

Opening Circle What student concerns have brought you to this presentation today?

How SEL Started at New Holstein Elementary

- SEL Competencies released from DPI in May of 2018.
- In the summer of 2018 New Holstein School District became a part of Allies in Mental Health Education (AMHE).
- What is AMHE? A team designed to ensure that our district systemically has the resources in place to address the mental health needs of our students, families and staff.
- Regular team meetings with a coach from CESA



AMHE Mission and Vision

AMHE Team (Building/District) Mission:

The New Holstein School District in partnership with the community will create an environment where our school community recognizes, accepts, and supports mental wellness.

AMHE Team (Building/District) Vision:

The overarching vision of the School District of New Holstein, in partnership with the community, to improve the education and mental wellness of all stakeholders through...

- A climate mindful of and responsive to mental wellness
- · Research based and data driven instructional practices
- Student input and ownership
- · Real world applications
- Reflection and evaluation for continuous improvement
- · Continuous, responsible use of all resources and evolving technology
- Community involvement
- Expectations that lead to successful, productive citizens
- Advocate for and model lifelong mental health and wellness



AMHE Team Goals

Goal 1: Establish relationships with community partners

Goal 2: Map resources for the purpose of identifying overlap and gaps

Goal 3: Identify and plan for Social Emotional Learning (SEL) curricula for all grades 4K-12

Goal 4: Regular communication among school community and school board



Choosing and SEL Curriculum for NHES

Spring of 2019

- Used CASEL Rating Tables to evaluate various SEL Curricula
- https://casel.org/guide/ratings/elementary/
- Narrowed our list down to three different SEL Curriculums
- Formed a team elementary staff members including: two regular education teachers, principal, school counselor, one special education teacher, one specials teacher (music teacher).
- The team evaluated each SEL program and decided on Caring School Community.



School-Based Mental Health Grant

Spring of 2019

- Apply for a State Mental Health Grant Due May 1st 2019
- · Included in the Grant:
 - Caring School Community kits for each teacher in grades K-5
 - Principals Package
 - Staff training on August 19th One member from each grade level team



School-Based Mental Health Grant

Other components of the Grant:

- b.e.s.t. Screener for ALL students 4K-12
- Social Emotional Learning Curriculum for the Elementary in Year 1 and the middle school in Year 2
- Trained Trainer for Sources of Strength and implement (SOS) in the middle school and high school
- Necessary staff literacy and education in the areas of mental health
- Trauma Informed Care (TIC) training





Collaborative Classroom is a nonprofit organization that provide teachers with rigorous curricula that fully integrates literacy and social and emotional learning.



How we teach matters as much as what we teach.

Creating a Caring School Community

We help children become caring, responsible members of their school communities and ultimately to grow into humane, principled, and skilled citizens of a democratic society by:

- Building caring relationships with and among students
- · Directly teaching social skills
- Creating calm, orderly learning environments through the use of effective classroom management practices
- Help student acquire self-discipline through a caring and effective approach to discipline







Caring School Community Components

Classroom Components:

- Morning Circle (includes home connection activities; spotlight student)
- Closing Circle
- Weekly Class Meeting/Community Chats
- Cross-age Buddies

Cross-age Buddies

Activities 2x/week

Schoolwide Community Building:

- Caring School Discipline
- Principals Package



Morning/Advisory Circles

Students...

- build relationships
- learn, practice and apply interpersonal skills
- build self-management and self-awareness

Class Meetings

Students...

- talk more deeply about the topic of the week
- develop empathy, selfawareness and social awareness, and may create a plan of action
- check in on previous topics and plans



A Sample Week

Monday: Partner Chat

Tuesday: Graphing Our Class

Wednesday: Spotlight Student

Thursday: Quick-Write

Friday: Home Connection Activity

Class Meeting = Teasing

A Typical Day

Morning Circle (15-20 min)

Closing Circle (5-10 min)

Class Meeting/Community Chat (once a week 15-20 min)

Buddies Activities (2 times a month)

Grades 2-5 Choice Time (20 min usually on a Friday)



K-1 Teachers Package



Teacher's Manual

30 weeks of lessons – morning and closing circle activities

Community Chats

10 Individual Cards

Assessment Resource Book

Caring School Discipline™

Cross-age Buddies Activity Book (K-5)

3 trade books per grade level



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2-5 Teachers Package



Teacher's Manual

• Weeks 1–10; 1 spiral bound book

Teacher's Manual

Weeks 11–30; individual booklets, each covering an array of topics

Assessment Resource Book

Caring School Discipline™

Cross-age Buddies Activity Book (K-5)

3 trade books per grade level



6-8 Teachers Package



Teacher's Manual

• Weeks 1-10; 1 spiral bound book

Teacher's Manual

 Weeks 11–30; individual booklets, each covering an array of topics

Teacher's Guide to subject-area integration

 3 books – Math and Science, Humanities, Art and Movement

Assessment Resource Book

Caring School Discipline™



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Principal's Package



- · Principal's Leadership Guide
- · Principal's Calendar
- Agendas for Staff Meetings
- Caring School Discipline[™]: Principal's Edition Schoolwide Communitybuilding Activities
- · Assessment Resource Book
- Schoolwide Community-building activities



Cross-age Buddies Activity Book

Pairs students in classes separated by at least two grade levels

Includes 40 activities to help buddies get to know and learn together

Buddy classes meet once or twice a month to engage in activities that help develop a special relationship between younger and older students





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Home Sharing (K & 1) and Home Connection (2-5)

Weekly activities:

Enhance communication between classrooms and families

Help students talk with family members about each week's social development focus





Key Features of Class Meetings



Students and teacher in a circle

C+

Teacher at same level with students

Authentic topics discussed

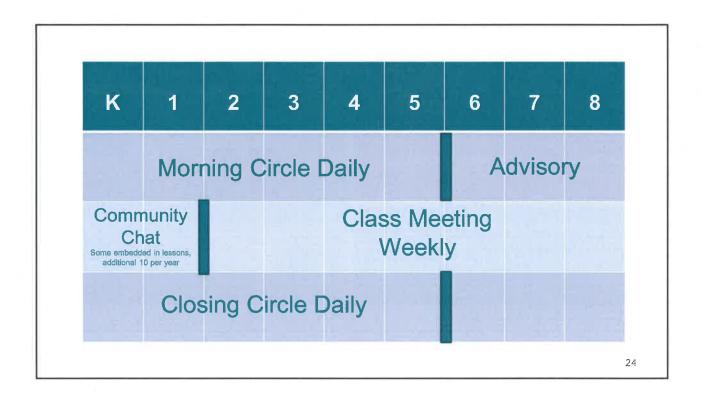
Students do most of the talking.

Rules are reviewed

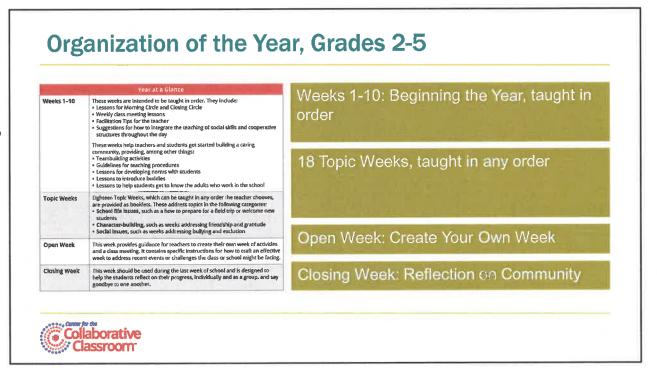
Cooperative structures used

Follow-up meetings around important topics are held





Organization of the year, K-1 (Taught in order) Weeks 1-2: Weeks 18-23: If possible, teachers should invite incoming kindergartners and their families to visit their classrooms before the first day of school to meet the teacher and become familiar with the classroom. Starting the Year Getting to Know These two weeks help teachers and their students get started building a caring community, providing, among other things: * Teambuilding activities and other activities to be used during daily Morning Circle and Closing Circle * Guidelines for teaching students how to play in fun, safe, and caring ways * Guidelines for teaching procedures * Facilitation Tips for the teacher * A structure for helping students discuss and agree upon how they want to be treated and treat one another Weeks 1-2 My Feelings Weeks 24-29: Weeks 2-10: Building the Classroom Caring About Others Each week provides daily Moming Circle and Closing Circle activities, Fadilitation Tips for the teacher, and suggestions for how to integrate the treaching of social skills and cooperative structures throughout the day. Each week addresses topics related to the following thermes: • Budding the Classroom and School Community (Weeks 3-10) Being a Responsible Learner and Community Whenther (Weeks 11-17) • Getting to Know My Feelings (Weeks 18-23) • Carling About Others (Weeks 24-29) There are also 10 lesson plans for Community Chots, similar to class meetings at the older grades, in which students discuss issues related to their classroom life. and School Community Weeks 3-29 Week 30: Weeks 11-17: Reflecting on the Year Being a Responsible Learner and This week should be used during the last week of school and is designed to help the students reflect on what they've learned, think about the next school year, and say goodbye to one another. Closing Week Community Member Collaborative Classroom





Organization of the Year, Grades 6-8



Year at a Glance		
Weeks 1-10	These weeks are intended to be taught in order. They include: • Lessons for Morring Circle and Closing Circle • Meetly class meeting fessons • Facilitation Tips for the teacher • Suggestions for how to Integrate the teaching of social skills and cooperative structures throughout the day	
	These weeks help teachers, and studens get stated building a caring continuity, providing, among other things: * Teambuilding activities * Guidelines for teaching procedures Lessons for developing norms with mudents * Lessons to first oduce building	
Topic Weeks	Eighteen Topic Weeks, which can be taught in any order the teacher chooses, are provided as booklets. These address topics in the following categories: School File Staues, such as a how to prepare for a field trip or welcome new studiers. Character-building, such as weeks addressing friendship and gracitude 5 Social Staues, such as weeks addressing bullying and exclusion.	
Open Week	This week provides guidance for teachers to create their own week of activities and a class meeting, it contains specific instructions for how to craft an effective week to address recent events or challenges the class or school might be facing	
Closing Week	This week should be used during the last week of school and is designed to help the students reflect on their progress, individually and as a group, and say	

Weeks 1-10: Help students get to know one another and the school

- Establish procedures and norms
- **Build community**
- Beginning the Year, taught in order

18 Topic Weeks, taught in any order

Open Week: Create Your Own Week

Closing Week: Reflect & Say Goodbye



Sample Topic Weeks

Positive School Experiences

- · Planning a Celebration
- Welcoming New Students
- · Enjoying Lunchtime
- Homework

Personal Relationships

- Friendship
- · Girl-Boy Friendships
- Kindness
- · Appreciating Diversity

Social Issues

- · Resolving Conflicts
- Peer Pressure
- · Respecting Belongings
- · Exclusion/Cliques
- Using Social Media Responsibly

Wellness and Creativity

- Stress Reduction Techniques
- Happiness
- Interests Outside of School
- Sleep



Professional Learning

Principal's Leadership Guide

- Provides tools and resources for launching and ongoing implementation support
- Slides, Meeting Agendas, Trouble Shooting Guides, Observation Tools

Collaborative Classroom

- Offers introductory and ongoing support sessions (in-person and virtual)
- Embedded support for teachers
- Ongoing support provided through webinars, blogs, CC Community



Outcome Effects "Sense of Community"

Research on CSC

6 District Study of the Child Development Project (the Precursor to CSC)

Middle School Follow-up Study

San Francisco Study of Caring School Community

St Louis Study of Caring School Community

Broad-Ranging Effects On:

†Academic achievement and motivation

↑ Pro-social tendencies (e.g., concern for others)

Misbehavior in school

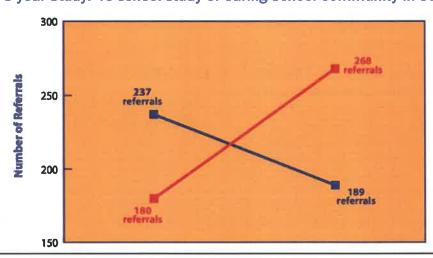
↓ Problem behaviors (e.g., use of alcohol and marijuana, delinquency, violent behavior)

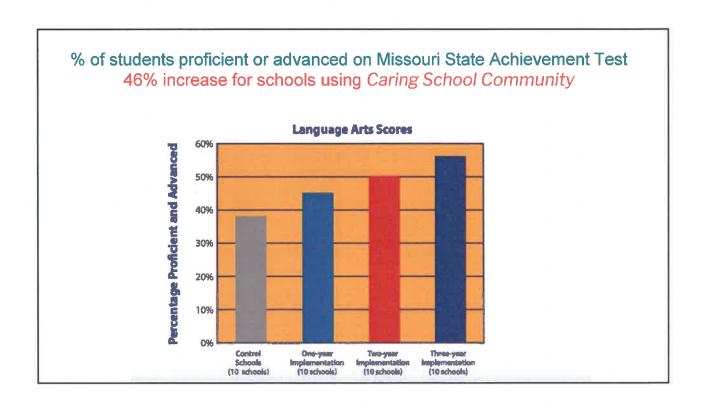
†Sense of community

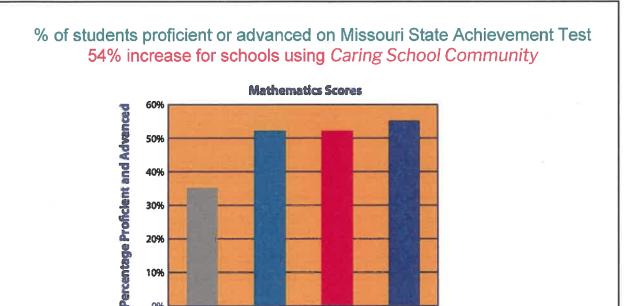


CSC program schools experienced a 24% decline in student discipline referrals (bullying, aggression, fighting, vandalism, insolence, cheating), compared to a 42% increase in student referrals in control schools.

3-year Study: 40-school study of Caring School Community in St. Louis:







New Holstein Elementary School Student Survey

Administered in the Fall of 2019

30%

20%

10%

- I like coming to school.
- I like and trust my teacher.
- My teacher likes me.
- I care about my classmates.
- · My classmates care about me.
- Students treat one another with kindness at school
- I feel safe and comfortable in my classroom
- I feel safe and comfortable on the bus
- · I feel comfortable asking an adult at school for help when I have a problem



New Holstein Elementary School Staff Feedback

What is going well and what do we like about CSC?

- · We like the quick activities
- 5K likes the lessons on how to be safe on the playground and elsewhere
- A second grade teacher said that she was surprised how many students did not know each other's name at the beginning of the year.
- Like the teaching of the skills eye to eye, talking to be heard, shaking hands
- Like the morning circles. Kids know the routine and if something is missed they let the teacher know.
- Kids love spotlight student and interviewing the spotlight student.
- 3rd Grade Also liked the question of what made you happy and how did you make someone else happy today?



New Holstein Elementary School Staff Feedback

What are some challenges about CSC and what we dislike?

- Dislike the singing collaborated with music to do the singing portion.
- Time is a big concern fitting it all in during the day.
 - Solution pick and choose the most important items and fit in as much as you can.
- Closing circle is hard to fit in at the end of the day.
 - Solution quickly sit in circle and have everyone say goodbye for closing circle.
- Suggestion Next year Maybe focusing on community the first two weeks of class.



Closing Circle

How might you use information to help meet the hopes you have for your students?

Contacts:

Tiffany Schuette: tschuette@nhsd.k12.wi.us
Keith Ahrens: heith@ahrenseducation.com

How to access PowerPoint and other resources:

Google: New Holstein School District

Click on Elementary School

Click on Staff Listing

Under Last Name Contains: enter Schuette

Click on Web site

On the left side click on WSCA Conference Attendees

Any Questions? tschuette@nhsd.k12.wi.us



511de #12

Aligned to CASEL & WI

CASEL



Evidence of Effectiveness

Caring School Community has been evaluated in multiple studies (three randomized control trials, two quasi-experimental studies). The largest sample included 40 schools. Students have been followed over a five-year period.

Grades Evaluated	K-6
Geographic Location	Rural, Suburban, Urban
Student Race/Ethnicity	African-American, Hispenic
Percent Receiving Reduced Lunch	0-95%
Evaluation Outcomes	Improved scademic performance, increased positive sectal behavior, reduced conduct problems, reduced emotional distress, improved academic behaviors, improved climate, improved social and emotional skill performance, substance abuse prevention



Wisconsin SEL Competencies

Coring School Community® Alignment with Social Emotional Competencies

Understand and manage one's emetions				
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	Self- Maragemark	Legimors will be able to, with adult galabres, use verbal and namerical anguage to demonstrate a variety of encorars. Whitis German II A ELL	Practice is Reposale Garring to Know hay Feelings, Wheels 58-23	
3	Self- Management	Leonora will be able to, with solall publishes, display age appropriate self- derined. WHAELS Connote B A BL.2.	Tember Minnel Sambig Ber Veren Verlet 1-2 Starbig Ber Veren von dischauf Community Mormber, Weeds 24-57 desting as Knowniky Fredings, Witeels 23-23 Corrig School PlotyPry- Consports 3-5 (a secondaria a segment Individual students)	
•	Feating Astronomy	Learners with its able to, with adult pulmines and engaging actiones, atomal for longer periods of time and show preference for some activities. WARES W ARLS.	Remother's filterstand Searning the Yest, Weeks L-? Severy a Responsible Learnine and Community Member, Weeks 2–12 Goldley to Know My Feelings, Week 23	
5	Social Awareness	Learners will be able to ecologise the feelings of another child and respond with bodic comfort and engotiby, WWELS Domoin II A.E.L.2	Peocher's Monutal Caring About Others, Weeks 24-27, 30	
	Sectorial Applications &	creates and the other to horizopta sounds and disoptuses with a country of exolutions.	Procher's Municul Groung to those My Feelings, Weeks 18–99, 22 Caring About Others, Weeks 24–27	





Organization of the year, K-1 (Taught in order)

Year at a Glance		
Before school starts	If possible, teachers should invite incoming kindergartners and their families to visit their classrooms before the first day of school to meet the teacher and become familiar with the classroom.	
Weeks 1-2	These two weeks help teachers and their students get started building a caring community, providing, among other things: Teambuilding activities and other activities to be used during daily Morning Circle and Closing Circle Guidelines for teaching students how to play in fun, safe, and caring ways Guidelines for teaching procedures Facilitation Tips for the teacher A structure for helping students discuss and agree upon how they want to be treated and treat one another	
Weeks 3-29	Each week provides daily Morning Circle and Closing Circle activities, Facilitation Tips for the teacher, and suggestions for how to integrate the teaching of social skills and cooperative structures throughout the day. Each week addresses topics related to the following themes: Building the Classroom and School Community (Weeks 3–10) Being a Responsible Learner and Community Member (Weeks 11–17) Getting to Know My Feelings (Weeks 18–23) Caring About Others (Weeks 24–29) There are also 10 lesson plans for Community Chats, similar to class meetings at the older grades, in which students discuss issues related to their classroom life.	
Closing Week	This week should be used during the last week of school and is designed to help the students reflect on what they've learned, think about the next school year, and say goodbye to one another.	

Weeks 1-2: Weeks 18-23: Starting the Year **Getting to Know** My Feelings Weeks 2-10: Weeks 24-29: Building the Classroom Caring About Others and School Community Weeks 11-17: Week 30: Being a Responsible Reflecting on the Year Learner and **Community Member**



Organization of the Year, Grades 2-5

Year at a Glance		
Weeks 1–10	These weeks are intended to be taught in order. They include: Lessons for Morning Circle and Closing Circle Weekly class meeting lessons Facilitation Tips for the teacher Suggestions for how to integrate the teaching of social skills and cooperative structures throughout the day	
	These weeks help teachers and students get started building a caring community, providing, among other things: Teambuilding activities Guidelines for teaching procedures Lessons for developing norms with students Lessons to introduce buddies Lessons to help students get to know the adults who work in the school	
Topic Weeks	Eighteen Topic Weeks, which can be taught in any order the teacher chooses, are provided as booklets. These address topics in the following categories: • School life issues, such as a how to prepare for a field trip or welcome new students • Character-building, such as weeks addressing friendship and gratitude • Social Issues, such as weeks addressing bullying and exclusion	
Open Week	This week provides guidance for teachers to create their own week of activities and a class meeting. It contains specific instructions for how to craft an effective week to address recent events or challenges the class or school might be facing	
Closing Week	This week should be used during the last week of school and is designed to help the students reflect on their progress, individually and as a group, and say goodbye to one another.	

Weeks 1-10: Beginning the Year, taught in order

18 Topic Weeks, taught in any order

Open Week: Create Your Own Week

Closing Week: Reflection on Community



Organization of the Year, Grades 6-8

	Year at a Glance
Weeks 1-10	These weeks are intended to be taught in order. They include: Lessons for Morning Circle and Closing Circle Weekly class meeting lessons Facilitation Tips for the teacher Suggestions for how to integrate the teaching of social skills and cooperative structures throughout the day
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Weeks 1-10: Help students get to know one another and the school

- Establish procedures and norms
- Build community
- Beginning the Year, taught in order

18 Topic Weeks, taught in any order

Open Week: Create Your Own Week

Closing Week: Reflect & Say Goodbye

