

CREATING SAFE AND HEALTHY SCHOOLS

The need for K-12 Social Emotional
Learning Standards in WA State



Essential for Student Learning



Safe and Supportive School Environment

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Specific Skill Development

Emotions Affect Learning

- Emotions and relationships directly affect how students learn and how they use that learning in other contexts.
- Emotions and relationships can either motivate students to engage in learning or if unmanaged interfere with attention, memory, and positive behaviors.

(CASEL: 2007 www.casel.org)

Neuroscience

- Information that comes to the brain is first processed in the emotional center before being processed in the cognitive or thinking center.
- Anxiety, stress and fear can cause information processing to be short-circuited to the emotional center before the thinking center significantly impairing deeper learning and long-term memory.

Research



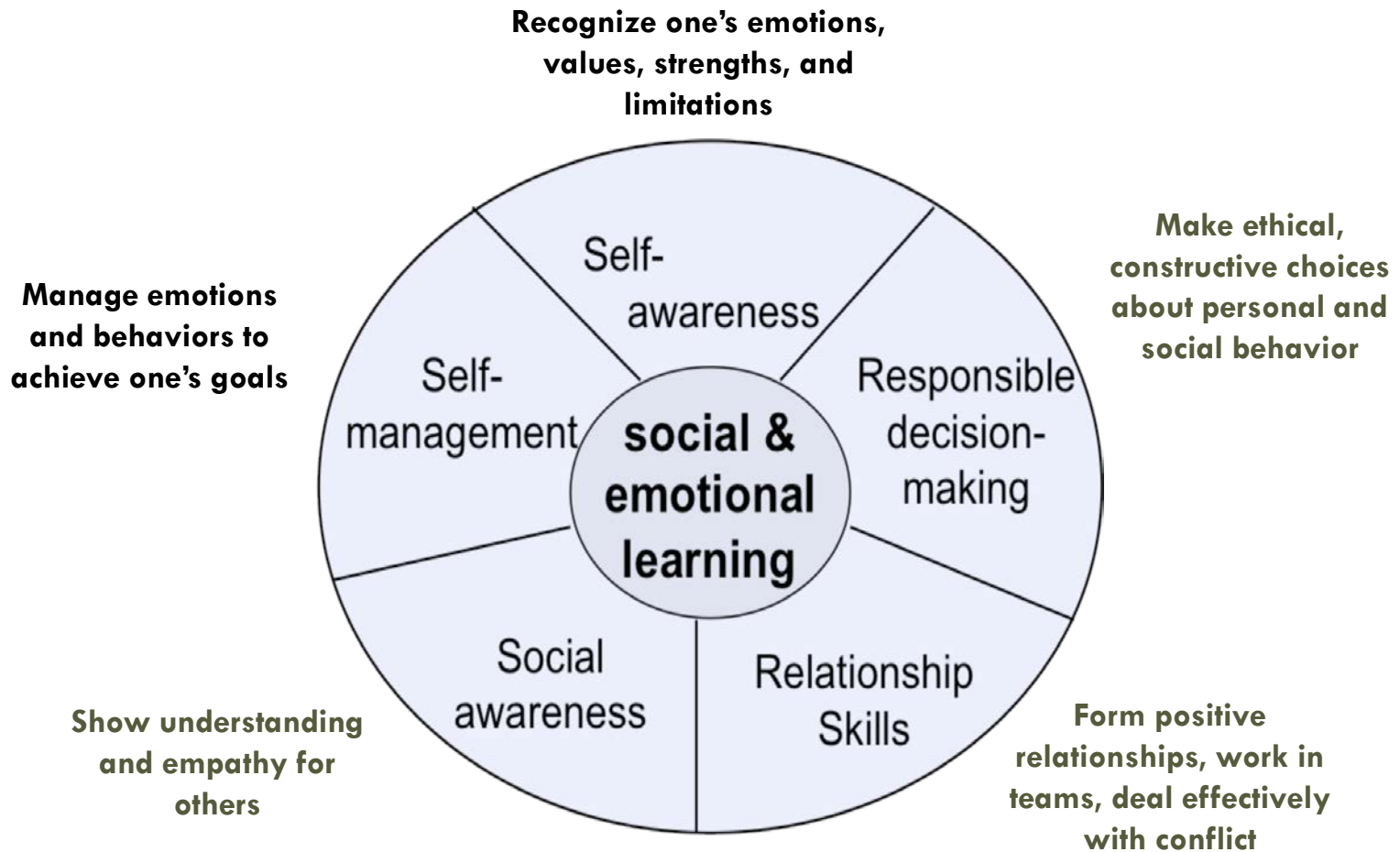
Research has shown that while threats impede learning, positive emotional experiences, during which the brain produces certain chemicals or neurotransmitters, can contribute to long-term memory.

What is Social Emotional Learning? (SEL)

SEL is the educational process, through which students acquire and effectively apply the 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
- Make responsible decisions

SEL Skills



CASEL Meta analysis:

Social Emotional Learning supports academics

- 11% improvement in achievement test scores
- 9% decrease in conduct problems, such as classroom misbehavior and aggression
- 10% decrease in emotional distress, such as anxiety and depression
- 9% improvement in attitudes about self, others, and school
- 9% improvement in classroom behavior

(Durak et al.,2011)

Why support and teach these skills in school?

- Emotions affect how and what we learn
- Schools are social places - relationships provide foundation for learning
- Reduces barriers to learning such as stress and anxiety
- Increases school connectedness and essential skills
- Aligns with the academic agenda of schools
- Essential for success in school and life

Washington State 2012 Healthy Youth Survey (6, 8, 10 & 12 Grade)

- 25-30% of youth (8,10 & 12th grades) felt so sad and hopeless for 2 or more weeks in a row that they stopped their usual activities.
- 16-32% (6,8,10,12th grades) had been bullied in the past 30 days
- 8-12% (8,10,12th grades) attempted or made a plan for suicide

WA State School District Administrators

78% of Washington State School District Administrators who responded to an OSPI survey, Overwhelmingly identified the **need to address students' behavioral-health issues** as most critical and they called for a **system-wide multi-tiered framework** to address prevention, intervention and **social/emotional/health issues.**

(Source: OSPI 2014)

WA State Teachers

When given a **full definition** of social and emotional learning, **94%** Washington teachers **overwhelmingly believe** that it should be an important part of students' in-school experience.

Why do we need standards for Social Emotional Learning?



- Learning standards create uniformity and common goals in education by establishing and communicating priorities
- We need a system that holds schools accountable for teaching the whole child.

SEL for Washington



Our Vision:

Supporting the academic, social and emotional growth of each and every Washington student through effective social and emotional learning programs, policies, and practices in Washington schools.

Legislative Priorities

- Integrate Social and Emotional Learning (SEL) within the K-12 education system through development of standards and benchmarks, technical assistance, and guidance with research supported curriculum and instruction techniques.
- Ensure adequate staffing of school psychologists, counselors, school social workers, behavioral interventionists, mental health providers, school nurses, speech and language pathologists, and family engagement personnel.
- Require teacher and principal preparation programs and professional development to include instruction in the understanding, use, and development of Social and Emotional Learning skills and effective classroom management strategies.
- Create a coordinated system-of-care approach that involves effectively engaging appropriate agencies and community partners to expand available services and supports for students who are dealing with trauma, substance abuse, and mental health issues.

Join Us...

- ✓ Go to **www.SELforWA.com** and join our grassroots coalition and stay informed during the session on SEL legislation
- ✓ Like our Facebook Page
- ✓ Spread the word

WA State PTA

Top 5 Legislative Priorities 2015-2016

1. Funding McCleary
2. **Create Positive School Climates through Social Emotional Learning**
3. Increase Capital Funding
4. Increased Access to Higher Education
5. Breakfast After the Bell