

Silver Creek Social Emotional Learning Newsletter



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October 2020

[October Family Kindness Calendar Link](#)



What is PBIS?



PBIS or Positive Behavior Interventions and Support is the proactive approach that Silver Creek uses to promote safety and positive behaviors. We use the acronym SOAR (Safety, Organized, Attitude, and Respect) to teach and reinforce behavior expectations. Individual students are rewarded with “Eagle Bucks” for meeting individual behavior expectations. Whole classes are rewarded for meeting behavior expectations with “Eagle Eyes.” We have found that students internalize and practice SOAR as a way of life at school and hold each other accountable for meeting the expectations. The “token reward” system is just an added bonus! Eagle Bucks can be redeemed at the Eagles Nest Store (details coming), and the primary and intermediate monthly class winners for Eagle Eyes earn an extra recess for their class.

What does SEL Look Like at Silver Creek?

Social Emotional Learning is alive and well in our in-person and remote classrooms. Teachers plan instruction and daily routines with [CASEL's Five SEL Competencies in mind](#). Often educators have “teachable moments” where they naturally teach about human emotions, empathy, or self awareness. Other times, SEL lessons are planned and intentionally taught. In SCE classrooms social emotional learning might look like:

- Morning meetings and/or community meetings
- Relationship-building activities
- Intentional cooperative learning structures and strategies
- Targeted social emotional lessons using Kindness in the Classroom ([Random Acts of Kindness Curriculum](#)) and other resources.
- Read alouds, discussions, mindfulness



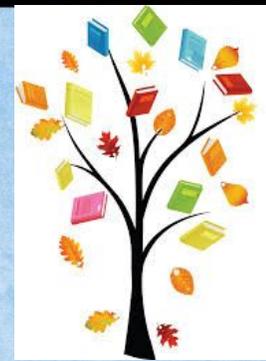
Family Resources

Our children are faced with more screen time than ever. Outside of school content, how do we decide what content is appropriate or how much screen time is too much? One helpful site is [Common Sense Media](#). We can use it to look up video games, movies, books, and other content so that we stay informed and we can provide boundaries so that our children stay safe.



Another way to stay connected with your child and manage screen time is to set boundaries for device-free dinners. (This means adults too!) Make dinner time a sacred tech-free time to talk about your days and discover more about your child's interests. Check out the [Device Free Dinner Guide](#) and [The Family Dinner Project](#) for meal ideas, conversation starters, and lots of other ways to connect with your child at dinner and beyond!!

Fall into a Good Book!

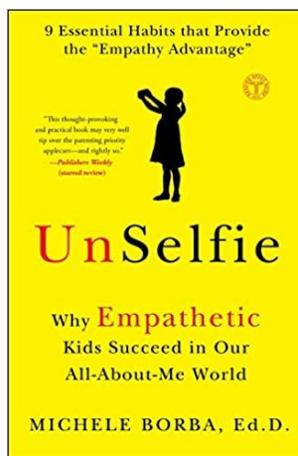


Some of my Favorite SEL Reading Resources

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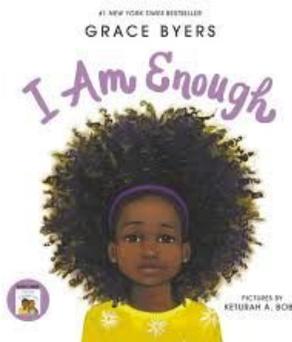
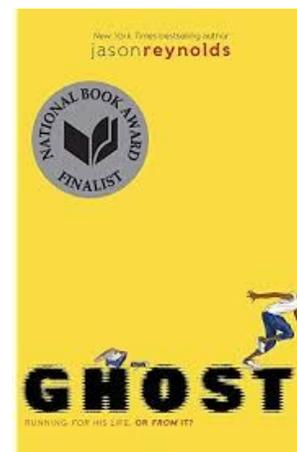
Recommended for Grown Ups

[The Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World](#) is an amazing resource for parents looking for practical ways to connect with their children and guide them so they can develop healthy relationships with others. The book is easy to read and has practical tips for parents, teachers, and anyone who works with children and wants to raise strong, moral, courageous, and resilient kids!



Recommended for Kids

[Jason Reynolds' Ghost](#) is a middle grade novel about a boy in an urban neighborhood and a track coach who believes in him. Ghost has a lot more to prove and to figure out than just running.



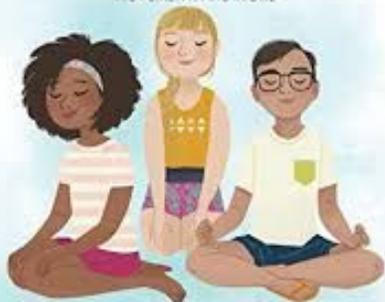
[I am Enough](#) by Grace Byers is a beautiful story with a meaningful and timely message for us all!

Both available at the Scholastic Online Book Fair!

Recommended for EVERYONE!

[Just Breathe and Just Feel](#) by [Mallika Chopra](#) are two books written for kids ages 8-12 but are easily modified and applicable for younger kids and adults alike. These books explain what stress is and how to deal with it, how to identify and manage our feelings, make good choices, as well as breathing/meditation/mindfulness exercises to support stronger and healthier ways of life! These are my "go to" books for supporting many students! I know you'll love them too!

JUST BREATHE
MEDITATION, MINDFULNESS, MOVEMENT, AND MORE

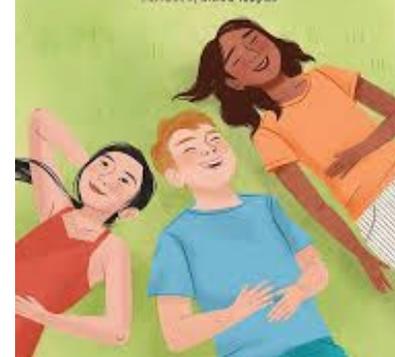


MALLIKA CHOPRA

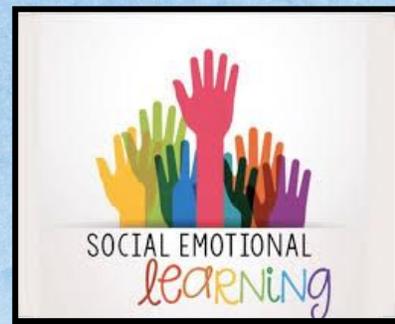
Foreword by Deepak Chopra, MD | Illustrated by Brenna Vaughan

JUST FEEL
HOW TO BE STRONGER, HAPPIER, HEALTHIER, AND MORE

MALLIKA CHOPRA



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- [The Imagine Neighborhood Podcast](#) is a podcast designed to help children and grown ups grow their social emotional learning skills
- [Coping Skills for Kids/Anxiety](#) is a website with a variety of helpful tools

Recent Reading and Recommendations:

Just Ask: Be Different, Be Brave, Be You by Sonia Sotomayor (all grades)

Remarkably You by Pat Zietlow Miller (grades K-3)

Front Desk by Kelly Yang (grades 4-5)

Ghost by Jason Reynolds (grades 4-5)

What is Social Emotional Learning in Adams 12?

Social emotional learning is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others and maintain positive relationships. In Adams 12 schools, Social Emotional Learning Specialists (SELS) are provided to schools to accelerate student growth in the social and emotional competencies and to support a positive school climate and culture. SELS collaborate with principals and teacher leaders to assess, develop and implement school-wide initiatives to address social and emotional wellness. SELS also provide behavior interventions for students and support teachers in implementing SEL best practices in the classrooms.

SEL Lessons

Students at Silver Creek are fortunate to have teachers who blend social emotional learning competencies into daily instructional practices. In addition to incorporating SEL into lessons and routines, on most Wednesdays students will receive direct instruction connected to [CASEL's](#) SEL competencies. In August and September, students in grades K-5 participated in lessons on appreciating differences, remote learning skills, and having a growth mindset. Next month all grades will begin lessons from the [Random Acts of Kindness Curriculum](#). Please click on the links to learn more.

