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What is Social Emotional Learning (SEL)?

SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

Ohio Department of Education's SEL standards are based on the Collaborative for Academic SEL's standards and include:

- *Self-Awareness*
- *Self-Management*
- *Social Awareness*
- *Relationship Skills*
- *Responsible Decision-Making*



Wellington Exempted
Village Schools

Social Emotional Learning Resource Guide



What SEL resources do Wellington Schools offer?

Three levels of SEL are provided throughout the district (defined below), along with the associated SEL programming for each building.

Tier 1 - Universal Social Emotional Learning

(85-100% of students receive supports)

Tier 1 SEL supports address all students' social, emotional, and behavioral needs. These supports help foster positive environments where students feel safe and supported and address universal social/emotional health and well-being needs.

Westwood Elementary School

Second Step: Each student in grades K-3 participates weekly in Universal SEL lessons through the Second Step Curriculum.

PBIS Lessons: All students receive PBIS lessons from their classroom teacher on building and classroom expectations.

McCormick Middle School

Life Act Signs of Suicide (SOS): All 7th and 8th graders receive two classroom sessions of this program throughout the school year. It is designed to help them identify the warning signs for depression and suicide risk in their peers so that they can help them get connected to a trusted adult.

Effective Leadership Academy Transitions

Program: 5th and 8th Graders participate in this seven-session program designed to assist youth in further developing their SEL skills as they transition from one grade to the next.

Diversity Center Of Northeast Ohio:

Programming for 5th graders, which includes the following four sessions: Anti-Bullying, Conflict Resolution, and Diversity 101.

Focus 3: The R Factor equips students with the mindset and skill set to be intentional about how they think, make decisions, and take action.

H.I.K.E Club: This student-led programming, which stands for Helping Include Students

Everywhere, is designed to increase a sense of belongingness for all students.

Second Step: This is a Universal SEL curriculum that all 4-8th graders receive monthly throughout the school year. It provides weekly lessons that cover the five Ohio Social Emotional Learning Standards.

Kindland: The Kindland curriculum is infused in each grade level and seeks to create school climates that can sustain a unified sense of kindness, compassion, empathy and understanding.

Wellington High School

Botvin's LifeSkills Training: This highly interactive, skills-based program is designed to promote positive health and personal development for youth in grades 9 or 10. LifeSkills Training uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills shown to prevent substance use, violence, and other health risk behaviors.

Life Act Signs of Suicide (SOS): All 11th graders receive two classroom sessions of this program throughout the school year. It is designed to help them identify the warning signs for depression and suicide risk in their peers so that they can help them get connected to a trusted adult.

Tier 2 - Social Emotional Learning

(5-15% of students receive supports)

Specific Tier 2 interventions include practices such as social skills groups, self-management, and academic supports. Targeted interventions like these, implemented by typical school personnel, are likely to demonstrate positive effects for up to 67% of referred students.

Westwood Elementary School

Lunch Bunch: Lunch bunch is a weekly meeting focusing on building and practicing social skills through the use of an evidence-based curriculum. Skills practiced include feeling identification, emotional regulation, problem-solving and friendships.

McCormick Middle School & Wellington High School

Navigate360: Aligned with the Collaborative for Academic, Social, and Emotional Learning (CASEL), this flexible and easily accessible SEL curriculum enables schools to develop students' character, improve behavior, gain support from parents and guardians and turn challenging behaviors into learning opportunities.

Big Brothers, Big Sisters: The mission of BBBS is to "create and support one-to-one mentoring relationships that ignite the power and promise of youth." High School students mentor McCormick Middle School students in one-to-one mentoring relationships that ignite the power and promise of youth. The goal is for students to reach their full potential by avoiding risky behaviors, attaining educational success, and exhibiting higher aspirations, greater confidence, and better relationships.

Wellington High School

ROX: The mission of ROX, or Ruling Our Experiences, is to create generations of confident girls who control their own relationships, experiences, decisions and futures for girls in grades nine - twelve.

Big Futures: A part of BBBS, Big Futures is a career-focused mentoring program that meets after school two days a week to focus on helping teens envision, plan for, and realize success after high school. The mentor helps to empower teens through guidance, friendship, and encouragement.

Tier 3 - Social Emotional Learning

(0-5% of students receive supports)

Tier 3 provides intensive supports for individual students with more significant needs or whose needs are not sufficiently met by Tier 1 or 2 supports.

Students in all three buildings can be referred to District Social Worker Emily Medves for one-on-one skills building or to assist with referral to outside counseling programs or social service agencies.

Applewood Centers, Inc. provides individual school-based counseling to students in grades K-12. School Counselors and the District Social Worker can make program referrals.