



SOCIAL EMOTIONAL LEARNING PLAN
Student and Family Support Services



Staff Member/Program	Location	SEL Responsibility
Professional School Counselor	<ul style="list-style-type: none"> • Elementary School • Middle School • High School 	<ul style="list-style-type: none"> • Conduct Monthly Guidance • Teach Character Traits • Provide Groups • Follow the Texas Model for Comprehensive School Counseling Programs
At-Risk Counselor	<ul style="list-style-type: none"> • Judson High School • Veterans Memorial High School • Wagner High School 	<ul style="list-style-type: none"> • Plan and develop effective At-Risk Programs • Provide campus support for students who are at risk of dropping out • Provide case management
College and Career Counselors	High Schools	<ul style="list-style-type: none"> • Oversee college and career readiness services • Assist with college applications; FASFA & TASFA • Ensure students are prepared for college and career transitions
Social Emotional Learning Coordinator	Assigned to campus as needed and to coordinate SEL district-wide activities.	<ul style="list-style-type: none"> • Provide district-wide support for social emotional services • Provide district-wide support for trauma informed care services • Coordinate wraparound services for students and families • Coordinate crisis response services for student and families
District Social Workers	Assigned to campus as need and to coordinate district-wide activities.	<ul style="list-style-type: none"> • Provide district-wide social service programs • Provide district-wide support to campuses • Provide case management, individual and group counseling
Social Workers	<ul style="list-style-type: none"> • Candlewood, Hartman, Hopkins, Miller's Point, Park Village and Paschall ES • Judson, Kirby and Metzger MS • Judson, Veterans Memorial and • Wagner HS and JCARE 	<ul style="list-style-type: none"> • Provide case management, individual, and group counseling • Link between school, family and community
Restorative Practices	<ul style="list-style-type: none"> • Candlewood, Copperfield, Escondido, Hopkins, Masters, Olympia, Park Village, Paschall and Woodlake ES • Kirby & Metzger MS • Wagner HS and JCARE 	Improving campus culture through rethinking discipline strategies and restoring a student's sense of belonging and connectedness within a school environment.
CARES Team (Caring About Reaching Every Student)	<ul style="list-style-type: none"> • Middle Schools • High Schools 	<ul style="list-style-type: none"> • Systemic dropout prevention program • Assist campuses to ensure students have resources needed to be academically successful
Attendance Officers	<ul style="list-style-type: none"> • Elementary school - 2x month • Judson, Kirby, Kitty Hawk, Metzger, and Woodlake Hills MS • Judson, Veterans Memorial, and Wagner HS 	<ul style="list-style-type: none"> • Assist with attendance monitoring to help reduce dropouts and increase graduation rates • Provide campus wide attendance intervention programs • Provide community resources to students and families
Communities in Schools	<ul style="list-style-type: none"> • Candlewood, Converse, Park Village, and Woodlake ES • Kirby, Judson, Woodlake Hills and Metzger MS • Wagner HS 	<ul style="list-style-type: none"> • Assist with attendance initiatives to help reduce dropouts and increase graduation rates • Provide community resources to empower student success • Provide case management services to students enrolled in program

Definition: Social and Emotional Learning (SEL) is the process through which children and adults 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, and make responsible decisions.

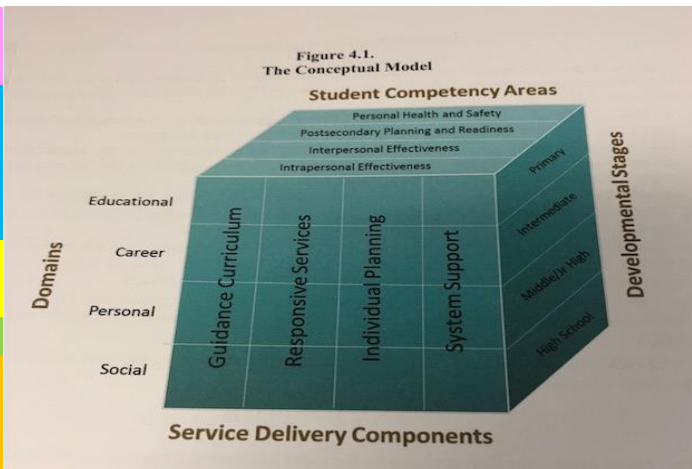
Goal 1: Provide Social Emotional Learning (SEL) opportunities to ensure our students become well-rounded.

Goal 2: Provide a safe learning environment and ensure social and emotional needs are met so our students can be academically successful.

Framework:

Social and Emotional Learning

- Interpersonal Effectiveness - Social Awareness
- Interpersonal Effectiveness - Relationship Skills
- Intrapersonal Effectiveness - Self-Awareness
- Intrapersonal Effectiveness - Self Management
- Intrapersonal Effectiveness - Responsible Decision Making
- Personal Health and Safety - School-Wide Practice and Policies - School
- Postsecondary Planning and Readiness
- Family and Community Partnerships- Homes and Communities



Social intelligence refers to a person's ability to understand and manage interpersonal relationships. It is distinct from a person's IQ or "book smarts." It includes an individual's ability to understand, and act on, the feelings, thoughts, and behaviors of other people.

Increase Emotional Quotient - (EQ) or emotional intelligence is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and diffuse conflict.

Adaptability Quotient (AQ) will be critical for the future of work. Loosely defined as the ability to adapt and thrive in a fast-changing environment, AQ is taking its place alongside established quotients like IQ and EQ when it comes to determining an employee's value.

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RELATIONSHIP SKILLS

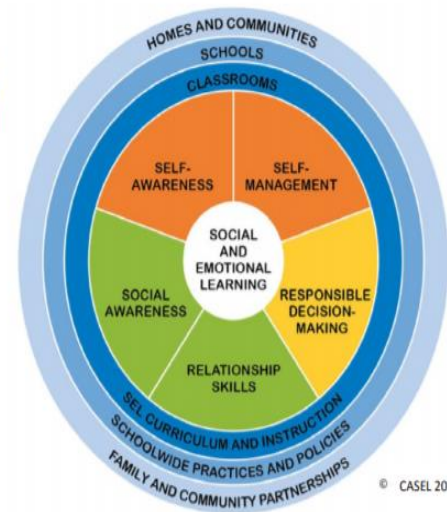
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



Audience	Resource	Goal
District-Wide Students	Guidance Lesson Topics 4 Skill Goals Counselors will ensure guidance lessons are provided to all students to build social, emotional, and soft skills.	Interpersonal Effectiveness - Social, Personal, Career, and Educational - All JISD students receive SEL through guidance lessons. We need to build social and emotional skills to ensure the Comprehensive and Developmental Guidance and Counseling Program Model is followed from Pre-K – 12th grade. 2017-18: Curriculum focus on Self-Confidence Development, Motivation to Achieve, Decision –Making , Goal Setting, Planning, Problem-Solving Skills, Interpersonal Effectiveness, Communication Skills, Cross-Cultural Effectiveness, and Responsible Behavior. New model- 2018-19: Personal Health and Safety, Postsecondary Planning and Readiness, Interpersonal Effectiveness, Intrapersonal Effectiveness.
District-Wide Students	Small Groups	Interpersonal Effectiveness - Social, Personal, Career, and Educational - SEL Curriculum and Instruction - Groups for all different topics that promote Social Emotional Learning will be provided throughout the school year; such as improving interpersonal skills, study skills, friendship/relationship skills, leadership skills, etc.
District-Wide Students at Participating Campuses: Wagner HS, Judson, Kirby, Metzger, and Woodlake Hills MS, Candlewood, Converse, Park Village and Woodlake ES (2019-2022 - Rolling Meadows and Woodlake ES)	Communities In Schools 2019 - Present	Interpersonal Effectiveness -System Support - Self-Awareness Self-Management, Responsible Decision Making - Guidance/Counseling department will collaborate with CIS staff on their campus to provide case management services and share resources to district students, parents and families.
District-Wide	Our Lady of the Lake University Interns	Interpersonal Effectiveness – Relationship Skills - Worden School of Social Service student will mentor students in individual and group activities with other mentors/mentees weekly. JISD School Social Workers will serve ad field consultants.
District-Wide Students	Second Step Curriculum Kits Digital Platform - 2022 - Present	Interpersonal Effectiveness Personal Health and Safety - The program promotes school success, school connectedness, and a safe and respectful school climate by directly teaching student the skills that strengthen their ability to: learn, have empathy, manage emotions and solve problems. Interpersonal Effectiveness

Audience	Resource	Goal
District-Wide Students	7 Mindsets 2022 - Present	Interpersonal Effectiveness Personal Health and Safety - 7 Mindsets is a research based on online SEL curriculum that targets the 10 SEL competencies.
District-Wide Students	Family Service Association Early Childhood Well-Being Program 2021 - Present	Interpersonal Effectiveness Personal Health and Safety - Program will provide assistance with mental health services to children enrolled in Judson ISD campuses, their parents, teachers and related support staff. Services can include classroom observations and consultations with teachers, related staff and parents.
District-Wide	JISD Wraparound Services - San Antonio Mobile Mental Wellness Collaborative Agencies include Clarity Child Guidance Center, Rise Recovery and Children's Bereavement Center of South Texas (2021-22 - Jewish Family Services and Family Service Association)	Interpersonal Effectiveness Personal Health and Safety - The collaborative provides a holistic approach to mental wellness by breaking barriers and bringing services into the schools. Services are provided at no cost to the students, families, and staff and include individual and group counseling, substance abuse and grief counseling, trauma informed assessments, case management, and education.
District-Wide	Texas Child Health Access through Telemedicine (TCHAT) 2021 - Present	Interpersonal Effectiveness Personal Health and Safety - TCHAT provides telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services. Students will receive short-term medication management and/or therapy interventions. Referrals will be made if long-term services are needed.
District-Wide Students	EverFi 2021 - Present	Interpersonal Effectiveness - Social, Personal, Career, and Educational Provides a supplemental K-12 digital curricula, professional development, student progress and technical assistance in the area of SEL, Mental Health and Wellness, College/Career Readiness, Early Learning and Financial Education.
District-Wide training for teachers and all staff during District and Campus PD	Daily Self Affirmations: Self-affirmation for the day can include positive daily quotes, anti-bullying messages, and self-care, wake-up and brain breaks activities during morning announcements or in classroom.	Intrapersonal Effectiveness – Social Awareness - To work on ourselves in order to be successful and bring more positivity to our students and families. Creating a positive school culture and community.

Audience	Resource	Goal
District-Wide	<p>Mindful Practices</p> <ul style="list-style-type: none"> • Class Catalyst <p>Pilot schools - 2019-2020 All campuses 2020 - Present</p> <ul style="list-style-type: none"> • SEL on Demand • SEL Townhalls (2020-2022) <p>* townhall sessions were recorded for staff that are unable to watch live.</p>	<p>Intrapersonal Effectiveness –</p> <ul style="list-style-type: none"> • Self-Awareness and Self-Management <p>• Class Catalyst is an online SEL platform that uses live feedback from students to help increase self-awareness, improve self-regulation, and better connect teachers with their students. It offers check-ins and activities that let you monitor your students' emotions, and gain insight into any behavior or life changes.</p> <ul style="list-style-type: none"> • A calendar of video links with daily activities to practice self-awareness and regulation through movement, breathwork and self-care.
<p>District-Wide Students Participating Campuses: 2019 Cohort 1 - Candlewood, Escondido, Park Village and Woodlake ES 2020 Cohort 2 - Olympia and Masters ES, Kirby & Metzger MS 2023 - Cohort 3 - Hopkins & Paschall ES, Wagner HS</p>	<p>Up Partnership My Brother's Keeper SA Restorative Justice Practices 2019 - Present</p>	<p>Intrapersonal Effectiveness -</p> <ul style="list-style-type: none"> • Responsible Decision-making <p>Improving campus culture through rethinking discipline strategies and restoring a student's sense of belonging and connectedness within a school environment.</p>
<p>Disstrict-Wide Students Participating Campuses: Cohort 1: Candlewood, Copperfield, Escondido, Masters, Olympia, Park Village, and Woodlake ES Cohort 2; Kirby and Metzger MS JCARE</p>	<p>Carney Educational Consulting Restorative Justice Training ES Training-Day 1 - 10/10/22 Day 2 - 11/8/22, Day 3 - choose from 1 of 7 days - 1/31/23, 2/1/23, 2/8/23, 2/13/23, 2/14/23, 2/17/23, or 2/24/23 MS/HS Training - Day 1 - choose from 1 of 6 days - 10/5/22, 10/7/22, 10/25/22, 10/26/22, 10/27/22, or 11/7/22, Day 2 - 11/8/22 Day 3 - choose from 1 of 7 days - 1/31/23, 2/1/23, 2/8/23, 2/13/23, 2/14/23, 2/17/23, or 2/24/23</p>	<p>Intrapersonal Effectiveness -</p> <ul style="list-style-type: none"> • Responsible Decision-making <p>Improving campus culture through rethinking discipline strategies and restoring a student's sense of belonging and connectedness within a school environment.</p>
<p>District-Wide Students Audience – High and Middle School</p>	<p>Girl Scouts 2019 - Present</p>	<p>Intrapersonal Effectiveness -</p> <ul style="list-style-type: none"> • Self-Awareness and Self-Management • Responsible Decision Making <p>Fostering partnerships with community organizations in helping to understanding the needs of our students and their background to cope with stressors and to provide social/emotional support.</p>
<p>District-Wide training for all staff</p>	<p>Safe Schools Beginning of the School Year Requirements</p>	<p>Personal Health and Safety - Online videos and quizzes and PowerPoint Presentations for all staff for the following topics: Bullying Prevention/Bullying vs Conflict, Child Abuse Prevention/CPS Reporting, Handle with Care, Human Trafficking, SEL and Mental Health, Suicide Prevention, Teen Dating Violence/Healthy Relationships and UT Teen Health-Trauma</p>

Audience	Resource	Goal
District-Wide training for all staff	School Safety during a crisis (Ongoing)	Personal Health and Safety - Each department will contribute to the school safety plan in order to prepare for and learn to effectively deal with an active shooter situation on campuses. Counseling and crisis team will assist with the reunification process.
District-Wide training for all staff	Trauma Informed Care (Ongoing)	Personal Health and Safety - Providing an extension of Mental Health Awareness through Trauma Informed Care training. The department is a member of the South Texas Trauma Informed Consortium - Educator Sector.
District-Wide Counselors and Social Workers	Healthmasters (Ongoing)	Personal Health and Safety - Counselors and social workers will use the computer-based program to keep track of important mental and behavioral health information of students. Improves the communication between all schools in district for those students that are highly mobile. Will be able to gather data and see trends easily.
District-Wide Students	Second Step Curriculum Anti-Bullying Awareness for grades Pre-K-5th and 6th-8th	Personal Health and Safety, Intra and Interpersonal Effectiveness - The program promotes School Success, school connectedness, and a safe and respectful school climate by directly teaching student the skills that strengthen their ability to stand up and report bullying.
District-Wide Students	Pacer.org National Bullying Prevention Center Anti-Bullying Awareness for Grades 6th-8th and 9th-12th	Personal Health and Safety, Intra and Interpersonal Effectiveness - The program promotes School success, school connectedness, and a safe and respectful school climate by directly teaching student the skills that strengthen their ability to stand up and report bullying.
District-Wide	Gaggle 2021-Present	Personal Health and Safety - An online solution that manages student safety and well-being on school-provided technology. Gaggle protects and ensures their well-being with the a proactive digital tool web filter.
District-Wide	STOPit 2022-Present	Personal Health and Safety - An online platform and App that allows individuals to anonymously reporting report bullying, harassment or other safety concerns.
District Administrators and Counseling Staff	Handle With Care	Personal Health and Safety - The program entails law enforcement sending notifications to school districts via administrators and counseling staff if a officer responds to a scene where school age children are present and may have been traumatized by the incident. The goal of the program is to help traumatized students by meeting the social emotional needs as they return to school.

Audience	Resource	Goal
District-Wide Students - 5th and 8th Transitions	Counselors complete transition forms and work with receiving counselor	Personal Health and Safety - In order to ensure we provide the best services for students. Creating a positive social environment for them in order to be successful
District-Wide Administrators and Counseling Staff	Dr. Langman Presentation: Warning Signs: Identifying School Shooters Before They Strike September 22, 2022	Personal Health and Safety - A full-day training that will help staff be proactive in recognizing signs and preventing a crisis on campuses.
District-Wide, 7th – 12th Grade, Counselors, CTE Teachers, Students, and Parents	SchoolLinks 2018 - Present	Postsecondary Planning and Readiness - Provide more opportunities for students to explore future careers and colleges. Students and Counselors work together to build the students 4-year Personal Graduation Plans. Parents have access to program and will be used in the college and career readiness (CTE) curriculum/classes.
District-Wide Students	College and Career Readiness Plan for Counselors to follow	Postsecondary Planning and Readiness - Elementary, Middle School, & High School Counselors will be following a plan that was designed by a counseling team over the summer to ensure we meet all needs of our students & prepare them for postsecondary readiness & exposure of endorsements, career, and college information.
District-Wide 9th – 12th Grades (Students selected by program)	Upward Bound	Postsecondary Planning and Readiness - Academic and personal support to participants in their preparation for college through funding from U.S. Dept. of Education. The program provides opportunities for participants to succeed in their high school academics and ultimately in their higher education pursuits. The goal of Upward Bound is to increase the rate at which participants complete high school and graduate from college or university.
Seniors Participating Campuses: Judson HS and Wagner HS	Alamo Promise 2019 - Present	Postsecondary Planning and Readiness - New program to San Antonio, current 12th grade students will have an opportunity to have 2 years of college paid at any Alamo Community College. Not income based and award of associates degree.
District-Wide 9th – 12th Grades (Students selected by program)	College Connection Program Alamo Community College District	Postsecondary Planning and Readiness - College & Career Readiness Counselors will schedule, support & distribute, information to their students about recommended & optional College Connection activities, such as completion of Introduction to College & Pathways Module (Career Coach), an ApplyTexas online admission application (recommended), AlamoENROLL module workshops (recommended), Free Application for Federal Student Aid (FAFSA) sessions, assessment information, and other activities as determined and mutually agreed upon by JISD and Alamo Colleges.

Audience	Resource	Goal
District-Wide Parent and Family Engagement	Operation School Bell Elf Louise, Salvation Army Shoe-In, Food Bank Vouchers and PIE Vouchers	Family and Community Partnerships System Support -Guidance/Counseling department will collaborate with community organizations to provide resources to district students, parents and families.
District-Wide Campus Parent Meetings	Coffee with the Counselor	Family and Community Partnerships System Support - Building community & family
District-Wide Parent Meetings	Three district-wide parent events to build community involvement. 9/20/22-webinar-Anxiety Management in the Ever-Changing World 10/25/2022-JHS-Signs & Symptoms in Teen w/Substance Use - 11/29/2022 - webinar - TBD - 1/31/2022 - WHS -TBD - 2/28/2022 - webinar - TBD - 3/28/2022 - VMHS - TBD	Family and Community Partnerships System Support - •Monthly parent presentations on various topics.
District-Wide	SACADA (San Antonio Council on Alcohol and Drug Awareness)	Family and Community Partnerships System Support - Families and their children will have access to health promotion and substance use and/or substance dependency prevention services. Program will provide support in Youth Prevention Services, Project Strong Life Case Management Services, and prevention educational resources, brochures, pamphlets, and posters to students' in district.
District-Wide	Baptist Children and Family Services (BCFS) – STAR Program	Family and Community Partnerships System Support - Families and their children have access to individual and family counseling, parent and youth skills training, or case management services.
Participating Campuses: JECA, Judson, Veterans Memorial, & Wagner HS Judson/JSTEM, Kirby, Kitty Hawk, & Woodlake Hills MS Copperfield, Masters, Rolling Meadows, & Salinas ES	S2S Program	Family and Community Partnerships System Support - Student led program to take care of new students. The program shows students their new campus and community. Teams plans fun ways for new students to get to know other students, build new peer groups, in order to perform better academically and creating a culture of 100% acceptance.

Completed SEL Trainings and Programs

Audience	Resource	Goal
District-Wide High School Presentations	Motivational Speaker focusing on Goal Setting Completed 2018-2019	Intrapersonal Effectiveness - <ul style="list-style-type: none"> • Self-Awareness • Self-Management • Responsible Decision Making 9th -12th grade students targeting at-risk students were offered the opportunity to hear Kent Julian speak about goal setting and decision-making. This focuses on intrapersonal skills
Elementary Counselors and Social Workers	Mind Yeti Online Interactive Mindfulness Program	Intrapersonal Effectiveness – <ul style="list-style-type: none"> • Self-Awareness and Self-Management Responsible Decision Making To teach students self-regulation and identify emotions.
District-Wide Administrators and Counseling Staff	Dr. Langman Presentation: Why Kids Kill: Inside the Minds of School Shooters Training completed August 6, 2018	Personal Health and Safety - A half-day training that will help staff be proactive in recognizing signs and preventing a crisis on campuses.
District-Wide students Participating Campuses: Judson, J-STEAM, Kirby, Kitty Hawk, Metzger MS, and Woodlake Hills MS	Panorama Survey completed 2018-19 and results was shared during District PD 2018-19 Survey completed December 2021 and April 2022	Personal Health and Safety - We used Panorama was used by counselors and teachers this school year in order to conduct a pre and post year survey for students. From the survey we received data on how are students interacted with their teachers and how safe they felt in our schools. We will continue to collect data to drive SEL guidance lessons and small groups.
Elementary Counselors, Social Workers and CIS	Kimochi Training Completed August 2019 Completed October 7, 2021(Intro) Completed March 24, 2022	Personal Health and Safety – Training was provided in order to enhance counseling skills when working with students who are in emotional distress, need help managing their behaviors or emotions.
Counselors, Social Workers and CIS	Sand Tray Training Completed August 2019 Completed December 6, 2021	Personal Health and Safety – Training was provided in order to enhance counseling skills when working with students who are in emotional distress or have a hard time expressing themselves verbally.
Counselors, Social Workers and CIS	Mindful Practices One Breath at a Time, SEL for you and Your Students Completed January 3, 2022	Personal Health and Safety - Training provided techniques on self-care & Wellbeing, and ways to incorporate social emotional learning strategies for students.
Counselors, Social Workers and CIS	Developmental Assets Completed February 10, 2022	Personal Health and Safety - Training provided information about the 5 elements of the Developmental Relationships Framework and what each element means and why each one is essential.

Completed SEL Trainings and Programs

Audience	Resource	Goal
District-Wide Guidance and Counseling Staff Monthly Meetings and Professional Development	Training on Human Trafficking –Saul Castellano, Graduation plans, policy and procedures. Self-Harm, Suicide/Homicide, , etc. Training Completed 2017-2018	Family and Community Partnerships System Support - Providing tools counselors and social workers need to be successful and help students and families.
District-Wide All JISD Principals and Assistant Principals	Family Leadership Institute Training completed June 2021	Family and Community Partnerships System Support - Building community and/family engagement throughout the district.
District-Wide Students Campuses participating: Candlewood, Converse, Franz, Hartman, Hopkins, Millers Point, Park Village, Paschall, Spring Meadows and Woodlake ES	College and Career Readiness YES! Our Kids Can 2018 - 2020	Postsecondary Planning and Readiness - Elementary campus will be following a plan that was designed to ensure we meet all needs of our students and prepare them for postsecondary readiness and exposure of endorsements, career, and college information.
District-Wide Students Participating Campuses: Park Village ES, Spring Meadows ES, Woodlake ES Kirby MS and Metzger MS	The Most Program College and Career Readiness 2019-2020	Intrapersonal Effectiveness-Self-awareness, Self-management and Responsible Decision Making - The program promotes college and career readiness by participating in the community and learning various job descriptions and observing through real life employment experiences.
District-Wide Students	Virtual Canvas Lessons August 2020-2021	Interpersonal Effectiveness - Social, Personal, Career, and Educational Counselors and social workers created virtual guidance and social emotional lessons that were placed on Canvas; the district educational learning platform.
District-Wide training for teachers and all staff	Mindful Practices 2018 - 2019	Intrapersonal Effectiveness – <ul style="list-style-type: none"> • Social Awareness • Relationship Skills Understanding the needs of our students and their background to cope with stressors. This will be ideal to motivate our staff and provide professional development for soft skills (emotional IQ) Research states that students with a high emotional IQ can become more successful than students with a higher Academic IQ. Teaching Mindful Practices to students will help them with self-management skills.

Completed SEL Trainings and Programs

Audience	Resource	Goal
District-Wide	Mindful Practices Yoga Workshop September 29th, October 6th, 13th 2020	Intrapersonal Effectiveness – • Self-Awareness and Self-Management • Relationship Skills 3 part session Yoga Workshop designed to incorporate yoga practices into your classroom either for virtual or in-person learning.
District-Wide	Mindful Practices Everyday Self-Care - Educator Well-being February 4th, 11th, 18th 2021	Intrapersonal Effectiveness – • Self-Awareness and Self-Management • Relationship Skills 3 session to help support the emotional and physical health of Judson staff members. Strategies and techniques that will be shared are designed specifically with educators in mind and encourage participants to incorporate moments of self-care into their daily routines. The primary goal is to give staff members time for self-care, reflection, respite
District-Wide	Mindful Practices SEL 101 Cohort 1 March 2nd, 4th, 9th, 11th, 16th, 18th, 23rd and 25th 2021	Intrapersonal Effectiveness – • Self-Awareness and Self-Management • Relationship Skills 8 session online course to learn SEL strategies such as movement, breathwork, and self-care practices they can implement for themselves as well as their students, but they will leave with actionable steps on how and when to integrate SEL and mindfulness into their daily lives, both personally and
District-Wide	Mindful Practices SEL in Early Childhood April 9th, 16th 2021 *sessions are recorded for staff that are unable to watch live	2 session to learn from SEL and Early Childhood Specialists about a continuum of learning and support activities designed to prepare educators to empower your youngest students and their families to take part in self-awareness activities, regulation practices, and engaging and fun SEL programming including movement, song, dance, and community-building opportunities.
District-Wide	Mindful Practices SEL 101 Cohort 2 May 4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th 2021 * sessions are recorded for staff that are unable to watch live	8 session online course to learn SEL strategies such as movement, breathwork, and self-care practices they can implement for themselves as well as their students, but they will leave with actionable steps on how and when to integrate SEL and mindfulness into their daily lives, both personally and professionally.
District-Wide	SITT by UP 2019-2021	Personal Health and Safety - Sterling’s Initiative Through Technology by Unifying Processes. A locally created JISD program that monitor word usage that may indicate a safety concern. An email alerts administration and staff in order follow up with possible concerns.