



Tips for Your Emotional Well Being:

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What is Social Emotional Learning?

“Social and emotional learning (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.”

approach infuses social and emotional learning into every part of students’ daily lives—across all of their classrooms, during all times of the school day, and when they are in their homes and communities.”



Social Emotional Learning isn't a one subject topic. It can be infused

Social Emotional Learning is broken up into 5 Competencies: **SEE GOLD COLUMN TO THE LEFT**

Ultimately, Social

Emotional Learning leads to:

–CASEL (Collaborative for Academic, Social, and Emotional Learning)

- * Increased Academic Achievement
- * Improved Behavior
- * Positive Community Impacts
- * Improved Lifetime Outcomes

This school year, as teachers and staff engage with your students, Social Emotional Learning will be infused into your students everyday lives.

5 SEL

Competencies:

- Self-Awareness
- Self-Management
- Responsible Decision Making
- Relationship Skills
- Social Awareness

“This approach to SEL intentionally cultivates a caring, and equitable learning environment where students actually want to participate. This

SEL Tips:

Here are some tips that you can do at home to help with your emotional well being:

- 1) Create Avenues for Learning
- 2) Do something nice for someone else
- 3) Reflect on the World Around You
- 4) Ask Questions When you Don't Understand Something
- 5) Start Writing in a Journal
- 6) Take time to go outside and get some sunshine
- 7) Eat Healthy and Get Plenty of Rest
- 8) Practice Self- Care (Do something that makes you happy)

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Home of the Jaguars!

We're on the Web!
https://www.gcsnc.com/hairston_middle



Who to Call When I Need Help:

- ♥ Hairston School Psychologist: Julia Wade (wadej3@gcsnc.com)
- ♥ School Counselors: Tracey Meekins (meekint@gcsnc.com) and Courtney Shepherd (shephec@gcsnc.com)
- ♥ School Social Worker (Food and Housing Assistance): 336- 378-8280
- ♥ Guilford County Schools Psychological Services: 336-370-8170



**CCS Youth
Crisis Hotline**
336-332-7295

Seven days a week
7 a.m. - Midnight

