



# Social Emotional Support

## Continuity, Mental Health, and Well-Being

Judson ISD is prioritizing continuity and the social, emotional, and mental health of our families and staff.

We have made some adjustments to our social emotional learning plan in order to ensure we provide the best support to our students, staff, and families. Our new learning environments offer different opportunities for students to learn and our SEL Plan will continue to focus on building EQ and AQ for all of our Judson Students. Please visit our Guidance and Counseling Website to review our JISD SEL Plan.

“ To rebuild thriving schools, we need to prioritize safe, supportive, culturally sustaining, and equitable learning environments that promote the social and emotional competencies of both students and adults.

REUNITE  
RENEW  
THRIVE

CASEL | Reunite, Renew, and Thrive: Social and Emotional Learning (SEL) Roadmap for Reopening School | JULY 2020

Download the Report: [bit.ly/SELforReopening](https://bit.ly/SELforReopening)



### Social Emotional Learning- In Person or Remote

In order to have a safe environment for our students JISD is implementing Class Catalyst a tool that will help us measure our student’s mental health and emotional well-being every day. All JISD students district-wide from Kinder-12<sup>th</sup> grade will complete daily SEL check-ins. Once SEL check-in is completed, students will be given 4 activities to choose from to teach self-regulation skills. Our goal is Self-Awareness and Self-Regulation. Teachers will have immediate data on responses and can encourage mindfulness techniques if needed to start the day. Counselors can also review data and utilize it to monitor student’s mental health and follow up with student as needed.

#### Student Voice

Class Catalyst gives our students a discrete platform to share their story.

**OK, thanks!**  
Thanks for your honesty. Which mood fits you best right now?

Anything you'd like to share? (This is optional and confidential)

Enter your story here



In planning for the school reopening, the critical practices outlined by the Collaborative for Academic, Social, and Emotional Learning’s (CASEL) in their new guide, [“Reunite, Renew, and Thrive: SEL Roadmap for Reopening School”](#), frame our planning and commitment to support student and staff social-emotional well-being.



In order to support the ongoing social-emotional needs of students, staff, and families, the district continues to create and adapt training opportunities, curriculum, and supporting resources. Explore these great resources for students, teachers, staff, and families self-care. Guidance lessons will be conducted in person and pre-recorded lessons will be provided in Canvas. To view a yearly plan of lessons covered please visit our Guidance and Counseling website (<https://www.judsonisd.org/Page/16454>).

Counselors will provide guidance lessons focusing on the following areas:

<b>SEL Content</b>	<b>Character Trait</b>
Self-Awareness	Respect
Responsible Decision Making	Citizenship
Coping with Anxiety	Courage
Social Awareness/Empathy	Caring
Self-Management/Goal Setting	Diligence
Relationship Skills	Honesty
Self-Harm Awareness/Resolving Conflict	Fairness
Child Abuse Awareness Month	Trustworthiness
Mental Health Awareness Month	Integrity

Counselors and Social Workers will continue to focus on Anti-Bullying curriculum and lessons throughout the school year.



## MINDFUL PRACTICES

**Self-Care for Students, Staff, and Families** is an important piece to return back to school. During this time of uncertainty and changes to our new learning environment, self-care is an important part of life to ensure we keep balance.

- The Guidance and Counseling staff will provide professional development on Self-Care for all staff members.
- Self-Care for all JISD staff members and mindfulness strategies will be provided throughout the school year weekly from Mindful Practices.
- Students will have the opportunity to learn and use mindfulness practices self-awareness and self-regulation activities.

As students are experiencing change and social interactions are limited to working from home. Judson ISD will continue to provide asynchronous activities and lessons for students to continue on their path to prepare for post-secondary opportunities. SchoolLinks is our college and career readiness platform that has proven to be a success during our time of school closure and remote learning. Students have continued to login and explore colleges and careers and complete activities in SchoolLinks.

## SchoolLinks

### **College and Career Readiness 7<sup>th</sup>-12<sup>th</sup>**

- SchoolLinks is our electronic College and Career Readiness platform that we will continue to use for students to complete tasks pertaining to each grade level.
- College and Career Counselors will be available in person and will meet with students over zoom to review any items needed.

Our goal is providing the best customer service and being available for our students and families by reaching us by phone or by zoom. We are ready to help and will have virtual hours posted to meet with the counseling staff.

### **Individual Planning**

- Counselors will be on campus to meet with students who are attending school in person.
- Counselors will meet with students over zoom who are attending virtually.
- Counselors will continue to talk to students and parents by phone and schedule appointments as needed to meet in person.



The CARE Team was designed to provide students and families support during our new learning environment. We will continue to provide services during the 2020-2021 school year to ensure our students and families are safe and



### **CARE Team**

- CARE Team will continue to make home visits to enroll students in school who have not enrolled or have stopped attending school.
- CARE Team will make home visits as needed for students who are not attending school.
- CARE Team will provide home visits to meet with students and parents to provide resources to families that are needed for students to be successful in our new learning environments.

**Family Engagement** is a key to success Judson ISD will provide Family Leadership Institutes throughout the school year and will have their first cohort this school year. Building parents as leaders and building communication with campus administration is a key component for the family leadership Institutes. The institutes provide social emotional learning for parents and administrators. We will work on providing an open safe environment for parents to feel comfortable and feeling part of their child's school. The Guidance and Counseling department will also publish monthly newsletters with updates for students and parents.

In order to assistance students and families that have been experiencing hardship the Guidance and Counseling Department will continue to provide resources to ensure all student basic needs are met so they can be academically successful. Social Workers will continue to research opportunities to have the most up to date resources available in Judson ISD.

### **Resources**

- McKinney-Vento – School supplies and clothing/shoes available
- Assistance League of SA- clothing for 25 students at following elementary schools. (Pending new process)
- School supplies will be given to all students in need at CIS campuses
- School supplies for students in need will be available
- 600 Backpacks available
- PIE vouchers for clothing will be available for all students in need (Randolph Rotary provides assistance)
- Shoe In program Salvation Army –Pending new process