

# THE SEL MONTHLY

*Frameworks of Tampa Bay, Inc.*



Welcome back to  
school Bridgeprep  
Academy teachers  
and staff!

## Back to School Success

Social and Emotional Learning (SEL) is the foundation for all academic learning and it can support the transition from summer break to the new school year. As teachers, administrators, and school staff prepare to return back to school, it can be helpful to plan and prepare with students' social and emotional needs in mind. This monthly newsletter serves to provide strategies, research, and resources to support a successful school year ahead!



### What is Social and Emotional Learning (SEL)?

Social and Emotional Learning (SEL) is the process of helping children learn to recognize and manage emotions, develop care and concern for others, and make responsible decisions. There are 5 core competencies of SEL: **self-awareness**, **self-management**, **social awareness**, **relationship skills**, and **responsible decision-making**. (Collaborative for Social and Emotional Learning)

### SEL Focused Tips for Back to School:

- Establish clear expectations
- Maintain consistency
- Positively phrase directions and allow for practice of procedures and routines
- Communicate your preferred method of contact with parents and guardians
- Share your passion for teaching with your students!



[Article](#): Start the School  
Year with 3 Simple SEL  
Strategies that Work

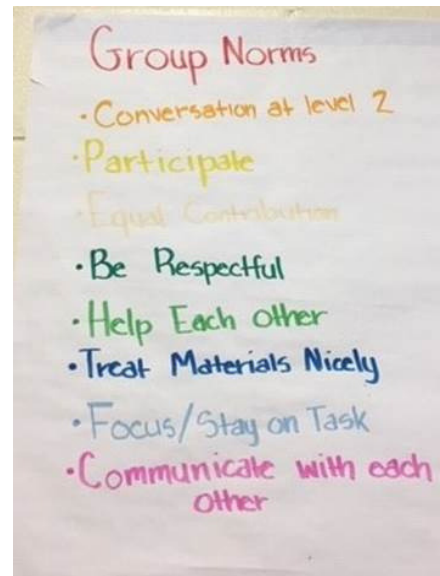
3 Simple SEL Strategies

## Community Building Sessions™ (CBS) Tip: Group Agreements

- Create group agreements with student input prior to facilitating Community Building Sessions™ (CBS)
- Maintain high expectations for respect and active participation
- Use positive language and list desired actions. Ex: "Be respectful" instead of "no calling out"
- Invite students to write out agreements or sign their name on the final list of agreements
- Reference and reinforce agreements for the duration of the session

## Example: Group Agreements

(Note: These agreements were written by 5th grade students!)



[Video: Building a Belonging Classroom](#)

**HOW LEARNING HAPPENS**

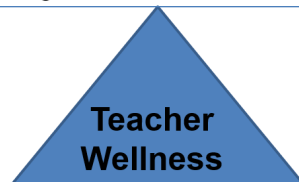
**Building a Belonging Classroom**

## Teacher Wellness

### What is Teacher Wellness?

- Teacher wellness is the intentional balance between the responsibilities of teaching and practicing self-care.
- Teacher wellness is negatively impacted when this balance is uneven and teachers are unable to dedicate time to focus on their own social and emotional needs

Teaching                      Self-Care



### Teacher Wellness Tip:

Identify coping strategies and intentionally model these skills in the classroom.



- Recognize that teaching is a highly emotional profession in both rewarding and challenging ways
- Make time to identify daily emotions, without judgement, and manage them in healthy ways!



[Click here](#) to learn more about social and emotional learning by visiting the Collaborative for Academic, Social, and Emotional Learning (CASEL)



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