

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. (www.casel.org)

Research has found that students who participate in SEL programming make gains in multiple areas including pro-social behavior, attitudes about themselves and others, standardized achievement scores and social emotional skills. These same students also showed a reduction in problem behaviors and emotional distress. (Child Development, 82 (1), 405-432)

Atlanta Public Schools' vision for SEL:

- Common Standards and Culture
- Core Curriculum Beginning in Pre-K
- Teacher Professional Development
- Family/Home Connection
- Fidelity and Sustainability through Coaching Support
- Special Education Enhanced SEL Programing

Every morning at Parkside, students are engaged in explicit SEL instruction, through Community Gatherings and Second Step lessons. 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, use self-talk to stay on task, 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! Throughout the year, your child will be bringing home Home Links in their Thursday folder that go with several of the Second Step lessons. Home Links are simple, fun activities for you and your child to complete together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows. To create your own Second Step account and learn more about the curriculum, including parent resources, please use the activation code below.

If you have any additional questions, feedback, or want to help build Parkside's SEL program, please contact our SEL Coach, Clara Totenberg Green at clara.green@atlanta.k12.ga.us.

Make sure to join www.secondstep.org with the activation key to watch videos about the Second Step program and get information about what your student is learning!

Go online today!

www.secondstep.org

Enter this activation key: Pre-K: SSPE
FAMI LY68

K: SSPK J65G EJV5
1: SSP1 H38L DG2S
2: SSP2 FSMD C83Z
3: SSP3 EMDJ B2WP
4: SSP4 FAMI LY74
5: SSP5 CB7V 8RFJ

