

Social Emotional Learning (SEL) at MCPS



SEL Framework



District SEL Initiatives



- SEL Standards (P-12)
- SEL Curriculum: Harmony (P-5) & Habitudes (6-12)
- Professional Development
- 2 Social Emotional Wellness Educators (Primary & Secondary)
- Mentor Surveys (3rd-12th grade)
- Terrace Metrics Survey
- Threat Assessment Process (38 completed since Aug. 2020)
- Adult SEL and Community Partnerships
 - SEL/MH Resources Sharing
 - Monthly Mental Health Agency Meeting



Adult/Staff SEL

- Staff Self-Care Survey
- SEL Page on MCPS website
[MCPS SEL Webpage](#)
- [SEL Wellness Bitmoji Room](#)

Coming Soon!!
District Staff Shout Outs for SEL:
Maroon Heart Award



@mcpssozialemotionallearning



MCPS SOCIAL EMOTIONAL LEARNING
Winter 2021



MCPS SEL Website
MCPS now has a Social Emotional Learning Website that is accessible from the MCPS Home Webpage under Menu-> Programs



MCPS SEL Facebook
Add us on Facebook @MCPSSEL

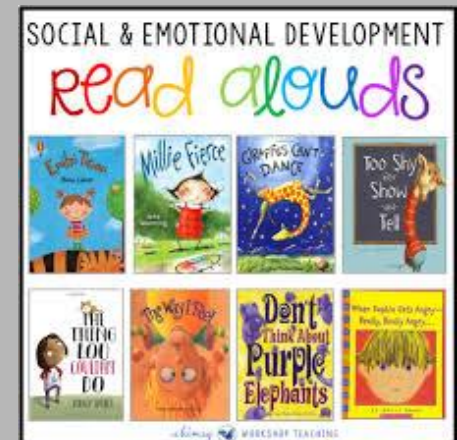
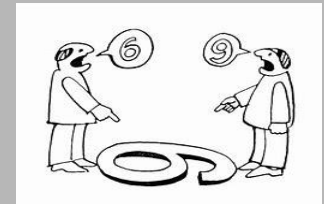
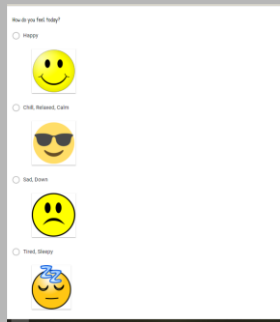


MCPS SEL Instagram
Follow us on Instagram at @mcpssozialemotionallearning

Screen Time!
Benefits of Healthy Screen Time:
Negotiating and setting family rules around screen time is healthy and positive. There are many ways screen time can be used in a healthy and positive way, such as for education, school-related homework and research. It can also be used by playing video games to improve motor skills and coordination. Using internet tools, text messaging and shared video games are easy and fun ways to

SEL In Action: Professional Development

- Curriculum & Supplemental Activities



From Terrace Metrics...

MCMS - Leadership and Grit

- Implementing and educating students on & growth mindset characteristics.
- Leadership Opportunities

MCMS - Anxiety/Depression and Leadership

- Mental Health Week & check-ins with counselors

Elementary Schools - Hope, Positive School Experiences and Global Satisfaction

- Weekly Newsletters, Guidance Lessons
- Building Relationships, Check-ins

MCKA - Leadership and Hope

- Utilize guidance counselor & FRYSC to target small groups
- Sources of Strength

MARVEL/HCS - Anxiety/Depression and Global Satisfaction

- SEL Google Classroom/Group with lessons & potential for weekly LIVE meetings
- Check-in with students/mentor

MCPS SEL Curriculum

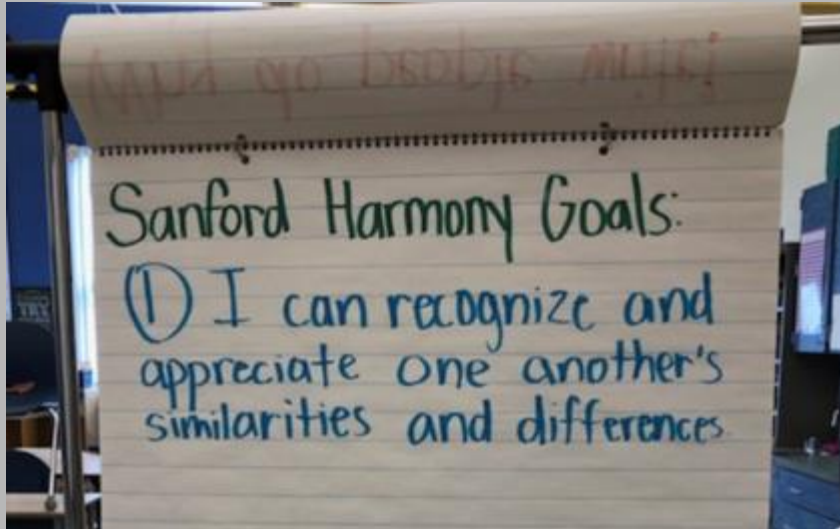
Harmony (P-5)

- **Weekly Lessons/ Activities**
flexible 20-50 mins)
- **District Pacing Guide** (lesson one week, activity one week)
- **Meet-up:** Classroom meetings or Lives (if Distance-Learning)
- **Buddy Up:** Partner Activities or small groups

Habitudes (6-12)

- Weekly lessons & activities along with movie clips for students (20-45 min)
- District pacing guide
- MCMS and MCKA - Character Building and Leadership.
- MCHS - SEL Courses (align with 5 SEL Casel Competencies)
- Class-wide and small group discussions, images, self-assessment worksheets, and videos

Elementary Spotlight



Classroom Job Chart:
Responsibility, Builds
Community


Mood Check-In :)

Form description


This form is automatically collecting email addresses for Marion County Public Schools users. [Change settings](#)

How do you feel today?

☐ Happy



☐ Chill, Relaxed, Calm



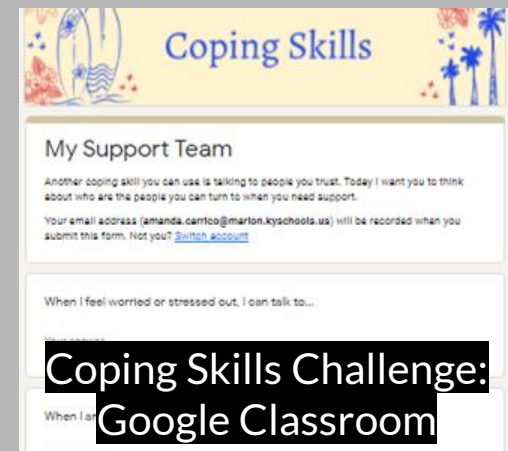
Online Check-Ins



Harmony (P-5)

Glasscock Elementary

- Monthly SEL Bulletin Board
- Daily Mental Health Check-ins (K-5)
- Staff self-care challenges
 - 180 days of self-care (Mrs. Akers & Mrs. Carrico)
 - 12 Days of Christmas self care challenge
- Goal Setting and Vision boards (K-5)
- Gratitude Journaling with students
- Coping Skill Challenges through Google Classroom
- FRC: Family Care kits (coping/sensory items), After School Program w/ SEL Activities
- Bullying Prevention



Buddy-Up Mentors

How is your day starting off?

MORNING CHECK-IN

Beginning of Day Check-In

As your day begins, please complete the questions below to let me know how you're doing! Your email address (amanda.carrico@marton.kyschools.us) will be recorded when you submit this form. Not you? [Switch account](#)

*Required

First & Last Name *

Your answer

How are you feeling today? *

READY TO WORK

☐ I am ready to work

HAPPY

☐ I am happy

SLEEPY

☐ I am sleepy

UPSET

☐ I am upset



West Marion Elementary

- Student Page of the Month
- Staff Page of the Month
- Power Page of the Week
- Daily SEL-Check Ins



Calvary Elementary

- SEL section in Terrell's Tidbits
- Houses
- Mentors
- Guidance Counselor Check-ins
- Online Mood Check-ins



Promoting Smiles and engagement during distance learning



Motivational Bulliten Boards



Relationship Building:
Learning Sign Language



Student Mentors



Teamwork

Lebanon Elementary

- Counseling Tidbits on Staff Newsletter
- Self-care for teachers in Newsletter/staff activities
- Weekly SEL Lessons
- SEL Question on Faculty Sign-in
- Daily SEL Virtual Sign-in

SEL Check-In


Your email address (mariah.nicholas@marion.kyschools.us) will be recorded when you submit this form. Not you? [Switch account](#)

*** Required**

How do you feel today? *

GREEN ZONE


I AM FEELING



**happy
ready to learn**

BLUE ZONE

I AM FEELING



**sad or tired
moving slowly**

☐ Green Zone: Happy, ready to learn! ☐ Blue Zone: Sad or tired

50 Self Care ideas for teachers

1. Write 10 things you are grateful for
2. Take a bath
3. Try a face mask
4. Breathe deeply
5. Light your favorite candle
6. Watch a motivational TED talk
7. Listen to a motivational podcast
8. Exercise
9. Take a walk in nature
10. Write 5 things you love
11. Make a vision board
12. Declutter a messy space
13. Read a professional growth book
14. Go for a long walk
15. Listen to your favorite music
16. Cook your favorite meal
17. Bake your favorite dessert
18. Watch your favorite show
19. Watch your favorite movie
20. Do a brain dump
21. Try something new
22. Give yourself a manicure
23. Give yourself a pedicure
24. Call or text someone you love
25. Do some yoga poses
26. Stretch
27. Do a spa day
28. Go out in the sunshine
29. Take pretty photos
30. Drink a full glass of water
31. Read inspirational quotes
32. Take a nap
33. Do something nice for someone
34. Notice and change negative thoughts to positive
35. Connect with an old friend
36. Take social media breaks
37. Play a board game
38. Sit in the grass and watch the clouds float by
39. Go for a drive
40. Watch the sunrise
41. Watch the sunset
42. Have a picnic
43. Ask for an old family recipe and make it
44. Pray
45. Cuddle with your kids or animals
46. Color
47. Write in a journal
48. Sing out loud
49. Try a new hobby
50. FaceTime with family

www.sparkingthemind.blogspot.com

Secondary Spotlight

2020-2021
MCKA *Knights* COUNCIL

House of Direwolves
Kenzie Buckler
Sofia Brady
Makayla Mattingly
Ty Barker
Brooklyn Thomas

House of Monarchs
Madison Whitehouse
Terrance Flowers
Zoey Nelson
Ava Akers
Bella Lawson

House of Dragons
Eli Mattingly
India Young
Evan Wheatley
Linsey Craig
Jacob Hamilton

House of Nobles
Josie Mattingly
Emily Mattingly
Jaxson Hibbard
Carlie Leake
Grace Mattingly



H A B I T U D E S[®]

IMAGES THAT FORM LEADERSHIP HABITS & ATTITUDES

Marion County Middle School
Jr. BETA Club
SERVICE PROJECT



CARING CASES

What: Suitcases or Duffel Bag Donations
for Foster Children

MCMS

Start of SMILE Club

Leader in ME

Student Mentors





Sources of Strength is...

CHECK IN

Check-In 😊

Hello students, with everything going on in our class and in our world, I wanted to check-in and see how you are doing.

First and last name

Short answer text

Student Check-in

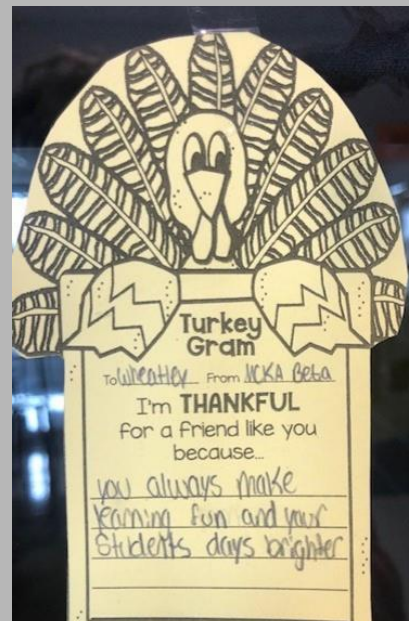
Staff Check-In

* Required

Date *

Staff Check-in

MCKA



Turkey Gram - Thankful for...

MCKA FOOD DRIVE

HOSTED BY TEEN LEADERSHIP



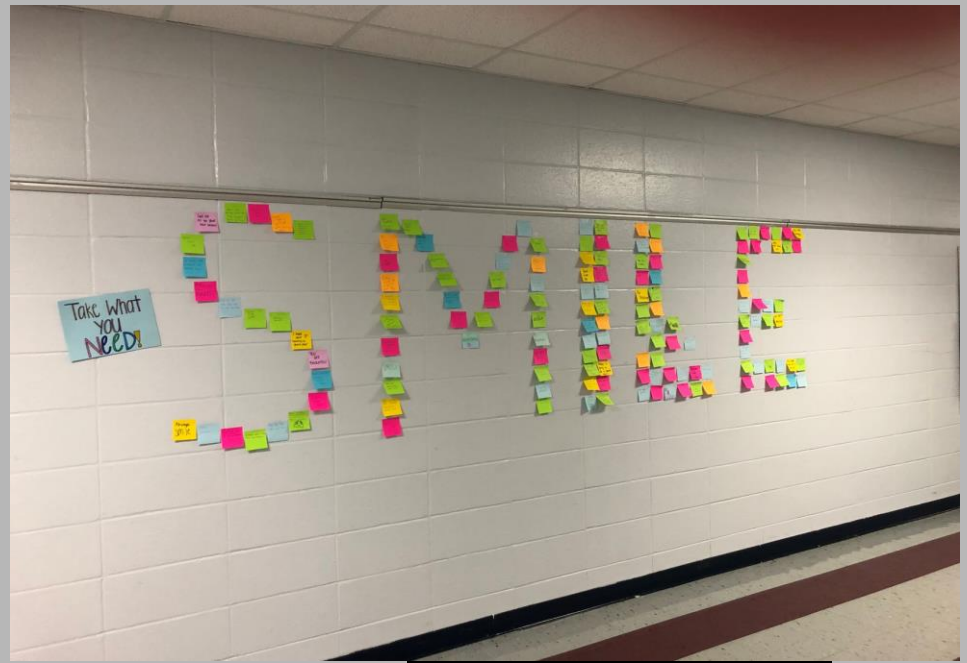
Teen Leadership Food Drive



Student of the Month



Calming Strips



SMILE Club

M
C
H
S



MARVEL/HCSA

Social Emotional Group

Class code 14uf2nq [🔗]

Meet link [Generate Meet link](#) [🔗]

Select theme

Upload photo

**SEL Group with weekly lessons and
LIVE meeting opportunity**



Mentoring

**Marvel kids are assigned to a teacher (mentor) to
check in with them weekly**



Soft-Skills Time at HCSA

THANK
YOU!