

GUIDANCE NEWSLETTER

SEL is the process through which children and adults acquire and effectively apply knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Research shows that social and emotional skills are a prerequisite to the thinking and learning skills that comprise the time-honored academic focus of education. A study published in 2015 found significant correlations between SEL skills of children in kindergarten and important outcomes when these kindergarteners became young adults, including differences in mental health, substance abuse, criminal activity, education, and employment. (©2019 NPR, Inc.)

Second Step SEL Skills for Social and Academic Success

Our evidence-based social-emotional learning curriculum improves the lives of over 15 million students every year. When students are better equipped to manage their own emotions and build positive relationships, they're better equipped to learn. Second Step Elementary School Program, which focuses on skills and concepts that are designed to help students both in and out of school include:

Mindsets and Goals: Students learn about ways to grow their brains and get smarter, along with research-based strategies for achieving goals and handling difficult situations.

Values and Friendships: Students learn to identify their personal values and use those values to make good decisions and build strong, positive relationships.

Thoughts, Emotions, and Decisions: Students learn the positive role emotions play in their lives, how to handle unhelpful thoughts and strong emotions, and specific strategies for calming down.

Serious Peer Conflicts: Students learn how to identify and avoid serious conflicts, resolve conflicts that can't be avoided, think about other people's perspectives, and help stop bullying and harassment at school.

Nyack School District Has Two Full-time Elementary School Counselors

Jon Christopher Hogg works at Valley Cottage Elementary: Monday, Tuesday and Thursday; and Upper Nyack Elementary: Wednesday and Friday.

Marina Gomez works at Liberty Elementary: Monday, Wednesday, Thursday and Friday; and Upper Nyack Elementary: Tuesday.

Jon and Marina are implementing the Second Step Curriculum in Grades K-5, once a month.

This month's lessons will include self management, following directions, self-talk learning, being assertive and showing empathy and respect.

Please see our newly designed website

https://www.nyackschools.org/groups/74755/guidance_k12_school_counseling/elementary_school_counseling

Social Emotional Learning @ Home Tips:

- Be a good role model, show understanding, respect and patience.
- Encourage your child, and praise good behavior.
- Set clear rules and limits — if you are angry, calm down before disciplining your child.
- Ask what is the BEST part of your child's school day, i.e. "What was something good that happened today?"
- Talk to your child about classmates and friends.
- Get to know parents of your child's classmates.
- Encourage creativity, by involving your child in art, music, writing or games.
- Explain why helping or sharing is important.
- Help your child solve and cope with problems.

Elementary School Counselors:

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