

VOLUME 1 • WINTER 2022

SEAFORD ELEMENTARY SOCIAL EMOTIONAL LEARNING (SEL)

HARBOR AND MANOR ELEMENTARY SCHOOL SEL NEWSLETTER



TAKE A PEEK!

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INTRODUCTION

HELLO!

Dear Seaford Families,
My name is Elise DeSimone and I am thrilled and so grateful to be a part of our wonderful community this year. My passion as a school psychologist is Social Emotional Learning and I feel so grateful to share this every day with our students. I have been enjoying getting to know each and every student in grades K-5 and I can't wait to see how much we grow this year!

With Gratitude,
Elise DeSimone, M.A., NASP



Habits of Mind

 1. Persisting <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.	 2. Managing Impulsivity <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberative.	 3. Listening with understanding and empathy <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.	 4. Thinking flexibly <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.
 5. Thinking about your thinking (Metacognition) <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.	 6. Striving for accuracy <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.	 7. Questioning and problem posing <i>How do you know?</i> Having a questioning attitude; knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.	 8. Applying past knowledge to new situations <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
 9. Thinking & communicating with clarity and precision <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.	 10. Gather data through all senses <i>Use your natural pathways!</i> Pay attention to the world around you. Gather data through all the senses. taste, touch, smell, hearing and sight.	 11. Creating, imagining, and innovating <i>Try a different way!</i> Generating new and novel ideas, fluency, originality	 12. Responding with wonderment and awe <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.
 13. Taking responsible risks <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.	 14. Finding humor <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.	 15. Thinking interdependently <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.	 16. Remaining open to continuous learning <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.

ABOUT OUR SEL PROGRAMS

WHAT PROGRAMS DO WE USE?

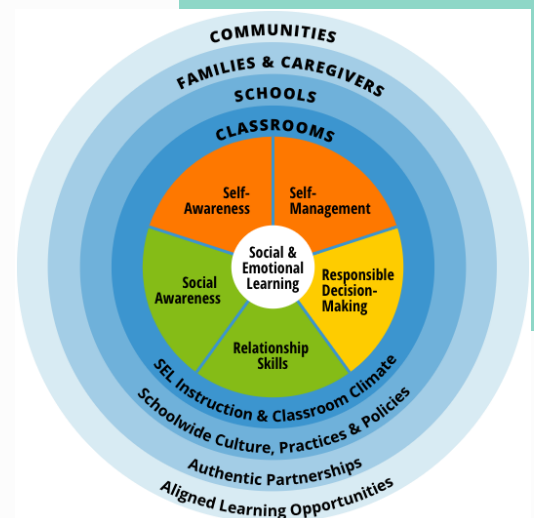
In our SEL Programming, it's important that we target and teach to the CASEL SEL Competencies, which are: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. Habits of Mind is a great example of how Seaford is choosing to help our students think creatively, skillfully, and critically with our 16 helpful habits. These habits remind us of ways we can succeed each and every day. I reinforce these within each SEL lesson by teaching students what habits we practice as we work together.

Further, we are integrating RULER approaches and tools into our SEL lessons this year. Because I come from a district where RULER was integrated into the curriculum, I was thrilled to share my knowledge in Seaford at the elementary level. The four RULER tools we are integrating into our programming this year are the: Classroom Charter, Mood Meter, The Metamoment, and the Blueprint. These tools provide us with tools and strategies to create a nurturing learning environment, to be able to name our feelings, to help us stop and think and make smart choices, and to practice perspective taking and how we communicate with others.

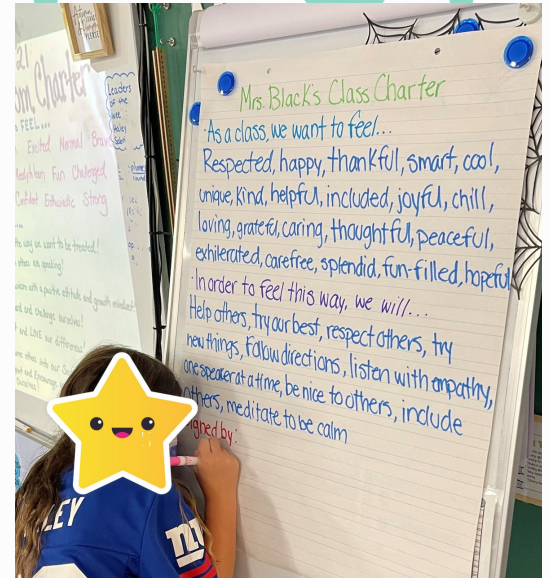
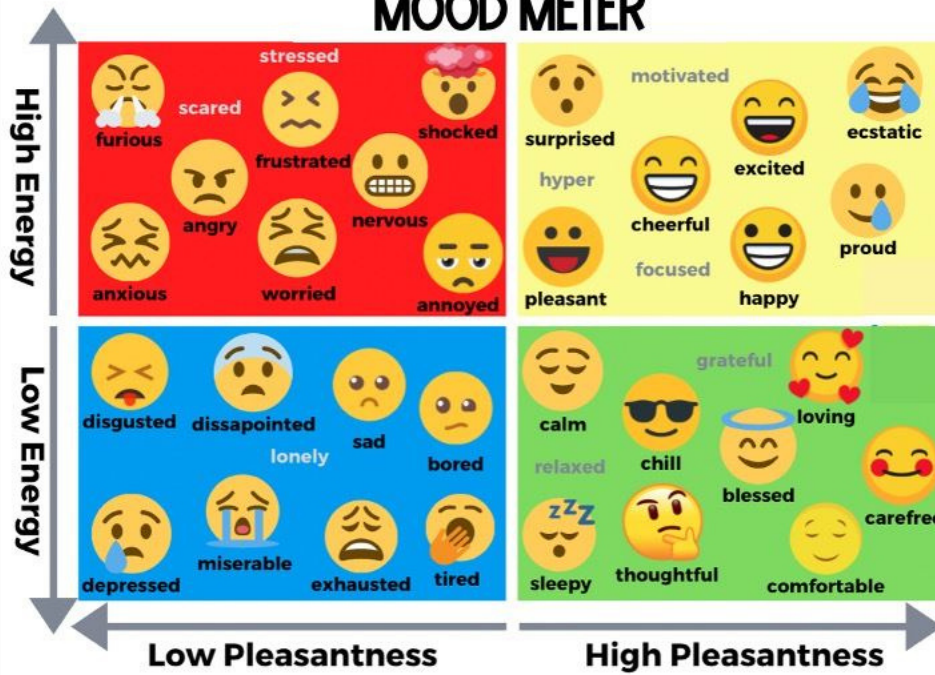
RULER

R	ecognizing emotions in self and others
U	nderstanding the causes and consequences of emotions
L	abeling emotions accurately
E	xpressing emotions appropriately
R	egulating emotions effectively

CASEL SEL Standards



MOOD METER



↑ 3rd Grade classroom Charter created by students

↓ Kindergarten and first grade worksheets naming coping tools.

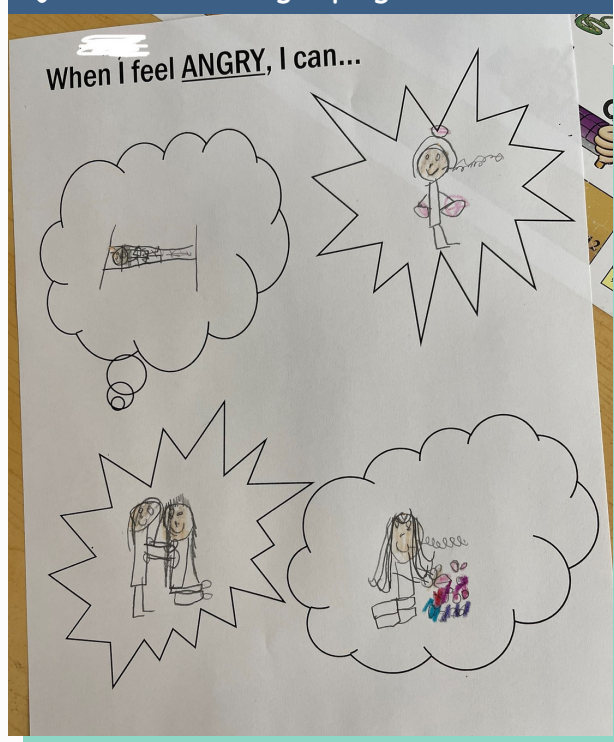
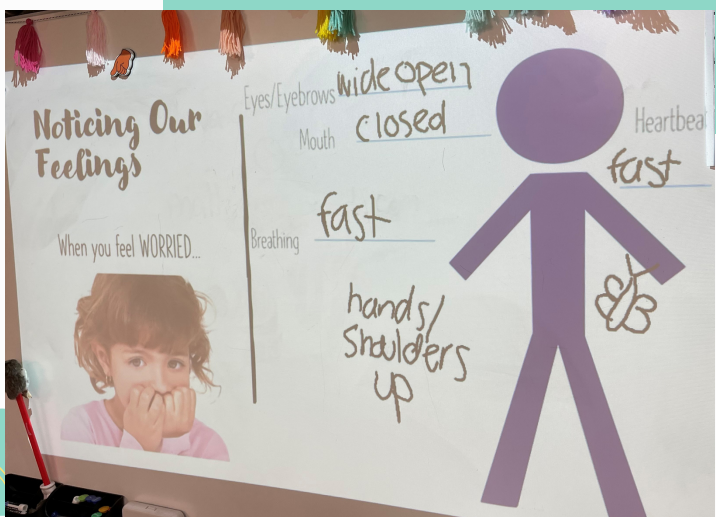
SEL IN OUR CLASSROOMS

WHAT DOES IT LOOK LIKE?

Our SEL Lessons always start with us checking in on the Mood Meter! This gives me and teachers a sense of how our students are feeling and we practice real-time strategies to cope or calm down when necessary. Then, each lesson is carefully crafted and differentiated for our students K-5 to access a RULER tool. That might include exploring a mood meter quadrant, learning and naming feeling words, updating our classroom charter, practicing taking a mindful moment (Metamoment) or working on our relationships and perspective taking (The Blueprint). Lastly, we review what Habits of Mind we practiced to reflect on the habits and skills we utilized.

The collaborative efforts among teachers, students, families, administration, and staff to utilize these resources and tools continues to build a strong, compassionate, emotionally intelligent Seaford community!

→ Kindergarten and first grade responses on the smart board: Noticing how our body communicates our feelings.



PICTURES & LINKS

I WANT TO...

Learn more about RULER:

- [RULER website](#)
- [Introduction To RULER Video](#)
- [Elementary RULER Approach Video](#)
- [Integrating the Habits of Mind](#)

See more Pictures!

[Click to see Miss DeSimone's SEL in the Classrooms Collage!](#)

*Thank
you!*

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