

# SEL at

Principal Breakfast  
February 9, 2023

What is  
Social  
Emotional  
Learning?

# What is SEL?

SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

# Merry Oaks SEL



1. Staff
2. Families
3. Scholars

# Family Engagement

# Opportunities to engage with families

- Check ins
- Talking Points Messages
- Home Connection Meetings / Parent Teacher Conferences
- Queen City Teaching Farm

Caring  
Schools  
Community

# Goals of Caring Schools Community

To help students become caring, responsible members of their school communities and grow into humane, principled, and skilled citizens of democratic society by:

- Building caring relationships
- Explicitly teaching social and emotional skills
- Creating calm, orderly learning environments through effective classroom management
- Helping students develop self-discipline through a teaching-and-learning approach to discipline



# Weekly Core Activities

Information adapted from Caring Schools Community platform

Each week of classroom instruction is organized around a social and emotional learning (SEL) focus and consists of:

Daily Morning Circle which includes:

- Greeting
- Morning Announcement
- Brief Morning Activity to practice the week's SEL skills

Closing Circle which includes:

- Opportunity to scholars to engage in brief activity to say goodbye
- Learn about something exciting that will be happening the next school day

# Connection between School and Families

# Family Participation

## Letters to Families (K-1)

## Home Connection Activity (K-1)

## Home Connection Activity( 2-5)

# Home Connection Meetings/ Parent Teacher Conferences

- Builds relationship between classroom teacher and family
- Provides parents and scholars clarity on class procedures and schedules and review of student learning
- Assist families in supporting student learning at home ( supports and activities that align to classroom instruction)

# Minute Meetings

- Quick way to meet with **ALL** scholars
- Gather data on scholar needs in the areas of academic, and social emotional
- Allow support staff to plan support and or interventions for scholars
- Supports/interventions could be provided in the form of individual counseling, and small groups for academic advisement and social emotional skills

How can  
I support  
my child's  
SEL  
at  
Home?

# SEL at

- Ask about morning circle and closing circle activities
- Complete Home Connection activities with your child
- Check in with your child about their learning
- Encourage and supervise play outside
- Complete art projects with your child such as coloring, painting, or drawing
- Listen to music....DANCE it OUT!
- Talk about how characters are feeling when reading books and watching movies together
- Ask for help when needed by classroom teacher, school admin or counselor

# Support Strategies for SEL at



- Take 5 Breathing Breaks- Deescalation
- 5 Finger Roller Coaster Breathing

Let's Watch & Practice:

- Leaves on Stream

<https://www.youtube.com/watch?v=r1C8hwj5LXw>



# School Counselors Contact Information

**Ms. Martina Bumgarner**

Pre-K Classes: Mrs. McDuffie, Mrs. O'Hara

Grades: K, 2nd, and 4th

Email: [martinaj.bumgarner@cms.k12.nc.us](mailto:martinaj.bumgarner@cms.k12.nc.us)

School Number: 980-343-6422

**Ms. Faith Colvin**

Pre-K Classes: Mrs. Johnson, and Mrs. Gallo

Grades: 1st, 3rd, and 5th

Email: [faiths.colvin@cms.k12.nc.us](mailto:faiths.colvin@cms.k12.nc.us)

School Number: 980-343-6422

# WASM

Ms. Tonya Spruill

**Behavior Modification Technician**

Mrs. Ashley Urena

**Communities In Schools**

Mrs. Mary Beth Morgan

**School Psychologist**

Kate Knight

Social Worker

**Family Advocates:**

David Garcia

Andrea Solis

# Merry Oaks Reminders:

## Parent Events:

- February 23- PTA/SLT Parent Dinner & Student show- 4pm
- March 14, 2023-4:30pm
- March 13-17- Book Fair

## Topic: Upcoming MOY Assessments

- MAP Growth (Reading & Math)
- MAP Fluency
- EL Benchmark Assessments
- Centerpoint Assessments
- Access Testing

Thank You  
for joining us  
today!