



CSD Social and Emotional Learning Curriculum



WHAT IS SOCIAL and EMOTIONAL LEARNING?

"Social and Emotional Learning (SEL) is the process of developing social and emotional skills in the context of a safe, caring, well-managed, and engaging learning environment" (CASEL, 2010). For more information about CASEL visit <https://casel.org/>

SEL is a framework for teaching students skills they need to put academic information to use. SEL programming includes things like prevention strategies for all students on bullying and cyberbullying, social skills curriculum and small group and one on one services for students who are in need of social and emotional support. SEL is a way to support positive behavior and strong self-esteem development.

Research shows us that children achieve greater academic success when schools teach more than reading, writing, and arithmetic. In schools where SEL Programming is in place, students' standardized test scores in reading and math increase between 11%-17% (CASEL, 2010)!

OUR ELEMENTARY SEL PROGRAM - SECOND STEP

As a part of SEL programming, Cambrian School District supports the Second Step Curriculum to teach social skills to PreK - 5th-grade students.



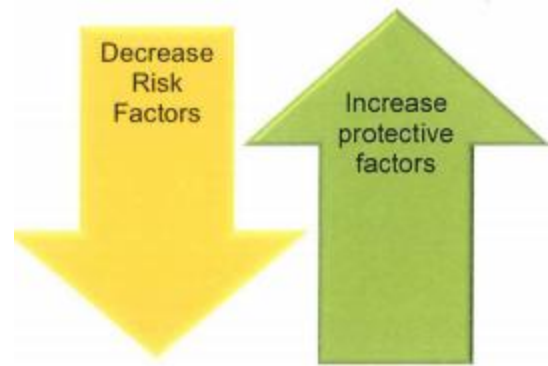
WHAT IS THE SECOND STEP PROGRAM?

Second Step is a research-based developmentally appropriate and comprehensive curriculum for PreK-5th grade. Second Step is the highest-rated social skills curriculum, receiving the 5-star rating from the Federal Department of Education. It has been implemented in

schools around the world for 20 years.

HOW IS SECOND STEP DELIVERED?

The Second Step program is taught one lesson per week by the classroom teacher to all students in the class. The goal of the Second Step program is to decrease risk factors while increasing protective factors focusing on building the strengths that students already have. The lessons are taught to every classroom in the school and reinforced throughout the school-with posters in hallways and the cafeteria and adults throughout the school fully trained in the program.



The Second Step program is broken down into three units in grades PreK-5 and five units in grades 6-8. The units are:

Pre-Kinder and Kindergarten	Grades 1-5
Unit 1: Empathy	Unit 1: Empathy
Unit II: Emotion Management	Unit II: Problem Solving/ Impulse Control
Unit III: Problem Solving	Unit III: Anger Management

HOW CAN PARENTS BE INVOLVED?

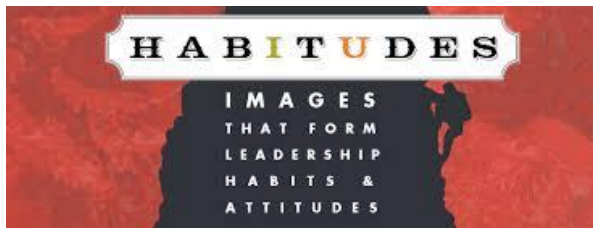
Second Step is a comprehensive program, so there are important elements that include parent, family, and community education and support. The Second Step curriculum includes letters that are sent home throughout the school year, informing parents and families of the topics that their students are learning in the lessons. Information is also sent home about skills that the students are taught: calming down strategies, problem-solving steps, anger management skills are just some examples.

Parents and families can use the information that is sent home to reinforce those same skills at home and in the community. For instance, when your children get into a fight at home, a parent can encourage them to take a deep breath and walk them through the problem-solving steps that are taught at school through the Second Step program and are sent home in parent letters or school newsletters. Caregivers can also attend Second Step Family Nights, where the entire family can experience Second Step lessons designed specifically for family relationships.

For more information about the Committee for Children and the Second Step Program, you can visit the following websites:

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

SEL PROGRAM FOR MIDDLE SCHOOL



Habitudes for middle school students train up the next generation of leaders by equipping educators to speak the language of today's middle school students, kick-starting conversations and inspiring memorable experiences that instill valuable leadership and life skills. Tailored specifically to resonate with today's teens and grounded in research, the Habitudes middle curriculum utilizes real-life imagery and

stories to engage students in a creative and relevant way. This flexible, research-based curriculum is adaptable for any school's program and has been proven to spark a positive shift in the school's overall culture.

HABITUDES FOR SECONDARY SCHOOLS WILL HELP YOUR STUDENTS:

- Break free from peer pressure and influence others in positive ways.
- Experience greater empathy and minimize bullying among students.
- Embrace a growth mindset that values hard work and resilience.
- Capitalize on personal strengths to be career-ready upon graduation.
- Develop critical thinking skills that produce better life choices, such as choosing healthy friends, improving study habits and setting goals.

HABITUDES FAQs - <https://growingleaders.com/habitudes/habitudes-faq/>

FREE RESOURCES - <https://growingleaders.com/free-resources/>

WHO CAN I CONTACT TO FIND OUT MORE ABOUT SEL PROGRAMS?

First, you should contact your student's classroom teacher to find out when the Second Step or Habitudes programs are taught and if you can observe a lesson. For more information about the programs, contact Maggie Spehar, Director of Student Services at speharm@cambriansd.com or Steven Fisher at fishers@cambriansd.com from Student Services, for information on the Second Step or the Habitudes Program at your school.