



The Heart of Learning

September 2020

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Dear WS/FCS Staff,

You made it through the first two weeks of school! Kudos for overcoming technical issues while still focusing efforts on integrating social and emotional learning (SEL) into your virtual classrooms. Currently, there is an emphasis on tending to social and emotional competencies, mental health needs, and overall well being of our students, families, and WS/FCS staff. SEL is more than just a “buzzword” or “one more thing” to do. It is a lifelong process that should become a part of the classroom, school, and district culture for students and adults. There are many factors this school year presenting you with new challenges. So far, you have embraced these challenges with a growth mindset. To help facilitate seamless SEL integration, you will have access to monthly SEL calendars with suggested activities that will help **you** and **your students** learn and grow through five core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making. This newsletter is dedicated to all of you who work daily in the trenches to make students successful now and in the future. Amid transitioning to e-learning during a pandemic packaged with potential anxiety and confusion, I can provide clarity on one thing. You are doing enough! Keep pushing through obstacles. Continue to make meaningful relationships with your students to increase engagement and sense of belonging. Please feel free to reach out to me for support and/or any questions you may have regarding social and emotional learning.

Warm Regards,
Amanda M. Walker

Self-Care Ideas

Remember, SEL is not just for the students. Be sure to care for yourself so you may care for your students.

- Maintain a daily and/or weekly routine.
- Take regular breaks.
- Write in a gratitude journal.
- Treat yourself to something special.
- Protect your “me” time by setting appropriate boundaries.

If you would like to contribute to the monthly newsletter, please contact **Amanda M. Walker** at: amwalker3@wsfcs.k12.nc.us

Free SEL Webinars

Panorama Back to School Series:

September 1st @ 1 p.m.

[*Expert Q&A: District Perspectives on Leading Adult SEL Implementation*](#)

September 8th @ 2 p.m.

[*How to Implement, Monitor & Track MTSS Interventions During Remote Learning*](#)

September 9th @ 1 p.m.

[*Fix systems, not students: Reimagining Tier 1 instruction through SEL*](#)

For more professional development opportunities, click [here](#).

Visit our [website](#) for archived newsletters and more information about SEAL.



WS/FCS SEL CALENDARS

This year, we are thrilled to introduce the SEL monthly calendars. These calendars are designed and the resources are created and/or curated by our WS/FCS SEAL Program Specialist. Each month, you will have access to a ‘click and go’ calendar that provides you with easy and evidence-based SEL resources, activities, and lessons that you can integrate into your daily practices and interactions with your students. All resources are digital for use in the virtual classroom. We realize “one size does not fit all.” So, you may decide to modify an activity or resource, or even, use the calendar contents as inspiration to create your own materials. On Flex Fridays, there will be professional development opportunities offered. Simply click on the link in the calendar to participate at the designated time. You will receive CEUs for attendance. If you have any questions about the calendar, please email Amanda at amwalker3@wsfcs.k12.nc.us. Both Elementary and Secondary SEL monthly calendars are available on our district [website](#).

How to Use the Calendar Resources:

- Click on the resource you want to download.
- You must be logged into Google using your WS/FCS login information. Access will ***not*** be granted to personal email accounts.
- When prompted, make a copy of the resource. The copy will now be housed in your Google Drive.
- If you want to assign or send a resource to your students, you will do so ***after*** you have downloaded the resource into your Google Drive. This way the resource is coming directly from you.
- Please ***do not*** send the direct link to the calendar to students or parents because they will ***only*** have access ***after*** you have downloaded and sent resources from ***your*** Google Drive.

august 2020 SECONDARY CALENDAR THEME: RELATIONSHIP BUILDING & GROWTH MINDSET				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 "All About Me" activity Growth Mindset Complete 1 st prompt Parent Info & Communication	18 Emotion Check-In *Create Virtual Expectations	19 "Check In" Prompts Emoji Tracker *Review Virtual Expectations	20 End of Week Emotion Check *Review Virtual Expectations	21 Webinar: Where to Start? Top 5 Universal SEL Integration Strategies Teacher Self Care
24 Growth Mindset Complete 2nd prompt Mindfulness Resource *Review Virtual Expectations	25 Emotion Check-In *Review Virtual Expectations	26 "Check In" Prompts Emoji Tracker *Review Virtual Expectations	27 End of Week Emotion Check *Review Virtual Expectations	28 SEL Office Hours: Open Hours to receive help, tips, resources, and more!
31 Growth Mindset Complete 3rd prompt End of Month Goal Setting				



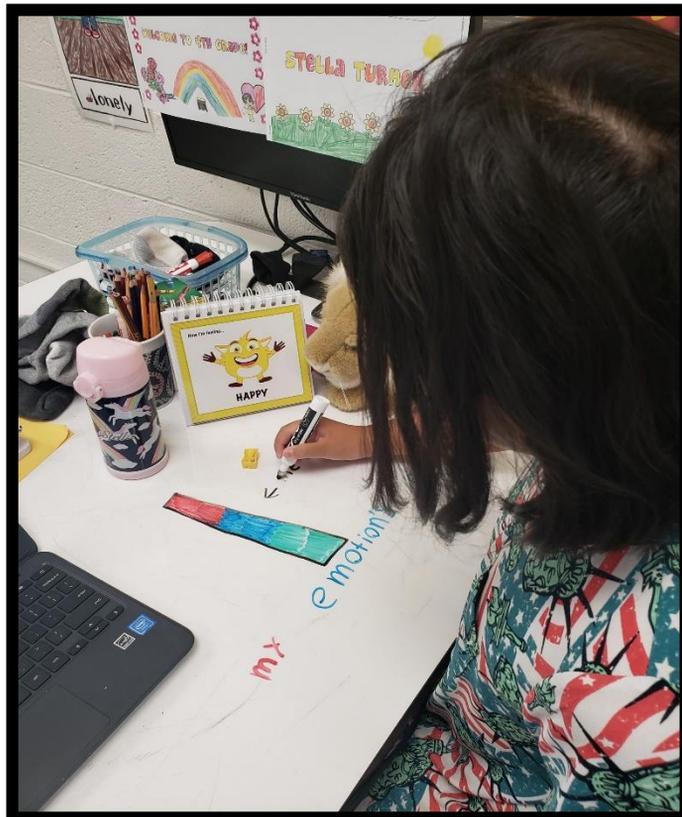
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SEL Highlight: Kernersville Elementary School

Social emotional learning (SEL) has been an integral part of Kernersville Elementary School for years. Lori Tiano, Principal, has established a welcoming culture for students, their families, and staff members. Kernersville Elementary's SEL efforts continue even in the midst of transitions to e-learning. SEL Coordinator, Jenna Valentine-Turner, has remained dedicated in creating efficient ways for KES staff to access SEL materials and resources. Recognizing that SEL is also for staff, Jenna states that, "We also look at things from a lens of adult SEL by taking care of each other and establishing a culture where we share things with each other." Valentine-Turner has created the "SEL Corner" which is a working document that contains resources including ready-to-use SEL integrated lessons. In addition, she collaborates with the School Counselor, Whitney Frack, to ensure all staff feel supported and heard. The two host a weekly "SEL Roundtable" where staff come together to share ideas, thoughts, and lessons pertaining to SEL. In addition, Frack and Valentine-Turner host a weekly "SEL Support Hour" where staff can ask questions and receive more support.



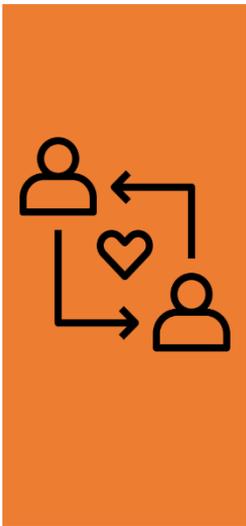
A Kernersville Elementary School fourth grader plots her emotions on a bar graph as KES teachers guide students on SEL and building classroom community during remote learning.



Tips for Building Authentic Relationships During E-Learning

There is an old saying: "Distance makes the heart grow fonder." This adage can be applied to e-learning. Even with distance and the absence of physical presence, we can still build authentic relationships with our students. Below are some tips to creating and sustaining strong connections with your students.

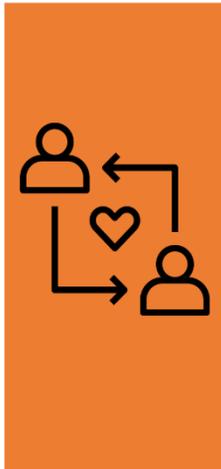
Establish Authentic Relationships



"We have the power to cultivate relationships that lead to a love for learning or create a dynamic that is disconnected and damaged."

- Positive student-teacher relationships linked to higher levels of engagement
- Strong relationships increases students' sense of belonging
- Good relationships with students likely leads to good relationships with families

Establish Authentic Relationships



1. Acknowledge the reality of where students are and talk about it.
2. Greet students by name and let them know you are glad they are here.
3. Allow for conversation a few minutes before class begins.
4. Go deeper with the "check-in" and the "get to know you."
5. Share your world.

Resources from August SEL Calendar:
Emotion Tracker
All About Me Worksheets

