

Island Creek

Social-Emotional Learning
and Supports
October 18, 2023



What is social-emotional learning?



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The Faces of the Counseling/Clinical Team

School Counselor
Steff Shelesky



School Counselor
Nikki Bohnert



School Social Worker
Allison DeGregorio



Military family Life Counselor
LaMaya Middleton



School Psychologist
Maya Rivers

Nikki Bohnert & Steff Shelesky– School Counselors



Ms. Shelesky (Grades 4-6)

stshelesky@fcps.edu 571-642-6366

Mrs. Bohnert (Grades K-3)

anbohnert@fcps.edu 571-642-6354

- Support students in growing personally and socially.
- Provide support in building students academic, social-emotional & career skills needed to be successful.
 - Individually
 - Small Groups
 - Classrooms
- Assist in educational planning
- Provide responsive services
- Provide consultation

Maya Rivers – School Psychologist



- Address the social-emotional needs of students via targeted intervention, behavioral intervention plans, and counseling support
- Assist in educational planning
- Provide responsive services
- Provide consultation with teachers and families

Email: mrivers1@fcps.edu Phone: (571) 642-6350

Hours: Monday, Tuesday, and Wednesday

Allison DeGregorio – School Social Worker



Email: amdegregorio@fcps.edu

Phone: 571-642-6347

Hours: Tuesday, Thursday, Alternating Fridays

- Address the social-emotional needs of students via targeted intervention and counseling support
- Assist in educational planning and evaluations
- Provide responsive services for students and families
- Provide consultation and community services

LaMaya Middleton – Military Family Life Counselor



- My role is to support the military connected students and their families.
- I can provide individual & group sessions.
- Topics can include transitions, self regulation and peer relationships.

Email: lmddleton@fcps.edu

Hours: Thursday, Friday Every other Wednesday,
8:00 a.m to 3:30 p.m.

Jane Horowitz – Family Liaison



- Provide information about school and community resources
- Facilitate home-school-community communication
- Help families feel welcome, trusted and valued by the school and build relationships
- Support school and community events

Email: jrhorowitz@fcps.edu, Phone: 571-642-6307

Hours: Tuesday & Thursday, 8:00 a.m to 1:00 p.m.
Friday 8:00 a.m. to 12:00 p.m.



Mental Wellness:

State of well-being in which individuals realize their own abilities and have the resilience to cope with normal stresses of life.

Social Emotional Learning (SEL)

SEL refers to foundational skills that all adults and students need to be successful (CASEL, 2020).

Mental Health

Mental health needs refer to significant changes in emotions, thinking, or behavior that lead to distress and/or problems functioning in social, family, or school/work settings (APA).

What is SEL?

Social and emotional learning—sometimes known as “SEL”—“is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to...

- Develop healthy identities
- Manage emotions and achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain supportive relationships
- Make responsible and caring decisions”

Social and Emotional Learning

SEL

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others



- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility



Why is SEL Important?

Research shows the SEL supports students to:

- Build life skills, such as communications and critical thinking
- Develop social and emotional competence, such as goal setting and interpersonal skills
- Develop positive attitudes towards themselves and others
- Engage in prosocial behavior
- Improve their academic outcomes

What SEL looks like at Island Creek

Tier 1- all students

Classroom Lessons

CROCS Creed

Morning Meeting/Closing Circle

Calm Corners in classrooms

Zones of Regulation (Grades, K-4)

Tier 2- few students short-term reteaching

Small Groups- 4-5 students learning a curriculum, designed to practice one or more SEL skills

Individual Check-ins- one-on-one or peer check-ins to support students needs and problem solving.

Tier 3 - very few students

Short-term mental health crisis support with school-solution focus as families are reaching for outside supports.

Consultation: Offered to parents and/or school staff to discuss any concern they may have about a child's academic, emotional, or social success

Parent Resources: A variety of parent resources are available through FCPS

Opt-Outs

At the beginning of every year parents have the choice to opt their children out of different curriculums and resources. Some families chose to opt out of counseling for one or more of their students.

- What is included in opt-outs?
 - Counseling lessons
 - Being part of a small group
 - Problem solving with peers
 - Having lunch with the counselor
 - Unexpected support at school
- Communication is key!

What may SEL look like at Home

- A first grader learns relationship skills when she has to share a bedroom with a sister and work out together what will be privately owned and what will be shared.
- A third grader becomes more self aware when his mom points out his tummy ache might be related to his emotions—**anxiety over academic performance pressures.**
- An eighth grader learns how to navigate conflicts within his friend group so that he doesn't have to take sides but shows care for each friend.
- A sophomore faces peer pressure to attend an unsupervised party and discusses the potential outcomes with a parent to make a responsible choice.

Developmental Milestones

Early Childhood (3-8 years old)

- Display of a greater sense of empathy and morality
- Establish and maintain positive relationships
- Control of impulsive behaviors
- Identify and manage emotions
- Adopt resiliency
- Function independently
- Understand different viewpoints and opinions
- Develop a sense of identity

Developmental Milestones

Middle Childhood (9-11 years old)

- A refined sense of self
- Strengthening cooperative skills
- A deeper sense of independence and individuality
- Development of communication skills
- Appropriate behavior in social situations
- Better handling of interpersonal conflicts
- Responsibility of actions
- Appropriate cyber behavior

How you can support SEL at home.

- Take time to identify or talk about your feelings each day.
- Help your child recognize his/her strengths and abilities.
- Use books and TV to point out how characters may be feeling.
- Model and reinforce effective communication and relationship building at home and in the community.
- Discuss your own stress-relieving strategies with your child.
- Allow your child to make choices early on.

Hopes and Dreams

What are your hopes and dreams for your children?

What are your hopes and dreams for your role as a parent/caregiver?

How Hopes and Dreams Align with Skills



Resources

[FCPS Website](#)

- [SEL and Supporting SEL at Home and at School](#)
- [SEL Instructional Materials](#)
- [SEL Screener](#) and [Screener Survey Questions](#)
- [SEL Screener Outcomes - Family Guide](#)
- [Family Resource Center](#)
- [Emotional and Mental Wellness for Families](#)

Resources

CASEL Framework

- [What Does the Research Say?](#)
- [Our Children Are Leaders](#)

Virginia Department of Education SEL

Resources for Military Connected Families

- [Military OneSource](#)
- [Fort Belvoir Pediatric Outpatient Behavioral Health](#)

Resources

Additional Resources to Support SEL Learning at Home

- [SEL Learning at Home: An Introduction](#) (Video)
- [How Parents Can Boost SEL at Home](#)
- [Inner Explorer @ Home App](#)
- [Harmony at Home Lessons](#)
- ["Wisdom: The World of Emotions" Game](#)
- [The Play at Home Guide](#)
- [Interactive Family Activities Checklist](#)