



Social and Emotional Learning (SEL)

Social and emotional learning is essential to the school and life success of all students.



BRYANT
PUBLIC SCHOOLS

About Social and Emotional Learning (SEL)

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

- Collaborative for Academic, Social, and Emotional Learning (CASEL)



“SEL empowers students to regulate their own behaviors and feelings.”

--Elementary Teacher, Bryant Public Schools

Social and Emotional Learning has a positive impact on academic performance, health, relationships, and citizenship.

Our Vision for SEL

Bryant Public Schools believes that relationships provide a foundation for how learning and emotions affect what we learn. Social and emotional skills can be modeled and taught.

In the district five year strategic plan, [Our Plan for Success](#), goal one supports the vision of Social and Emotional Learning by addressing personal responsibility for effort related to behavior and academic requirements at school, home, and the greater community.

Social and Emotional Learning also goes hand in hand with our district mission, Creating Opportunities for Academic and Personal Success. We believe that strengthening our social and emotional skills will lead to personal success.

SEL in Bryant Schools

SEL is embedded in our strategic plan, staffing, professional learning, and budget. It guides our common language and goals for building relationships and improving communication across the district.

SEL drives our school-wide practices and policies. It informs how adults and students relate with each other, creating a welcoming, engaging, and caring climate that is safe for learning. Teachers and staff will focus on modeling positive relationships, getting to know individual students and their families, and respecting the experiences brought in by individual students.

Faculty and staff members are being trained in the processes presented through *Capturing Kids' Hearts*, a coordinating framework for implementing our SEL program, which gives our team the skills to develop these positive relationships.

SEL Framework

Bryant Public Schools is focusing on the Social and Emotional Competencies identified by the Collaborative for Academic Social and Emotional Learning (CASEL). The guiding principles include Self-Management, Self-Awareness, Social Awareness, Relationship Skills and Responsible Decision Making. These skills, as represented on the CASEL Wheel, can be taught in many ways across a variety of school settings:

- District-wide (grades K-12) integration of *Capturing Kids' Hearts*.
- Direct instruction lessons to build students' SEL competence.
- Teaching practices that promote SEL.
- Opportunities provided throughout the school day to practice the five SEL competencies.
- Integration of SEL within academic curriculum.
- Organizational strategies that promote SEL as a district-wide initiative that creates a safe climate and culture conducive to learning.



What skills do socially and emotionally competent children and youth have?

They are self-aware.

They are able to recognize their emotions, describe their interests and values, and accurately assess their strengths.

They have a well-grounded sense of self-confidence and hope for the future.

They are socially aware.

They are able to take the perspective of and empathize with others and recognize and appreciate individual and group similarities and differences.

They are able to seek out and appropriately use family, school, and community resources.

They are able to regulate their emotions.

They are able to manage stress, control impulses, and persevere in overcoming obstacles.

They can set and monitor progress toward the achievement of personal and academic goals and express their emotions appropriately in a wide range of situations.

They have good relationship skills.

They can establish and maintain healthy and rewarding relationships based on cooperation.

They resist inappropriate social pressure; constructively prevent, manage, and resolve interpersonal conflict; and seek and provide help when needed.

They demonstrate responsible decision-making at school, at home, and in the community.

In making decisions, they consider ethical standards, safety concerns, appropriate social norms, respect for others, and the likely consequences of various courses of action.

They apply these decision-making skills in academic and social situations and are motivated to contribute to the well-being of their schools and communities.



“Relationships with students and staff are key to having a safe and secure learning environment.”

--High School Teacher
Bryant Public Schools

Our emotions and relationships affect how and what we learn and how we use what we learn in school, work, family, and community contexts.

Learning is an intrinsically social and interactive process. It takes place in collaboration with one's teachers, in the company of one's peers, and with the support of one's family.

Relationships are the engine of learning.

Social-emotional learning is already present at many Bryant schools through dedicated programs, guidance curriculum provided by school counselors, and advisory classes, but the district needed a cohesive, aligned focus.

The Director of Student Services, along with a team of district counselors and mental health professionals, looked at opportunities to enhance current SEL programming as well as boost support for identifying and helping at-risk students. The group also explored the need for resources to help teachers meet the SEL needs of ALL students.

During the summer of 2018, Bryant teachers and staff were trained in the

processes of *Capturing Kids' Hearts*. By adopting a district-wide program focused on SEL at all grade levels, our goal is to help all students feel safe, welcome, and part of the school community.

The key to developing and maintaining a safe learning environment will be ongoing teacher support and professional development. Learn more at bryantschools.org/sel.

What can parents do to promote their child's SEL?

Parents can promote their child's SEL by learning more about the district's SEL initiative and modeling behaviors and adopting practices that reinforce their child's SEL skills at home.

For more information:
Contact Your Child's Counselor or Principal
Contact Renee Curtis, Director of Student Services, 501-847-5600