

THE HERITAGE HERO

Supporting the social, emotional and behavioral health of students and staff at Heritage Elementary

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“An important first step to supporting students’ behavioral health in the reopening of schools is to support and teach skills in validation: acknowledging that everyone has had a different experience during the time away from the school building. Validate that some are disappointed, some had fun, some are grieving, some are exhausted from added responsibilities at home, some are scared, etc.” (ASCA, NASP 2020)

BEHAVIORAL HEALTH BEST PRACTICES FOR ONLINE LEARNING

(click on the links in [blue](#) for more information)

- Prioritize connection and [relationship building](#).
- Create Virtual Tables with groupings of 4 to 5 students so they can discuss assignments, ask each other questions and stay connected. Don't just group friends and switch up groups regularly.
- Establish a **respectful environment** for a diverse population of students.
- Use check-ins and [online icebreaker activities](#)



Social Emotional Learning—SEL

With the challenges that the current pandemic has presented, NOW is the time to deepen our understanding of SEL— for ourselves and for our students.



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.

“To fully implement systemic Social Emotional Learning, it is essential for schools and districts to support staff in cultivating their own social and emotional competence while developing their ability to support SEL in their peers and students. By engaging in their own social and emotional learning, individuals enhance their own efficacy and job satisfaction while creating models for students’ SEL.”

SEL: FROM THEORY TO PRACTICE

The Collaborative for Academic, Social and Emotional Learning (CASEL) has 3 Signature Practices to support systemic social and emotional learning.

TRY THESE PRACTICES TO CREATE CONNECTIONS AND ENCOURAGE ENGAGEMENT

[Click here and read page 4 of the playbook to learn more about the 3 Signature Practices of SEL:](#)



- Welcoming Inclusion Activity
- Engaging Strategies
- Optimistic Closure

RESILIENCY

STRATEGIES FOR REDUCING STRESS, ADDRESSING TRAUMA AND RESTORING RESILIENCY IN STUDENTS AND ADULTS

The Community Resiliency Model (CRM) trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to reset the natural balance of the nervous system. CRM's goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

The CRM model includes 10 Help-Now strategies to help adults and children return to the "resiliency zone" - the zone where you are calm but also alert, you're not too nervous or angry, and not too depressed or checked out either.

To learn more about CRM, go to Wake Learns and look up training # 12257 CRM Introduction



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The first Help Now Strategy is **Walking**, either on your own or with a friend.

While you are walking, **notice** the feeling of your feet touching the floor or ground. Feel the sensations in your body as it moves. Feel your feet pressing into the ground.

[Click here](#) to learn more about Help Now Strategies.

YOU ARE
AMAZING
YOU ARE
IMPORTANT
YOU ARE
SPECIAL
YOU ARE
UNIQUE
YOU ARE
KIND
YOU ARE
PRECIOUS
YOU ARE
LOVED

PoemHunter.com

PRIORITIZE SELF-CARE!!

Words of wisdom from Teachers of the Year:

<https://www.youtube.com/watch?v=n3pdoe1hfuE>

A little longer, but worth it!

<https://www.youtube.com/watch?v=505QlqIDxjg>

Teacher Self-Care during the Pandemic

<https://www.youtube.com/watch?v=sP33y7vIPZc>

YOU ARE WORTH IT!

Mindfulness is the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment.



Check these 5 Fun Mindfulness Activities for Kids and feel free to pass them on!

Mindful Breathing Video
<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>

Shout Outs!



A BIG Shout Out this first week of all-day, online learning to everyone in the building! Everyone plays a part in this new world we find ourselves in. Give yourself a pat on the back!