

## Social Emotional Learning In Rye Neck K-12

The counseling department wants to help students learn decision making, civility, respect and self-regulation because we expect that they will leave us in twelfth grade stronger in all of these areas than when they start with us.

Social Emotional Learning is a tool that understands that these skills are not intuitive to everyone and explicitly teaches children how to recognize and respond to emotions, develop empathy, maintain cooperative relationships and make healthy decisions. Social Emotional Learning also helps with Emotional Regulation- the ability to handle our feelings or reactions to situations in a healthy manner. Throughout the Rye Neck school district, counselors work closely with school psychologists, teachers and administrators to implement Social Emotional Learning programs, also known at times as Character Education, for all of our students in grades K-12. The chart below is a snapshot of these programs.

Program	Who?	What?	Why?	How?	When?
<b>Kelso's Choice</b>	All Students in Daniel Warren	A leading tool for teaching conflict management skills	Teaches children the difference between big problems and little problems  Teaches children to solve "little" problems on their own and to seek adult assistance for "big" problems	Teachers and school psychologists work together to present program to K-2 students.	Ongoing, grades K-2
<b>Second Step</b>	All students in Daniel Warren, F.E. Bellows and 6th graders.	A research based social-emotional learning program	Students learn to recognize and respond to emotions and they begin to learn bullying prevention strategies	In the elementary schools, teachers and psychologists work with students to bring the	Ongoing grades 3-6

				program to each classroom.	
<b>Town Hall Meetings</b>	All FEB students	Group discussions with principal and school psychologist	Designed to address issues, themes and give students a voice	Principal and psychologist work together to bring to students	Monthly grades 3-5
<b>RULER</b>	All MS faculty	A program designed to help students recognize their emotions and respond appropriately.	To help students recognize their emotions so they can respond appropriately and be available to learn.	This year a core group of trainers is working with the teachers, next year the students will be involved.	Ongoing MS
<b>"Character Education"</b>	Sixth Graders	A 6th grade class that meets once every six day cycle.	To help students to acclimate to the middle school while learning social and communication skills. Recognizing and preventing bullying (verbal, physical, social and cyber) is a main focus.	Sixth grade counselor teaches this class 8 times per six day cycle.	Ongoing Grade 6
<b>No Place for Hate</b>	All Middle School Students	A program guided by the Anti-Defamation League	To help students become "upstanders" when they see injustice in our world	Counselors work with teachers to bring activities into classrooms.	Ongoing with specific events throughout the year
<b>One School/One Book</b>	All Middle School Students	All MS students read the same summer reading book and discuss the social/emotional themes of the book	To help students work across grade levels and to discuss a work of literature relevant to students social- emotional development	English teachers and counselors work with teachers to encourage discussion of relevant themes	Fall
<b>No Name Calling Week</b>	All Middle School Students	A week-long program based on GLESN's curriculum	Students learn the power of their words, the importance of the difference between kidding and bullying	Counselors work with teachers to present activities	January

			and the power of the upstander		
<b>DASA Presentations</b>	All RN Students	The way all RN students are made aware of the NYS law called the Dignity for All Students Act.	Students are taught, in an age appropriate way, what bullying is and our school policies and NYS laws against it	Principals, school psychologist, counselors and teachers present in classrooms.	September
<b>Classroom Presentations</b>	All Middle School Students	Several times each year	Large group issues are addressed/curriculum-counseling lessons are delivered	Counselors work with teachers.	Ongoing
<b>Lunch Bunch</b>	Sixth Graders	A small group, lunch-time activity	To help with the adjustment to middle school and social skills including communication and conflict resolution.	Counselor and psychologist work together to teach social skills in small groups.	Ongoing
<b>Social Skills groups</b>	Students district wide who can benefit from CBT, DBT or social skills training	Small group instruction on problem solving, communication or social concerns	To help students deal with issues or conflicts and learn lifelong skills	School psychologists and counselors work with small groups of students on issues.	Ongoing
<b>Mindful Mondays/ Thoughtful Thursdays</b>	Middle School and High School	A mindful moment for all students	Research shows that students who practice mindfulness are more able to attend in class and more likely to resolve conflicts peacefully.	With a reminder from the morning announcements, homeroom teachers guide students.	Ongoing
<b>Freshman Seminar/ Transition program</b>	9th Graders	A transition program for 9th graders starting with peer leader run groups in 8th grade, an Orientation and eventual Freshman	To help students acclimate to the HS	School Counselors, Co-Director of Counseling Services and peer leaders work together to implement programming	Begins grade 8, ongoing grade 9

		Seminars which includes topics such as time management, stress, decision making, problem solving strategies and goal setting.			
<b>Digital Citizenship</b>	K-12 students	Age appropriate lessons on being a good, safe cyber citizen	To help students know how to avoid online bullying, to stand up for victims of online bullying and help students to remain safe online.	Counselors and teachers	Ongoing
<b>Homeroom Meetings</b>	High School Students	Information sharing meetings	To provide students with information, meet with small groups or check in with students	Counselors, teachers, administrators	Ongoing
<b>Senior Transition Program</b>	12th Graders	A transition program for seniors	To help them prepare for life past HS	School Counselors, Mr. Ricketts,	Spring Semester

## Parent Resources:

<https://www.parenttoolkit.com>

*Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Education Nation and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults. Our advice also covers important topics for navigating life after high school.*

PRODUCED BY:

SUPPORTED BY:



<http://www.nea.org/home/ParentArticlesResources.html>



## Resources

*The start of a new school year is not just a journey for educators and students, it's about parents, too! We've compiled resources for parents, caregivers, and families to help them encourage their child's success in school all year long.*

<https://www.adl.org/who-we-are/our-organization/signature-programs/no-place-for-hate>

*ADL's No Place for Hate initiative is a school climate improvement framework that provides PreK-12 schools with an organizing framework for combating bias, bullying and hatred, leading to long-term solutions for creating and maintaining a positive climate. No Place for Hate schools receive their designation by: Building inclusive and safe communities in which respect is the goal, and all students can thrive. Empowering students, faculty, administration and family members to take a stand against hate and bullying by incorporating new and existing programs under one powerful message. Sending a clear, unified message that all students have a place to belong.*

<https://nynj.adl.org/noplaceforhate/>

*Some pictures of RN students from last year's No Place for Hate ceremony!*

<https://www.samhsa.gov/underage-drinking/parent-resources>

*Resources to help you start—and keep up—the conversation about the dangers of drinking alcohol at a young age.*

<https://childmind.org/article/teen-vaping-what-you-need-to-know/>

*Information to inform parents about vaping and the dangers to children.*



