



SEL Benefits



Hello, and happy Monday!

Today I wanted to discuss Social Emotional Learning, what it is, and why it is important to implement it in all of our classrooms.

“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, and make responsible and caring decisions”.

Did you know that our 2021-22 YRBS Data showed that **19%** of middle school students reported having engaged in self-harming practices at least once; in addition, **54%** of middle school students said that they rarely or never get the emotional help/support they need. Overall, an average of **28%** answered affirmatively to at least one of the questions about anxiety, depression, or self-harm. **11%** of middle schoolers had serious thoughts about suicide, and **8%** had made plans. Also, **23%** of high school students experienced significant problems with anxiety in the past 12 months. Over a 3 year period from 2019-2022, our Wellness Screener data shows on average that **30%** of all students screened had elevated scores for social-emotional concerns. That is some pretty startling data!

You might be wondering what SEL and our YRBS data have to do with one another. Well, SEL provides the skills for students to help them regulate their social and emotional concerns. Meaning, if these lessons were used more frequently, it is possible that our student's concerns would significantly decrease. We would have fewer anxious, depressed, and suicidal students. This would leave more space, time, and funding for learning.

- SEL interventions that address core competencies can increase academic performance by **11 percentile points**.
- Students participating in SEL programs show improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.
- Research from Columbia University showed the SEL programs have an average return on investment of **11 to 1**, meaning for every dollar invested there is an **\$11** return.

"Educating the mind without educating the heart is no education at all."

-Aristotle

How Does It Work?



How Can I Use It?

DPI has created a handbook that goes over the steps to implementing SEL concepts in most areas of the classroom. Check it out below.

[Use this link to access DPI's SEL Handbook](#)

Staff Survey Results

In our recent district-wide staff survey it was found that over 31% of school staff are not implementing SEL competencies in the daily curriculum. A larger number of staff are aware of the competencies, but only 36% on average are integrating them into the daily curriculum and over.

It is my hope that by offering these resources we can increase the number of staff implementing SEL competencies. The research shows the importance of these lessons. In a nationally representative survey of PK through 12th grade, teachers found that 93% believe SEL is very or fairly important for the in-school students' experience.



Check Out This Video

**Reminder!
Connect4Kids
Event is
Tomorrow at OES
from 5:30-7pm.**



Contact Your Mental Health Navigator:

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