



## Social & Emotional Learning Curriculum Advisory

### Middle School Team Agenda - Notes

Oct 4, 2017, 4:30 – 5:30 p.m.

Present: Glenda Everett, Darilyn Sigel, Ryan Leckie, Kevin Terpstra, Erin Neisenger, Ann Buswell, Tina Allsop, Jeffrey Hart, Trina Hall, Jessica Sankey

Members Unable to Attend: Cindy Palmer, Steve Morse

Minutes: Jessica Sankey

#### 4:30 Welcome & Purpose

Three key topics for the day:

1. Explore criteria that the Collaborative for Academic, Social and Emotional Learning (CASEL) presents
2. What is important to our group/district?
3. Begin exploring Social and Emotional Learning (SEL) programs
4. Goal: leave the day with criteria we recommend and programs we are interested in exploring further

#### 4:50 Focus on Criteria

CASEL criteria was reviewed. What surfaced as priorities?

- Follow-up effects
- Guidance for integration and differentiation
- Professional learning
- Ongoing support for implementation
- Explicit instruction
- Infusion
- Family & Community Component
- Cultural relevancy/awareness
- Inclusive program
- Adult component: building adult competencies

Discussion on where SEL gets taught and by whom?

Helpful to have counselors play a role in bringing SEL program to classrooms because it helps with consistency across a school, and is part of building teacher skill because teacher sees counselors sharing lessons

In a middle school, where does the explicit SEL instruction take place?

Kulshan integrates, using RULER, with explicit instruction and also trying intentional infusion: example of using Wonder in Language Arts to practice common SEL language in conversation about the book

In a middle school, how do we ensure intentional infusion of SEL skills and strategies?

Whatcom is using RTI times (extended learning) for circles, with intention. Some classrooms, like Bridges, is using mindfulness practice with Laurie Pitts for staff and students—counselors and teachers

In a middle school, what is the role of the counselor and the role of the teachers in teaching explicit and infused SEL skills and strategies?

Holding space for SEL: schedule change? Include in existing classes? Extended learning? Where would the explicit instruction happen?

How to be certain that SEL program is working, and fidelity to intention of program—so it isn't one more thing for teachers, or an add-on

Would be helpful to have application/relevance for MTSS Tiers 1-3

### 5:20 Programs

We began to explore the CASEL guide and the information on middle school (MS) programs.

Develop list of programs we hope to explore further. Trina will send out a list of programs we could examine/discussed today. She asks for feedback from members or information from social networks about programs. Purely anecdotal information is ok. The goal will be to narrow our choices for further examination.

The MS programs in the CASEL guide (pg 34) include:

- Expeditionary Learning
- Facing History and Ourselves
- Lions Quest
- Responding in Peaceful & Positive Ways
- Second Step

- Student Success Skills

MS Programs that are listed in the 2013 CASEL Guide (pg 27) include: (these were reviewed at the elementary level)

- 4 R's
- Caring Schools
- Mind Up
- Positive Action
- RULER
- Second Steps
- Social Decision Making

Other Programs, not in CASEL guide, but we may want to look into:

- Schools Connect
- Secure
- Wise Skills
- Character Strong
- Ripple Effect

Possibly supplemental programs:

- Dynamic Mindfulness
- CARE
- Sources of Strength
- LINK

Mental Health First Aid

Additional information

Favorite article of Trina's, for those interested: (not required reading) "Choosing to be positive" article: include link <http://www.ascd.org/publications/educational-leadership/sept16/vol74/num01/Choosing-to-Be-Positive.aspx>

Next Meeting:

4:30 – 5:30 PM, Wednesday, October 18, District Office

Prior to next meeting:

- Prioritize criteria (separate email with quick survey)

Informally learn about programs on the list of programs. Bring information and feedback to next meeting. We will further explore at that meeting, in an attempt to narrow our choices.

Advisory Membership:

**Middle School Elementary Teachers:** Glenda Everett (Kulshan), Darilyn Sigel (Whatcom), Ryan Leckie (District Support)

**Middle School Counselors:** Kevin Terpstra (Kulshan), Erin Neisenger (Fairhaven)

**Middle School Principals:** Ann Buswell (Whatcom), Tina Allsop (Shuksan)

**Parents:** Anne Granberg (Roosevelt), Elizabeth Snyder Weinstein (Columbia), Cindy Palmer (Kulshan), Jeffrey Hart (Fairhaven)

**Community Partners:** Diana Gruman (WWU), Darcie Donegan (WCC)

**Committee Co-Chairs:** Trina Hall (Director of Teaching and Learning – SEL), Jessica Sankey (Director of Health & Wellness), Steve Morse (Director of Student Services)

Middle School Curriculum Advisory “Homework” prior to 10/18 meeting: See what you can learn about the programs in **[BOLD with Links](#)** below. (You are welcome to also see what you can learn about the others, but the focus for the next meeting will be learning about the ones in **[BOLD with Links](#)**.)

The MS programs in the CASEL guide (pg 34) include:

- Expeditionary Learning
- Facing History and Ourselves
- Lions Quest – seems too comprehensive for our purposes at our middle schools, extreme amount of lessons
- Responding in Peaceful & Positive Ways
- **[Second Step](#)** – Online curriculum to review – Log In: [trina.hall@bellingshamschools.org](mailto:trina.hall@bellingshamschools.org)  
Password: bellingham
- **[Student Success Skills](#)** – five core lessons in one book to teach SSS; separate book for interventions/follow up lessons

MS Programs that are listed in the 2013 CASEL Guide (pg 27) include: (these were reviewed at the elementary level but include middle level as well)

- 4 R’s

- Caring Schools
- **Mind Up** – Look to see if it is comprehensive enough to be considered for Tier 1 curricula, the main focus is on mindfulness
- Positive Action
- **RULER** - <http://ei.yale.edu/ruler/> - This is currently used at Kulshan MS and in many districts in WA and CASEL districts
- Social Decision Making

Other Programs, not in CASEL guide, but we may want to look into:

- Schools Connect
- Secure
- Wise Skills
- **Character Strong** – this was recommended by one of our high school teachers to review; co-creator is from Sumner
- **Ripple Effect** – look to see if this can be a stand-alone Tier 1 program or if it is a supplement to a Tier 1 program

Possibly supplemental programs:

- Dynamic Mindfulness
- CARE
- **Sources of Strength** – This is the program Erin mentioned. It looks to be a suicide prevention program designed to increase protective factors through peer mentoring and adult relationships – look at it to see if it could be a supplement to, or a stand-alone for Tier 1 curriculum.
- LINK
- Mental Health First Aid
- Bullyproofing Your School
- Look-Listen-Link – Youth Suicide Prevention Program