



# Social-Emotional Learning at Mill Creek Elementary

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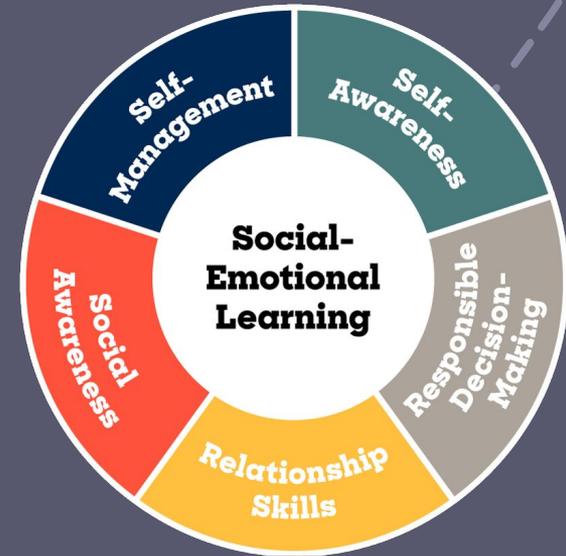
AP21

Second Step<sup>®</sup>  
Elementary

# What Is Social-Emotional Learning?

Social-emotional learning (SEL) helps people:

- Understand and manage their emotions
- Set and achieve positive goals
- Have and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions



# Why SEL Matters



## Why Social-Emotional Learning Matters

**WE are TEACHERS**

- 29%:** Students who feel like their school provides a supportive, encouraging environment.
- 83%:** Students who made academic gains when participating in an SEL program with an academic component.
- 11%:** Average gained on standardized tests by participating in an SEL program.
- 11%:** Average increase in GPA for participants in one SEL program.

SEL programs improve behavior & attitudes toward school and prevent substance abuse.

Source: Collaborative for Academic, Social and Emotional Learning ([www.casel.org](http://www.casel.org))



# The Goal of SEL in Schools

SEL in schools supports whole-child development. When implemented schoolwide, SEL can help create a positive school climate where students and adults can thrive together, improving social-emotional competence and academic achievement.



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# Research Links Evidence-Based SEL

## to Positive Outcomes



### Student Gains in . . .

- Social-emotional skills
- Improved attitudes about self, others, and school
- Prosocial classroom behavior
- 11 percentile-point gain in overall academic achievement



### Reduced Risk of . . .

- Conduct issues
- Emotional distress

#### 2017 Meta-Analysis: Lasting SEL Effects<sup>2</sup>

A separate study found that SEL interventions are associated with lasting positive effects. Months or years after SEL exposure, students experienced increased levels of academic success and lower risks of adverse outcomes.

# Elementary SEL Instruction

Elementary Second Step includes two (2) components:

Core Tier 1 Second Step Lessons - taught by classroom teachers

- Weekly lessons throughout the school year
- Teachers can access lessons and enhancement activities from their Second Step Dashboard

Bullying Prevention and Personal Safety - taught by counselors

- Bully Prevention Units are taught in grades 3 - 5
- Child Protection Units are taught in grades K - 2

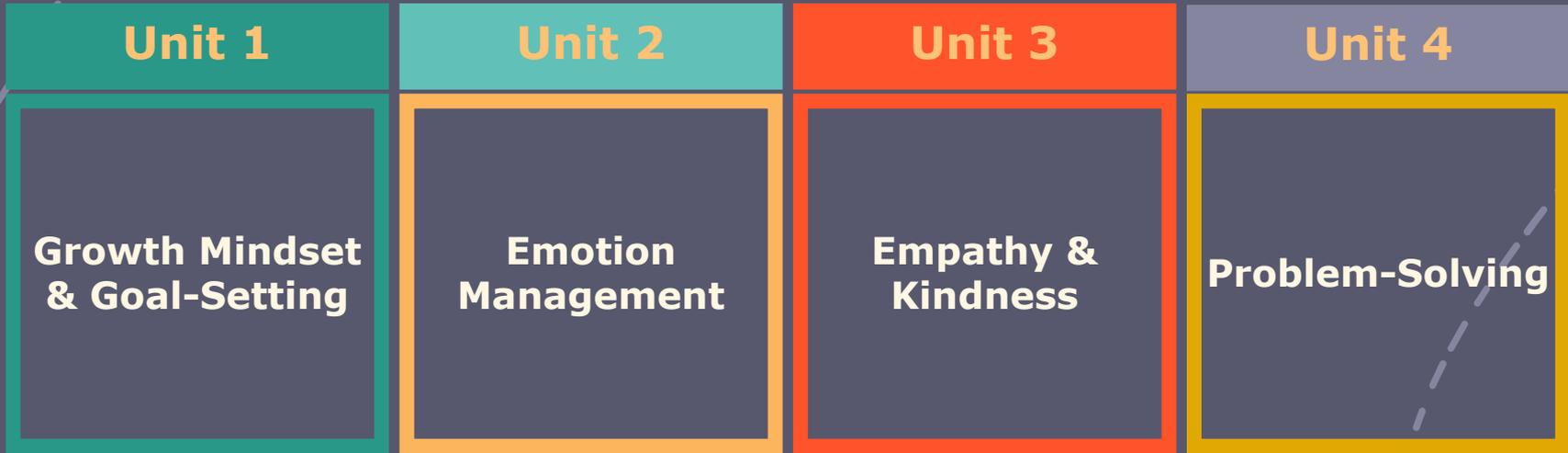
# Welcome to Second Step® Elementary

The Second Step® Elementary digital program is the SEL program used in all elementary schools in the Everett School District.

It's research-based and designed for elementary students.



# Second Step<sup>®</sup> Skills and Concepts



# Resources for reinforcing SEL at Home

- Reach out to your child's teacher to access more social-emotional learning resources, including book lists.
- Watch for Home Links and Weekly Communications from your student's teacher.
- Join the Second Step® Programs community for Families on their website to learn more about social-emotional learning, why it's important, and see what your child is learning.

**Second Step** **Home Link** Kindergarten **K**  
Unit 2: Emotion Management

### What Is My Child Learning?

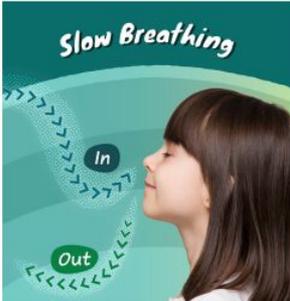
**Unit Themes**

Your kindergartner is learning to use clues, including looking at a person's face and body and what's going on, to recognize 3 common feelings—happy, sad, and mad. Toward the end of the unit, they also become familiar with slow breathing as a way to help themselves feel calm when they experience strong emotions.

**Why is it important?**

Research shows that children who learn the skills in this unit are more likely to:

- Be better learners
- Build stronger relationships
- Have higher self-esteem
- Be better problem-solvers



### Practice at Home

**What to Look For**

Notice and praise your child when they recognize and label feelings—their own and other people's—or use clues to guess how someone else is feeling. You can say, **It does look like that person feels mad. Good job paying attention to their face and body and what's going on!**

**Try This!**

**Discuss:** A few times a week, ask your child, **When did you see someone who looked happy today? When did you see someone who looked sad? How did you know they felt that way?**

**Discuss:** A few times a week, ask your child, **When did you feel mad or sad today? What did you do to feel calm?**

**Practice:** After your child has learned slow breathing at school, practice with them. Take a deep breath through your nose, hold it for a moment, then slowly release it through your mouth.

## Lesson 3: Mistakes Are Okay!

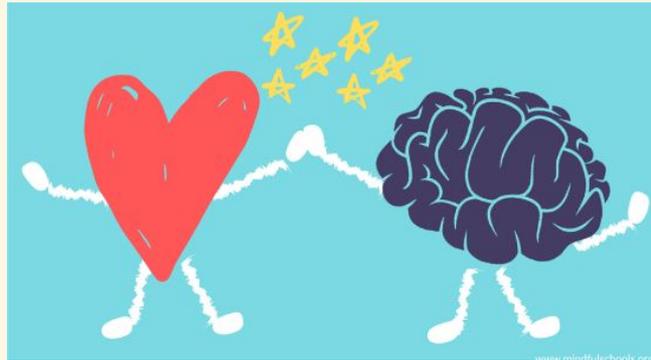
### Summary

In this week's lesson, your child will learn that mistakes are a natural part of the learning process. They'll practice encouraging their classmates (and themselves) while the class learns and practices a skill together: snapping their fingers.

### Try This at Home

Remind your child that everyone makes mistakes and that mistakes help us learn. Point out when you make mistakes or tell them a story about a time you learned something from making a mistake.

# Multi-tiered System of Supports Social Emotional Resources for Students and Families



# School Counselor SEL Supports for Students

## Responsive Services for Students

- Identifying issues affecting school performance
- Social or behavioral problems
- Skill development for academic success
- Short-term individual and small group counseling
- Assessing students' abilities and interests
- Providing professional development to staff

## Guidance Curriculum for Students

- |                  |                 |
|------------------|-----------------|
| Bully Prevention | Transition      |
| Personal Safety  | Career/Academic |

## System Supports for Students

- Participation in school committees
- Equity focused program management
- Professional development to stay current on evidence-based practices

# School Counselor SEL Supports for Families

## Responsive Services and System Support

Consultation

Referrals to community resources

Consult with parents and teachers regarding school and academic issues

School transitions

Support families in understanding the school community, and assist with school concerns

Develop effective education and behavioral plans and interventions

Facilitate meetings with students, teachers or school administrators as needed

## • Social and Emotional Resources for Families •

### Mental and Physical Health Resource Links for Families:

- Learning Video Resources
- SEL Video Resources
- Help for Families
- Community Resources
- SEL resources for families
- Crisis Intervention and  
Counseling Resources

# Helpful Social Emotional Websites

*Big Life Journal*  
Fostering Growth Mindset

Big Life Journal

Child Abuse Prevention

Hot Chocolate Talk

Underaged Drinking  
Prevention

Ask Listen Learn



**RESilience** | Uplifting Youth Through Healthy  
Communication About Race

American Psychological  
Association/RES



# Questions?

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