

## **Silvia Elementary School**

### **Social/Emotional Learning Curriculum and Bullying Prevention Programs**

When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. At the same time, it is important adults and students are knowledgeable of the differences between bullying and peer conflict.

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a bullying prevention strategy.

At Silvia School, we have numerous components that make up our Social/Emotional Learning Curriculum and our Bullying Prevention Programs. As part of our continuing efforts toward being a partnership school, we have put together an information sharing document that informs parents and guardians of the systems we have in place. In some instances, we have provided website links for anyone who would like to more information.

We also invite all parents and guardians to an information session entitled “Chatter Matters” on **Thursday, March 28, 2019**. We will hold this session at two different times; 5:00 pm and 6:00 pm. The following topics will be discussed and a flyer will follow shortly:

- Progressive Discipline and Logical Consequences*
- Proactive and Reactive Discipline*
- The Family Educational Rights and Privacy Act (FERPA)*
- Confidentiality*
- Social and Emotional Learning*
- Bullying/Cyberbullying Policy and Practices*

Our hope is to provide parents/guardians with the tools they need to advocate for their child, get the information they seek, and at the same time, make it clear that the privacy of our students and their families is at the top of our priorities.

Below is a summary of our Social/Emotional Learning Curriculum and our Bullying Prevention Programs.

#### **The Establishment of SEL Core Beliefs:**

In our continued efforts to improve, the Silvia staff has been spending Professional Development, Instructional Leadership, and Common Planning Time to have discussions relative to the social and emotional wellness of our students. At the core of this work is the belief, and research behind such belief, programs that support students’ development in communicating effectively, negotiating conflict, practicing empathy, understanding their own skills and abilities, managing their emotions and behavior, and other social and emotional skills can lead to better academic and life outcomes.

As a staff, we worked together to develop our own core beliefs relative to the social and emotional well-being of our students. These beliefs serve as the “*why*” we are committed to teaching our students how to achieve and maintain *self-awareness, self-management, social-awareness, relationship skills, and responsible decision-making*. These beliefs will serve as our foundation as we continue to work together to integrate social and emotional wellness into all we do and as we create action steps to work towards such beliefs.

#### **Silvia Elementary School’s Social and Emotional Learning Core Beliefs are:**

- We believe all students are entitled to a respectful, caring, and safe learning environment where they are encouraged to take risks in order to grow academically, emotionally and socially.

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- ❑ We believe that recognizing and honoring diversity strengthens our ability to teach the whole child and build a sense of community.
- ❑ We believe all students will develop the coping skills necessary to build self reliance, perseverance, and self awareness in order to become intrinsically motivated independent thinkers in a collaborative environment.
- ❑ We believe mastery learning is best achieved when students have opportunities to apply skills in authentic situations.

### **Open Circle**

<https://www.open-circle.org/>

Open Circle Curriculum is used school wide in grades K-5. This curriculum seeks to strengthen social competency skills in communication, self-control, and social problem-solving, to promote the creation of growth-fostering relationships, and to build a sense of community in classrooms and schools.

*Open Circle lessons:*

- Proactively develops children's skills for recognizing and managing emotions, empathy, positive relationships and problem solving
- Help schools develop a community where students feel safe, cared for and engaged in learning
- Unites schools with common vocabulary
- Improves school climate
- Increases students' use of prosocial and critical thinking skills
- Reduces negative behaviors such as peer exclusion, bullying and fighting
- Strengthens educators' facilitation and SEL (social emotional learning) skills
- Frees up time for academics through proactive behavior management

### **Katie Brown Educational Program**

<https://kbep.org/>

Used in grades 4 and 5

The Katie Brown Educational Program (KBEP) takes the approach that all young people need age-appropriate relationship violence prevention education to be able to build and maintain successful relationships from childhood into adulthood. Educational programs include lecture, discussion, group and individual activities, handouts, moments of self-reflection, and additional resources.

### **Second Step**

<https://www.secondstep.org/>

Used in Pre-K and small group work with SAC's

Second Step is a research-based program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children. The program uses lessons, videos, stories and games to model how to recognize, report, and refuse bullying.

### **School Adjustment Counselor Support**

SACs provide individual and small group support. Safety and monitoring plans are developed as needed.

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### **Partnerships with numerous community agencies**

We continue to place referrals for students who are at risk for bullying or those who display bullying type behaviors.

Counselors from various agencies including but not limited to Child and Family Services, Changing Directions, Family Services, Northeast Behavioral, St. Vincent's, and South Bay come into Silvia weekly to work with referred students on social emotional skills.

### **The SMILES Mentoring Program**

<http://peopleinc-fr.org/services/smiles/>

Grades 3-5

This weekly program helps to empower youth in our community to make positive life choices that enable them to maximize their potential. The mentoring program recruits adult volunteers who will commit to supporting, guiding, and being a friend to a young person for a period of at least one school year, one hour per week. SMILES Mentors are an asset to the community. As a group, they serve to be part of the solution to attaining a better educated, responsible and community-minded society.

### **Conditions for Learning Survey**

- An annual survey is conducted of students, parents and teachers to assess their perceptions around school climate and culture
- Data is collected and used to inform district-wide SEL programming

### **Lunch Bunch/Groups**

On any given day you will see students having lunch with administrator and teachers as we continue to commit ourselves to building strong relationships with all our students.

### **Zones of Regulation**

The Zones of Regulation is a conceptual framework used to teach students self regulation and self control. According to the book *Zones of Regulation* by Leah M. Kuypers, creating this type of system to categorize the complex feelings and states students experience improves their ability to recognize and communicate how they're feeling in a safe, non-judgmental way. This curriculum teaches students to use strategies or tools to help them move between zones. The Zones of Regulation categorizes states of alertness and emotions into four colored zones. It is important to know that it's fine for students to experience all of these emotions while they're at school. There is no bad zone, but it is important to learn and use strategies that would help students get to their Green Zone.

### **Zen Den**

A dedicated room in Silvia that all educators can access with their students. The room is set up with flexible seating, sound machine, low level lighting, and sensory materials/equipment. Educators access this room for a variety of reasons such as meditation, setting affirmations, and time-out or take a break.

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