

BOARD OF EDUCATION MEETING

November 24, 2020



SOCIAL EMOTIONAL LEARNING

(STUDENTS)

- **Wednesday** session with our School Counselors (virtual day)
 - Unifying for students
 - Create a safe place for students to communicate and express emotions
 - Check in on students
- Sessions have **focused** on the following:
 - Respect
 - Bullying Prevention
 - Managing Stress
 - Career & Social Skills
 - Gratitude
 - Decision Making



SOCIAL EMOTIONAL LEARNING

(EDUCATORS)

- Continuing our partnership with **Jenny Mills**, whose mission is to make mindfulness accessible to students, teachers, families, the community.
- Provided workshops for our educators on:
 - Trauma Informed Classrooms; Helping Student Handle Big Emotions; Helping Students to Stay Focused; Checking in on Emotional Health
- Educators have the opportunity to join her monthly online Zoom calls.
 - Each call contains a mental health check in, a guided mindfulness practice, and a mindfulness practice for students.



SOCIAL EMOTIONAL LEARNING (COMMUNITY)

- Jenny Mills supporting families
- **Simple Mindfulness-Based Practices to Manage Stress and Promote Well-Being in Yourself and Your Children**
 - Helping families support their children as they navigate the pandemic
 - Recording:

https://us02web.zoom.us/rec/share/trrUxwRLvdQHzeVEkkzrXRSUCJ1ISSwDwAgn1dDKOOzvjlce8r_SwVHLEiJ3ZS34.uhPq_gKq2g_6yj3A

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