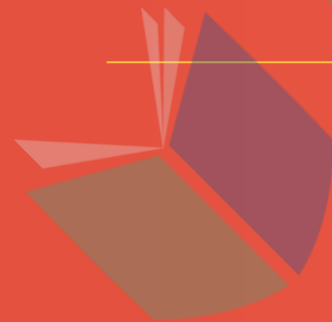




# Supporting School Reentry with SEL

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# Agenda



- Issues Facing Students and Staff Coming Back to School After COVID-19-Related School Closures
- General Strategies for Supporting Reentry to School
- Resources to Address Racism
- Second Step Resources You Can Use
- Staying Connected

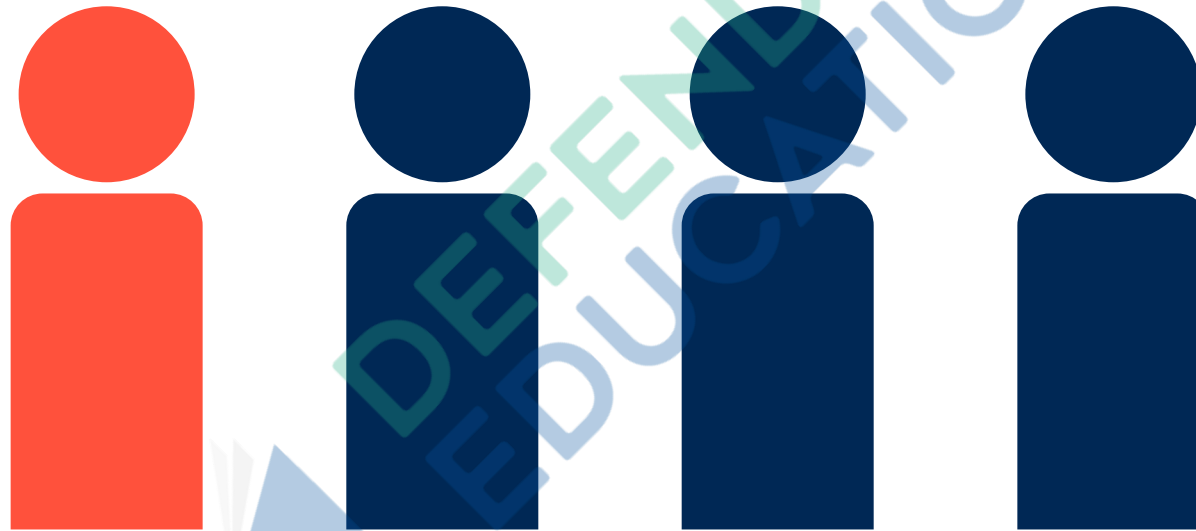


# The Effect of This Crisis on Students and Staff



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# Levels of Adversity Prior to the COVID-19 Pandemic



**1** in **4** American children is living with or has experienced adversity.<sup>1</sup>

<sup>1</sup>University of New Hampshire. (2011). *One million more U.S. children living in poverty since 2009, new census data shows*. ScienceDaily. <https://www.sciencedaily.com/releases/2011/09/110922152631.htm>

# Increased Risk During the COVID-19 Pandemic



# Disruption of Students' Community



## For Students, School Is More Than Just Academic Learning

### School is:

- A sanctuary
- A group of educators and other adults who care and show genuine interest
- A classroom community
- A group of friends for play, fun, and support



# Staff Will Need Support, Too

- Staff have also experienced stress and trauma
- They've also lost access to their professional community



DEFENDING  
EDUCATION



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# Planning for Reopening Schools



# Rebuilding Community



- Reestablish trusting relationships
- Reinforce for everyone (students and staff) the value of your school community, and the supports available to them
- Set aside time for this work



# Reestablishing Trusting Relationships



## Daily Check-ins

- Make sure **every student** has one caring adult checking in every day
- Rain or shine, in-person or online
  - Second Step Middle School advisory check-ins
  - Positive Behavior Interventions and Supports (PBIS) check-ins and check-outs
  - Informal: “How are you feeling? Need anything?”
  - Don’t give up!

secondSTEP  
Middle School Program  
Weekly Check-In Template

Preparation

1. Have basic school supplies available for students who may need them during the week.
2. If possible, seat the class in a circle.
3. Sit where you can participate comfortably in the discussion.
4. Allow 10–15 minutes for this Check-In.

Warm-Up

Have everyone in the class (including you!) briefly answer the following question: **What's one thing you did this weekend that you'd like to tell us about?**

Check-In

1. Announce any important dates, schedule changes, or special events (such as birthdays) coming up during the week.
2. Check in with students:
  - Have them make any announcements
  - Have them discuss what assignments they anticipate working on this week
  - Ensure they have the basic school supplies they need
3. Provide students who are missing supplies with what they need, or help them
4. (Optional) Set class attendance goals, or review students' attendance records for their progress.

Reflection

1. Have the class reflect quietly about the following prompt: **What's one thing this week?**
2. Call on students to tell the class their ideas, as time allows.

Second Step Middle School Program | secondSTEP.org

<https://www.secondstep.org/Middle-School/Counselor/Advisory-Activities>

secondSTEP  
Middle School Program  
Weekly Check-Out Template

Preparation

1. If possible, seat the class in a circle.
2. Sit where you can participate comfortably in the discussion.
3. Allow 10–15 minutes for this Check-Out.

Warm-Up

Have everyone in the class (including you!) briefly answer the following question: **What's one challenge you encountered and one success you experienced this week?**

Check-Out

1. Have students discuss what homework they have to work on over the weekend.
2. Have students discuss what they need to do over the weekend to be ready for school next week.
3. Meet with students individually to discuss any school-related issues they need help with.
4. (Optional) Set class attendance goals, or review students' attendance records for the week and track their progress.

Reflection

1. Have the class reflect quietly about the following prompt: **What's one thing you're looking forward to this weekend?**
2. Call on students to tell the class their ideas, as time allows.

Second Step Middle School Program | secondSTEP.org | Copyright © 2017 Committee for Children

<https://www.secondstep.org/Middle-School/Counselor/Advisory-Activities>

91

# Reestablishing Trusting Relationships



## Time for Reflection

- Give students space to authentically reflect on how the pandemic has affected their lives
- Buffers against effects of toxic stress and trauma



# Reestablishing Trusting Relationships



## Unstructured Time Is Okay



# Value of the School Community



## Social Belonging

- Research-based strategy to foster positive school connections<sup>1</sup>
- Integral to Second Step Middle School
- More information:
  - [mindsetkit.org/belonging](https://mindsetkit.org/belonging)

The screenshot shows a web interface for selecting activities. At the top, there are tabs for 'Class Challenges', 'Class Meetings', and 'Service-Learning Projects'. Below these is a table of activities with columns for 'ACTIVITY NAME', 'PROGRAM THEMES', 'YOUR RATING', and 'DONE'. A 'Filter by Program Themes' modal is open, showing a grid of theme checkboxes. The 'Starting Right' checkbox is checked. The table lists activities like 'Class Circle Challenge', 'If-Then Notebook', 'Name That Person', 'Reporter, Report!', 'Silent Icebreaker', 'Strengths and Interests Inventory', and 'Strings Attached'. A pagination bar at the bottom shows '1 to 7 of 7 Activities' and a 'VIEW ALL' button.

ACTIVITY NAME	PROGRAM THEMES	YOUR RATING	DONE
Class Circle Challenge		<input checked="" type="checkbox"/> Starting Right	<input type="checkbox"/>
If-Then Notebook		<input type="checkbox"/> Staying Calm	<input type="checkbox"/>
Name That Person		<input type="checkbox"/> Thoughts and Emotions	<input type="checkbox"/>
Reporter, Report!		<input type="checkbox"/> Values	<input type="checkbox"/>
Silent Icebreaker	<input checked="" type="checkbox"/> Helping Others <input checked="" type="checkbox"/> Starting Right	☆☆☆☆☆	<input type="checkbox"/>
Strengths and Interests Inventory	<input checked="" type="checkbox"/> Growth Mindset <input checked="" type="checkbox"/> Starting Right	☆☆☆☆☆	<input type="checkbox"/>
Strings Attached	<input checked="" type="checkbox"/> Relationships <input checked="" type="checkbox"/> Starting Right	☆☆☆☆☆	<input type="checkbox"/>

<sup>1</sup>Walton, G. M., & Cohen, G. L. (2011). A brief social-belonging intervention improves academic and health outcomes of minority students. *Science*, 331(6023), 1447–1451. <https://doi.org/10.1126/science.1198364>

# Supporting Staff

- Check-ins
- Time for reflection
- Unstructured time
- Social belonging

**It all applies to adults, too.**



**Set Aside Ample Time for This Work**



**If not now,  
when?**



# Build an Even Better School



- Place social-emotional well-being at the center of your school experience
- For students and staff
- Stakeholders see the value now more than ever
- Lead with social-emotional learning (SEL) to support academics
- A chance to pause an emphasis on high-stakes testing



# A Final Note



**Prepare for future school closures**

**Include your students and their families in this work**



# Resources to Address Racism



# COVID-19 Isn't the Only Trauma



- The murder of George Floyd and subsequent nationwide protests highlight issues affecting our students of color
- All of our students are as aware of this crisis as they are of the pandemic
- It's important to address this alongside the COVID-19 crisis as students return

**BLACK  
LIVES  
MATTER**

# Resources for Addressing Racism



TEACHING  
TOLERANCE  
A PROJECT OF THE SOUTHERN POVERTY LAW CENTER

Teaching Tolerance  
[tolerance.org](https://tolerance.org)



FACING  
HISTORY  
AND  
OURSELVES

People make choices. Choices make history.

Facing History and Ourselves  
[facinghistory.org](https://facinghistory.org)



RESEARCH & EDUCATION FOR A MEANINGFUL LIFE

Greater Good Science Center  
[greatergood.berkeley.edu](https://greatergood.berkeley.edu)

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# Second Step Resources You Can Use



# Remote and Hybrid Learning Guides



- Practical guidance for using the Second Step family of programs for both remote and hybrid learning
- Suggested alternate Scope and Sequence documents
- Clear reasoning for why SEL is important now
- Designed as PowerPoint decks for easy integration into overall back-to-school communications
- Expected availability: August 1



# Grades K–8 Community (Re)Building Unit



- Brand-new units for the Second Step Middle School and Second Step Elementary programs
- Written specifically to support community-building efforts at the beginning of the year
- 4–6 weeks of activities
- Expected availability of Second Step Middle School unit: August 1
- Expected availability of Second Step Elementary unit: August 14



# Second Step Anti-Racism Resource Guide



- Walk-through of all the anti-racism material within the Second Step family of programs
- Guide to using third party resources alongside the Second Step family of programs
- Expected availability: August 1



# Second Step SEL for Adults Resilience Module



- Free access to a field-test version of part of our new Second Step SEL for Adults program
- Content for staff
- A chance to provide feedback and help make this program better
- Expected availability: August



# Second Step SEL for Adults Resilience Module



## Adult-Facing Content:

- Unit 1: Understanding Self-Care
- Unit 2: Caring for Each Other
- Unit 3: Student Care

- Expected availability: August
- To sign up for updates, visit [bit.ly/SELResilience](https://bit.ly/SELResilience)

## Student-Facing Content:

- Downloadable PowerPoints with lessons for Grades K–12
- Adapted from Second Step lessons
- General content as well as content focused specifically on the COVID-19 pandemic

# Imagine Neighborhood: Season 2



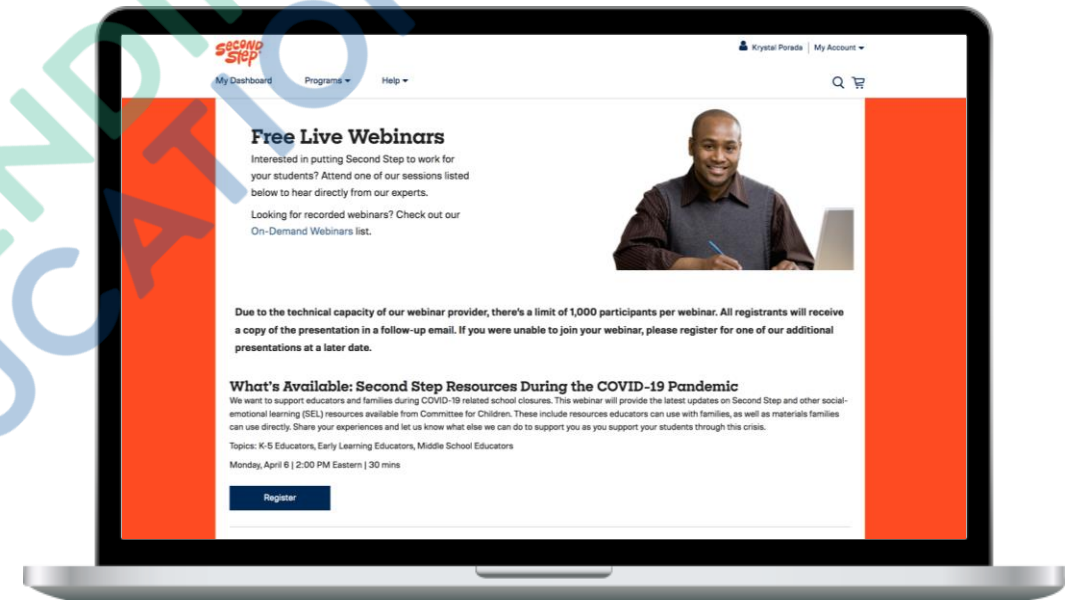
- SEL podcast for families with kids ages 4–9
- Season 1 addresses many topics related to the COVID-19 pandemic
- Season 2 topics include returning to school after COVID-19-related school closures, issues of systemic racism highlighted by the murder of George Floyd, and more
- Expected availability: August through October



# Virtual Professional Development



- We're increasing the scope of our webinar offerings. Topics include:
  - Trauma-informed practices (available now)
  - Building remote advisory programs (available now)
  - Using online educator communities (available now)
  - Child Protection and Bullying Prevention: Training Staff to Recognize, Respond, and Report (available July 28)
- Additional virtual professional-development opportunities coming in fall 2020

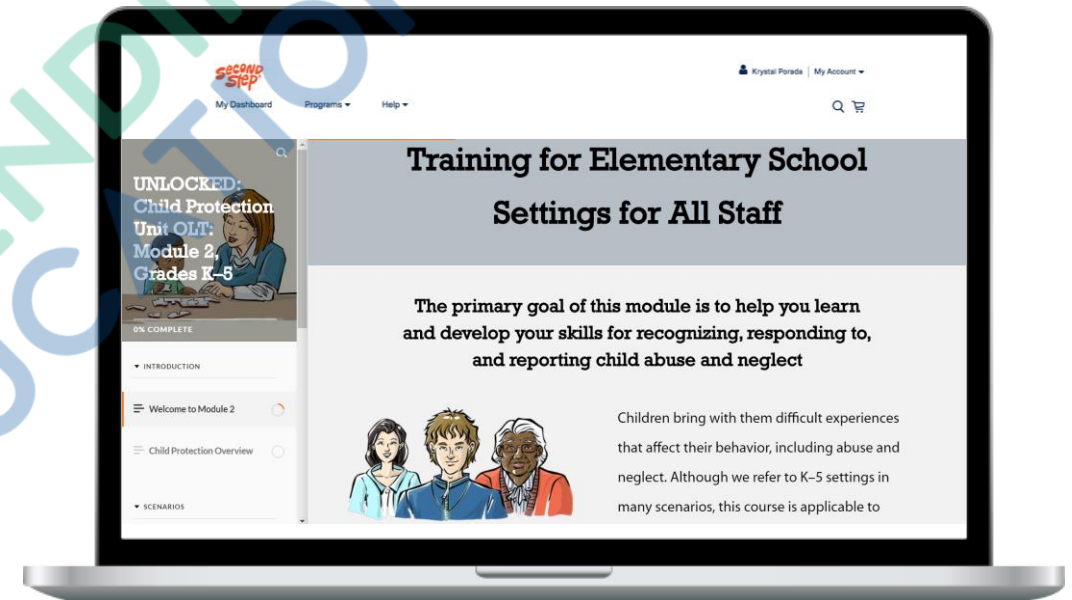


[secondstep.org/webinars](https://secondstep.org/webinars)

# Resources for Responding to Trauma



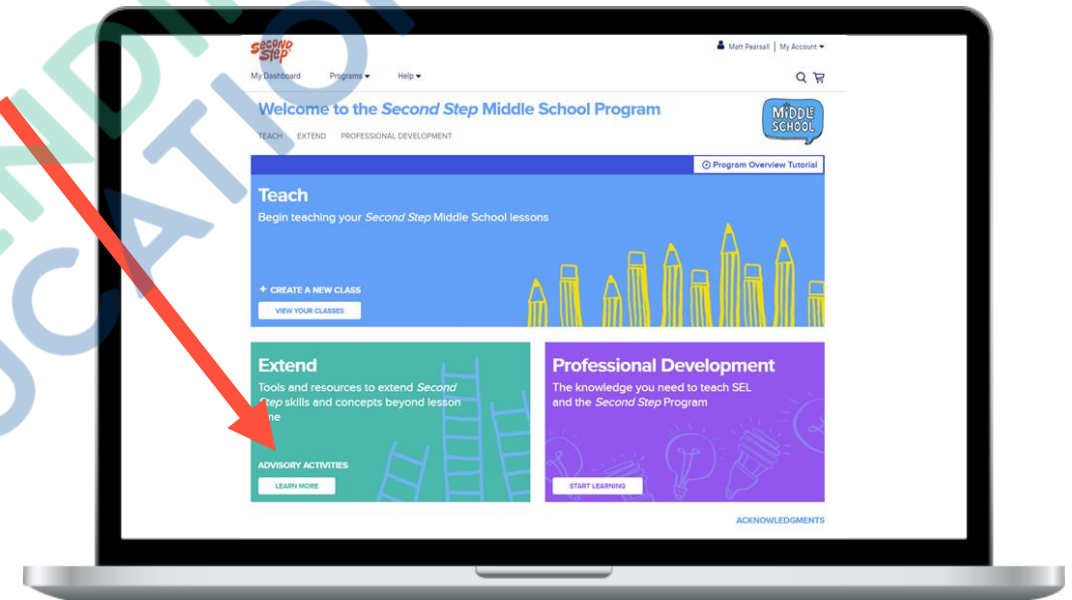
- Child Protection Unit All-Staff Training
- Bullying Prevention Unit All-Staff Training
- Available now and free through December 31, 2020



# Middle School Remote Advisory Guide



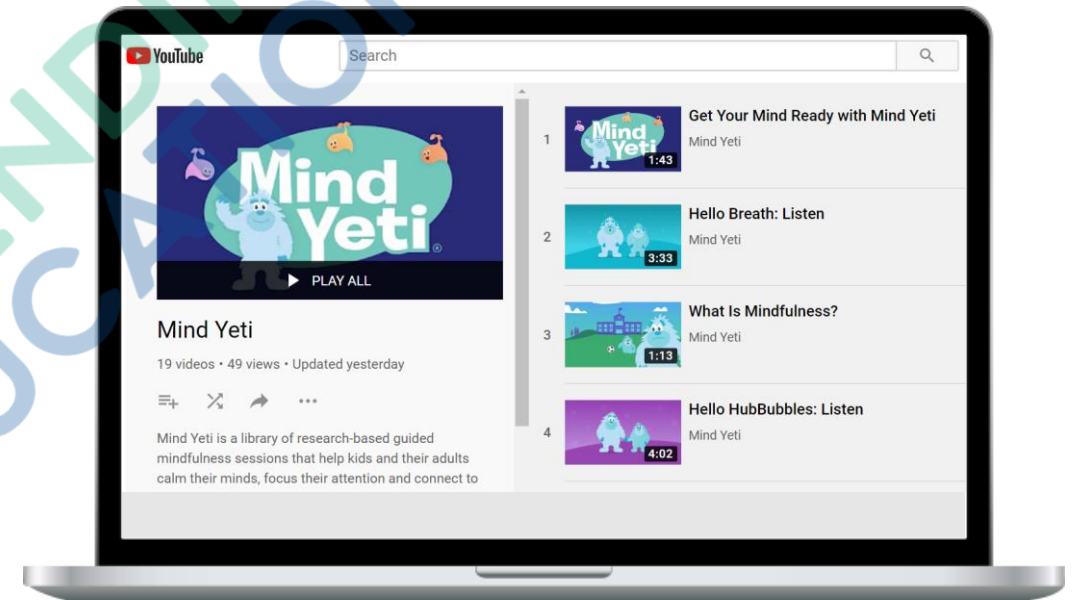
- Leverages Second Step Middle School advisory content
- Well-suited for meeting adolescents' SEL needs right now
- Additional advisory activities designed for remote learning
- Provides a starter pack of advisory activities for people without Second Step Middle School subscriptions
- Available now



# Mind Yeti® Mindfulness Program



Choose from 15 guided audio sessions designed to help kids and adults calm their minds, focus, and connect with the world around them.



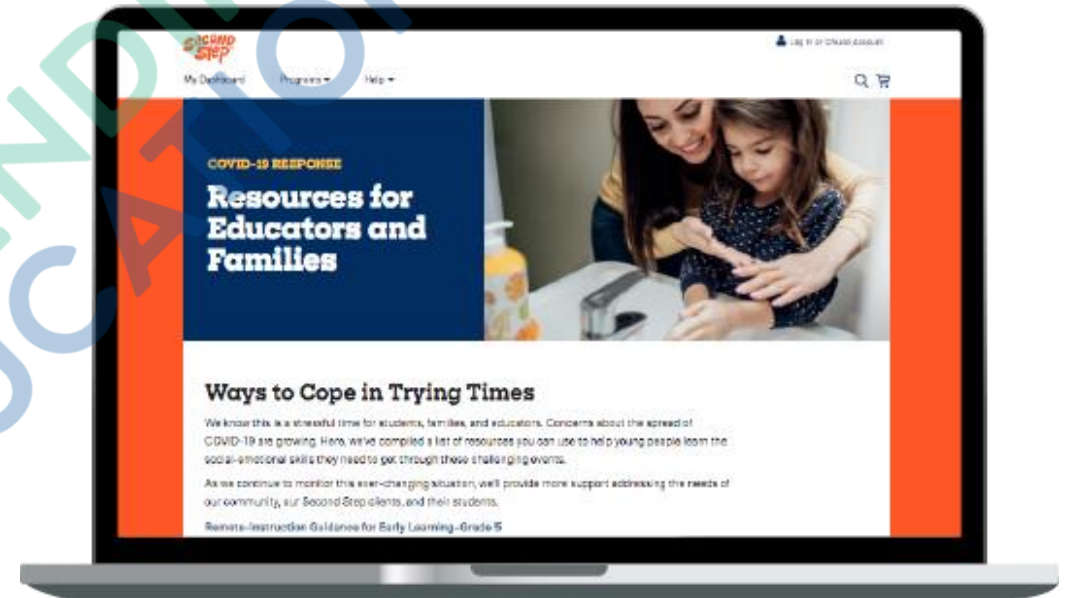
Listen today! [MindYeti.com](https://www.MindYeti.com)



# Second Step COVID-19 Support Page



- Your one-stop-shop for all support resources connected to the Second Step family of programs
- Everything on this page is free to the public



[secondstep.org/covid19support](https://secondstep.org/covid19support)

# Staying Connected



# Connect on Facebook!



Join the conversation!

[facebook.com/groups/secondstepcommunity](https://facebook.com/groups/secondstepcommunity)

# Second Step Client Support



**Our client relations professionals are here to help.**

Contact us anytime:

- [support@secondstep.org](mailto:support@secondstep.org)
- Call us Monday through Friday  
6:00 a.m.–4:30 p.m. Pacific time  
800-634-4449, ext. 1.



[support@secondstep.org](mailto:support@secondstep.org)

# Resources



- Committee for Children  
[cfchildren.org](http://cfchildren.org)
  - Second Step COVID-19 Support  
[secondstep.org/covid19support](http://secondstep.org/covid19support)
  - Live and On-Demand Webinars  
[secondstep.org/webinars](http://secondstep.org/webinars)
  - Second Step SEL for Adults Resilience Module  
[bit.ly/SELResilience](http://bit.ly/SELResilience)
  - Podcast for Families on SEL Topics  
[ImagineNeighborhood.org](http://ImagineNeighborhood.org)
  - Free Mind Yeti® Sessions  
[MindYeti.com](http://MindYeti.com)
  - Second Step Facebook Community  
[facebook.com/groups/secondstepcommunity](https://facebook.com/groups/secondstepcommunity)
  - Social Belonging Professional Development  
[mindsetkit.org/belonging](http://mindsetkit.org/belonging)
- Anti-Racism Resources
- Teaching Tolerance  
[tolerance.org](http://tolerance.org)
  - Facing History and Ourselves  
[facinghistory.org](http://facinghistory.org)
  - Greater Good Science Center  
[greatergood.berkeley.edu](http://greatergood.berkeley.edu)





**Thank you!**



DEVELOPING EDUCATION