning](#)