

# **Social Emotional Learning and Well-Being in the Shrewsbury Public Schools**

**Presenters include:**

- **Jane Lizotte, Assistant Superintendent for Community Partnerships and Well-Being**
- **Jordan Grinstein, SPS Mindfulness Director**
- **Sherwood Middle School: Jennifer Wilson, Intensive Learning Center (ILC) Teacher, and Hannah Collins, Grade 6 Math and Science Teacher**
- **Oak Middle School: Sinead Slabine, Grade 7 General Education teacher and Sarah Powers, Grade 7 Special Education teacher**
- **SHS students: Valentina Fonseca and Vivienne Dos Santos**

# *Enhanced Well-Being of All*



**“Attention is the most basic form of love.”**

**The Good Life: Lessons from the World’s Longest Scientific Study of Happiness**

**by Robert Waldinger, M.D. and Marc Schultz, Ph.D**

# Student Well-Being-Examples Pre-K-12

- ❖ Morning Announcements that include jokes, birthdays, celebrations, and words of wisdom
- ❖ After School, School Vacation and Summer Extensions programming-*90 classes* offered this year with *1,161 individual student participants*
- ❖ Safe Routes to School Partnership-Paton School's Walking Wednesdays
- ❖ PTO sponsored fitness, STEM, and other opportunities
- ❖ Unified Clubs and Sports at all levels

# Student Well-Being-Examples Pre-K-12

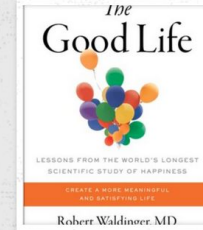
- ❖ Presentations by community partners including DetecTogether
- ❖ Girls on the Run, running and walking clubs-before and after school
- ❖ Daily outside activities including recess, physical education, planting of school gardens, and “take a break” opportunities
- ❖ Music plays in the hallways at SHS on Fridays

# Staff Well-Being-Examples Pre-K-12

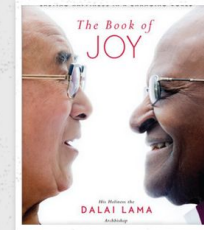
- ❖ For Staff, By Staff offerings
- ❖ ChiRunning and ChiRunning
- ❖ Book Study Groups
- ❖ Summer Institute courses including:

*Mindfulness and Well-Being: Living with Purpose and Peace*

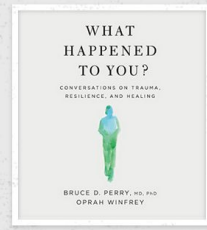
- ❖ Adult Wellness Leadership Team
- ❖ Teacher and Staff Wellness Survey



**"Attention is the most basic form of love."**



**"What the Dalai Lama and I are offering is a way of handling your worries: thinking about others. You can think about others who are in a similar situation or perhaps even a worse situation, but who have survived, even thrived. It does help quite a lot to see yourself as part of a greater whole."**



**"The experiences in the first years of life are disproportionately powerful in shaping how your brain organizes."**



**Thank you to all student mindfulness ambassadors for your leadership. Here are Kevin, Izzy, and Alexander, leading an all district mindfulness session**



**Mindfulness and meditation during business class with Mr. Jordan and Mr. Andreola**

# Integrating Mindfulness Throughout the School Day



**Presenter: Jen Wilson, ILC teacher, SMS**



# Districtwide Social Emotional Learning

- ❖ Cultivate commitment and support for SEL
- ❖ Assess SEL resources and needs
- ❖ Establish classroom, schoolwide, and community SEL programming
- ❖ Establish systems for measurement and continuous improvement



# Short-term Student Outcomes

- ❖ Social and emotional skills
- ❖ Academic performance
- ❖ Positive attitudes toward self, others, and tasks
- ❖ Positive social behaviors and relationships
- ❖ Fewer disciplinary problems
- ❖ Reduced emotional distress

# Long-Term Student Outcomes

- ❖ High school graduation
- ❖ College and career readiness
- ❖ Healthy relationships
- ❖ Mental Health
- ❖ Reduced criminal behavior
- ❖ Engaged citizenship

**A Glimpse of SEL  
at Sherwood Middle School**



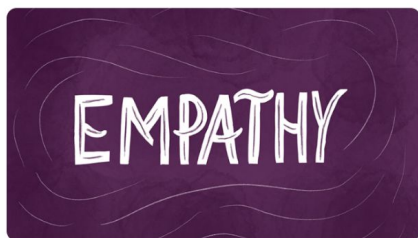
MONTH 1



MONTH 2



MONTH 3



MONTH 4



MONTH 5



MONTH 6



MONTH 7



MONTH 8



MONTH 9





# Today is Monday, June 5, 2023 Day 4



Greetings Anchors and Sails!

**MUST DO** Here is our Monday Journal Prompt You will then submit it to Schoology.

Think about a time when you celebrated an accomplishment. Why was it important to you to celebrate this event? *Write a least 6 sentences.*

Homeroom course → Homeroom Journal Folder → Look for the date for submission.




**ALL GRADE 6** students who are in **Band, Chorus and Orchestra** will have their full rehearsal from 8:10-9:12.

**Chorus students** will be called first to the lobby as they will be walking to the Oak Auditorium. **Students who are in IFT will remain on team.**

6 Navy  
THOUGHT OF THE DAY

HAPPY BIRTHDAY  
MS. COLLINS!



Let's wish Mrs. Collins a very happy birthday!

Tomorrow is a PE Day



Today is Tuesday, May 23, 2023 Day 2



Happy Tuesday!

**DO NOW:** In your **Tuesday Tale for today**, write about this image. Write at least 6-8 sentences.



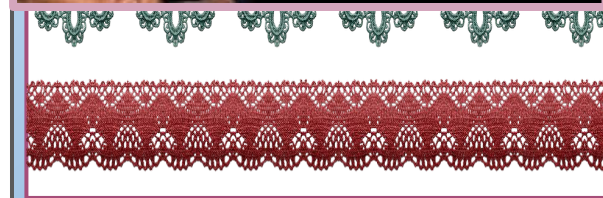
You will then **submit** it to Schoology. **Homeroom course**→ **Tuesday Tales Folder**→ Look for the date for submission.



Place a tally under your choice

1	2	3	4	5

6 NAVY  
THOUGHT OF THE DAY



Tomorrow is a BCOI Day



# Today is Wednesday, June 7, 2023 Day 6



**MUST DO:** On Monday we asked you to write **about a time when you celebrated an accomplishment in your Monday homeroom journal.**

This is the same journal prompt we gave you as your first one of the school year. Today go to that first journal prompt and compare your first one to this recent one.

You can find it in Homeroom course-> Homeroom Journal Prompts.

**What did you notice between the 2 journals?**

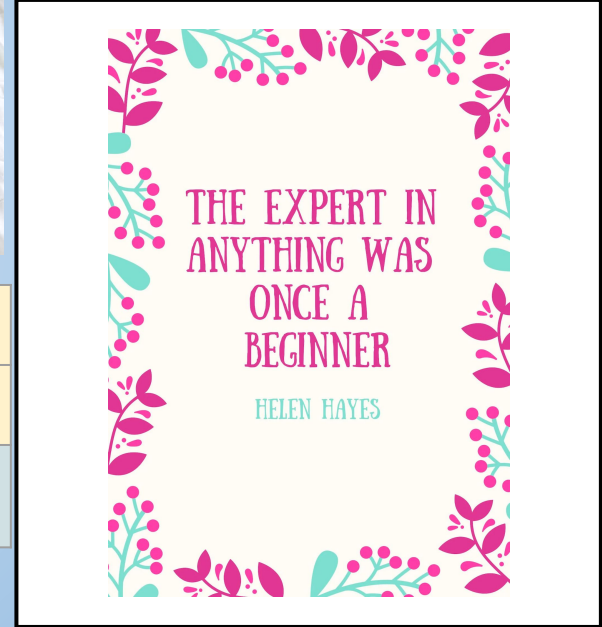



Wednesday Wordle

### How do you like your blanket?

1)	2)	3)
4)	5)	6)
7)	8)	Place a tally

6 Navy  
THOUGHT OF THE DAY



Today is a PE Day





# Today is Thursday, June 8 Day 1



Hello our creative Navy students!  
We have a typical day 1 ahead.  
Remember to be kind and respectful today!

*Please reflect and jot down thoughts on today's question and be ready to discuss during advisory!*

**What are some Creative activities that make you feel calm?**



## Thursday Teaser

Take a picture and solve

12	+		=	36				
		÷		÷				+
	-		=	4				23
x		=		=		÷		=
		6			x	5	=	
=						=		
56		20	-		=	11		3
		+		x				x
84	÷		=					13
		=		=				=
				63	-		=	

## 6 NAVY THOUGHT OF THE DAY

The best way to predict your future is to create it.

Abraham Lincoln



Today is **not** a PE or BCOI day!



Today is Friday, June 9, 2023 Day 2



Olá Marinha!  
(“Hi Navy” in portuguese)

Portugal lies in Southwestern Europe. It’s national day is June 10 (tomorrow). Portugal is located along the Atlantic ocean and borders Spain in the country's east. Portugal is slightly smaller than the size of Virginia. Lisbon is the capital city.

Cristiano Ronaldo is a famous portugeuse soccer player. He was born in Maderia, Portugal.



Some of Mrs. Rowell’s favorite portuguese foods from left to right- bifana (pork sandwich), pasteis de nata (custard cups), and marisacada (seafood and rice)

6 NAVY  
THOUGHT OF THE DAY



Let’s wish Joey a very  
Happy Birthday!

Monday is Mismatched Monday  
and BCOI Day



Today is Monday, Month, Day, 2023 Day 4



Good Morning 6 Navy! Please follow our morning routine! We look forward to having a fantastic Monday!

### 6 Navy Morning Routine

Attendance (on board)

- 1) Daily Check- In
- 2) Daily Question
- 3) Monday Journal

*Submit to homeroom course in Schoology : (Date and assignment name)*

- 4) Choice Board

### 2) Daily Question Place a tally




### 3) Monday Journal (Relates to Advisory topic of the day/week) Assignment in Homeroom course in Schoology in Monday Journal Folder

### 4) Choice Board

Lexia	Freckle	Mindful Coloring
Finish Up Work	Math Game (non-digital)	Reading

**Breakfast Club-** Sign your name and time in a box you left to go to cafeteria for breakfast.

Name:	Name:	Name:	Name:	Name:
Time:	Time:	Time:	Time:	Time:
Name:	Name:	Name:	Name:	Name:
Time:	Time:	Time:	Time:	Time:



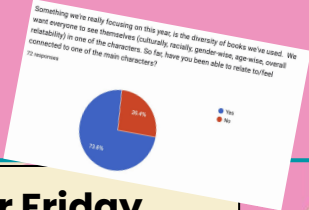
### 1) Daily Check-In

Tomorrow is a PE Day

# Making the Transition from Sherwood to Oak



# Daily, Weekly and Monthly SEL



## Book Club



## Chess Club



## Color Cup Team Events



## First Chapter Friday

Friday, September 23rd 2022

### Ready

For today's First Chapter Friday, we'll be celebrating National Hispanic Heritage month by listening/reading, The Epic Fail of Arturo Zamora. Make sure you can open the chapter in the First Chapter Friday folder.

### Do

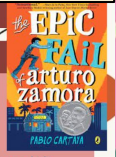
Download the First Chapter Friday 9/23 sheet. Based on the cover, title, and opening sentence, what predictions do you have?

"I'm officially resigning from love. Time in a cell will do that to a kid"

### Done

For the connection part of your sheet: The chapter starts off by explaining the Zamora, Sunday family tradition. They close down their restaurant and the whole family cooks/eats together. Does your family have any traditions?

### Timer



## Work Hard & Shine Awards



## Extended Recess



## After School Activity Wall



## Not Pictured:

- Team Leaders
- By cycle and student-led activities
- 7 Teal Good Citizen Punch Card
- Daily Trivia in Geo

# Career Day

## The Stats:

- 464 7th grade students will be participated
- Over 60 professionals from a variety of fields presented
- The medical field was our most popular student choice this year with 93 students signed up for the sessions with Doctors, Surgeons and Nurses!
- Next in popularity were the Lawyers with 72 students signed up, followed by the Engineers with 56 and the sports field with 53 students!

## Making Meaning of Earnings:

3 bedroom apartment, 1 bathroom, (none of which was nice or updated!!), 3 roommates including me!

City Rent (including utilities - electric, oil, electricity, cable)

\*we did not pay for water but as an estimate, water is about \$1 per person in the house, per day

Gym Membership

Spotify

Netflix

Groceries

Car

Phone

Misc.

Total per month (w/o phone)

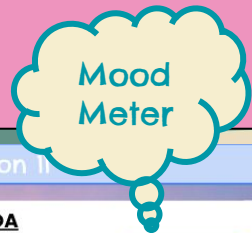
Annually



## How did we prepare?

- How to do a proper handshake
- What to wear in the workplace
- Interview body language- how to sit, eye contact, the "smile and nod"
- Career Day simulations
- How to jump into a conversation

# Our Advisory "Formula"/Routine



December 14 Advisory Session 10 -

**AGENDA**

1. Welcome/Attendance Question
2. Mood Meter Check In 
3. Games with New Friends  
**Goal:** Make a new friend, show kindness and compassion to others.

**!!!HAVE FUN!!!**  
**Be kind, Be human**

**SCAN ME**


Attendance Question:

**GET RID OF FOREVER: Holiday Movie Edition**

- The Grinch
- Elf
- Home Alone
- Polar Express

January 11 Advisory Session 11 -


**AGENDA**

1. Welcome/Attendance Question
2. Mood Meter Check In 
3. Character Dare - Friendship
4. Snoop Dogg and Martha Stewart
5. Positive Affirmation Rap and Posters!

**SCAN ME**

Attendance Question:

You are  $\frac{1}{4}$  in tall. Choose 3 foods  
1 - explore  
1 - eat  
1 - take a nap




February 15

Agenda


1. Mood Meter
2. Hallway for a quick demo
3. Silent Mind Maze
  - a. Problem Solving as a Team!

**SCAN ME**





November 30 Advisory Session 8 -

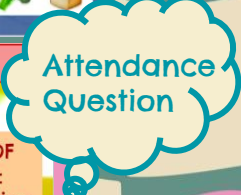
**AGENDA**

1. Welcome/Attendance Question
2. Mood Meter Check In 
3. Boston Bruins Recruit  
-Do your actions in middle school have an effect on your life in the future?  
-Can you reflect on your own behaviors and make changes to help you? Can you change your path?
4. What do you do if someone's not showing compassion or empathy? What can we say? How can we help?

**SCAN ME**

**GET RID OF FOREVER: Dessert Edition**

- Ice Cream
- Cookies
- Cake
- Pie 



# 7 Teal Mood Meter... Check it out

"I had a basketball tournament and we won every game by 50 until the championship and we lost by a half court buzzer beater"

"Something I want my teachers to know is that I'm a little out of it this week"

"I found out I have a concussion. I want my head to feel better"

"A lot of drama went down but I am moving past it"

"Monday was the 1 yr day when my Nana passed away"

"I went to the orthodontist yesterday and my teeth look pretty fine but they still have me in braces and they tightened them again and now they have me in rubber bands. My mouth feels like a prison and then, turns out that one of my brackets broke right after our visit. Like how does that even happen they were supposed to check and make sure everything was fine, I didn't even eat anything and bam it's just broken like disappointing smh"

"Over the break (w/ my dad), I got a new female Yorkshire puppy which we named Chloe. She is only 2 months old and is super adorable"

SCAN ME





# Advisory Reflection - Whole School

"I wish we talked more about getting to know each other so people would be easier to talk to"

"I wish we learned how to help others to be mindful and to be more prepared for the future"

"I learned some helpful strategies for high school."

"To have a trusted adult."

"I wished that we talked about how to be involved in the school"

"I wish we talked about who we could go to if we have any problems so we could get help."

"I learned that teachers care about students more than we think."

"How to make a friendship bracelet"

"To be kind and be human."

"I want to talk about the fact that stress is different in every person and there is no exact way to deal with stress."

"I learned strategies to better control my anger and handle my feelings better."

"I wish we learned about how not to be shy with adults (scary people 😭)"

SCAN ME




# May Advisory Project: Mental Health Awareness

With help, we received donations from Home Depot, Ocean State Job Lot, and Papa's Hardware to replant all the garden beds in front of Oak. We were also able to fund making Kindness Rocks as part of Zoe's Rocks and placed them in our garden beds.

May 24

## Agenda

1. Attendance Question
2. Mood Meter 
3. Finish our Rocks



## On a Post It



**Thank you for your time!**

**Happy to answer any questions!**