Dear ASCA Families,

My name is Mrs. Magaña and I am the School Social Worker here at All Saints Catholic Academy. This is my sixth year at All Saints but I have been a School Social Worker in the Diocese of Joliet since 2012. I am excited to share with you that we will continue with social emotional learning (SEL) again this school year. We believe in supporting and educating the whole child by giving them the skills they need and the belonging they deserve. Research shows that social emotional learning can help students improve socially, emotionally, behaviorally and academically!

Academic achievement is closely linked with the development of social and emotional proficiency. SEL can give students the necessary skills to achieve more academically. Educators can help students develop social and emotional skills by incorporating their principles in classroom lessons.

Each month, starting after Labor Day, we will be focusing on a different topic. I will be talking about the topic of the month with students in my classroom lessons and activities. Teachers will also be discussing these topics in their classroom all month long and something we talk about and reinforce over the course of the entire school year. At the end of each month, Mrs. Marshall will link the next month's SEL topic in Saints Speak. After I come to your students' classroom the teachers will include a little blurb on the topic of that month, what we discussed and did (book, video, activity, etc.).

Parent Information on Social-Emotional Learning

What is Social-Emotional Learning?

It's important to remember that students develop socially and emotionally at the same time they are developing academically. Ignoring social and emotional skills development can have adverse effects on academics. That is why it's important for educators to be intentional when implementing social and emotional learning. SEL and the lessons we teach align with the Diocese of Joliet social-emotional learning standards.

SEL Consists of five key skills:

- **Self-Awareness**: recognition of one's own emotions, personal goals, and values
- **Self-Management**: regulation of one's own emotions and behaviors
- **Social Awareness**: the ability to understand the perspective of others, have compassion for others, including those from diverse backgrounds or cultures
- **Relationship Skills**: ability to establish and maintain healthy relationships
- **Responsible Decision-Making**: making positive choices involving one's own behavior

These five areas are fundamental to the social-emotional learning competence. These skills are important for collaboration and perspective-taking, and serve students well in school and in life. By building skills in these areas, students manage their emotions, handle challenges, and reach their goals. These five key skills are essential for success in every area of life from family to education to careers and community relationships. Integrating SEL into the classroom not only creates better academic outcomes, it also gives students a firm foundation to operate successfully once their academic career is complete.

How Social-Emotional Learning Benefits Students:

Social-emotional learning has been a part of education for decades because the benefits are clear. When students are given the opportunity to develop these skills, there is measurable improvement in academic outcomes, classroom behavior, and stress management.

Benefits of Social-Emotional Learning for Students:

- Greater academic success
- Less emotional stress
- Better teacher-student relationships
- Improved graduation rates
- Improved college and career readiness
- Increased positive social behaviors
- Decreased behavior issues, such as bullying
- Better ability to manage stress
- Better ability to manage depression, anxiety, etc.
- Better attitudes about themselves, others, and school

If you have any questions please do not hesitate to reach out. I am looking forward to working in the classroom with your student(s) and looking forward to the impact this will have on our students and our school as a whole!

Thank you for your support,

Sincerely,

Mrs. Magaña, MSW, LCSW
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