

# CLARENDON SEL NEWS

## AUGUST & SEPTEMBER SEL FOCUS: Learning School Expectations

Welcome back to the 2020-2021 school year! Safe to say that this year looks a bit different than we all hoped, but we are excited to be back to school, if even from a distance! Despite the different circumstances, we are dedicated to continuing our work to support the Tier 1 Social-Emotional Learning (SEL) efforts at Clarendon this year. With parent collaboration and staff support, we will continue to build on the progress we have made in the past two years, while also adding in some new and critical elements.

**School-wide SEL:** If you are not new to Clarendon, you likely know that we have organized our SEL lessons into themes in the past. We will continue to start the year with “Learning School Expectations” and follow up with teaching other important skills: identifying feelings, having empathy, managing emotions and problem solving. However, this year, classroom lessons will be supplemented with grade level lessons on the two curriculums: *Racial Literacy* and *Choose Love*. Through these lessons, led by our social worker (Kait), we will provide space for conversations and learning about race, equity and character.

Before you...  
f t i s e w  
**THINK!**  
**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

At Clarendon We Are:  
**Safe  
Respectful  
Responsible  
Kind**

**CLARENDON  
DISTANCE LEARNING  
EXPECTATIONS**

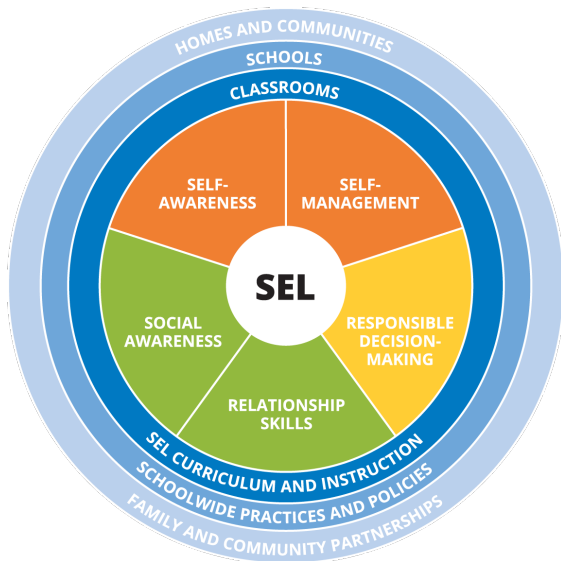
**Be Safe**  
• Choose words, images, and behaviors that are safe to everyone.  
• Have a Zoom meeting with adult's supervision.

**Be Respectful**  
• Participate and complete your assignments on time.  
• Start and end on time.  
• Be prepared to take notes.  
• Communicate if you have difficulties.

**Be Responsible**  
• Sit up in front of the computer, and listen and take other people's ideas respectfully.  
• Take care of your device - no eating.  
• Critique ideas, but not people.

**Be Kind**  
• Show kindness to each other through your words, work, and behavior in a digital world.  
• Say hello and thank you.  
• Remember: we are here to support each other and create together.

Currently, we are working to ensure that all students are “Learning School Expectations.” The students will be discussing these expectations “in class,” and will learn how to **Be Safe, Respectful, Responsible and Kind** in all aspects of learning!



One of the tools that many of our students use in the classroom is the “Cool Down Corner.” A cool down corner is a designated space that a student can go to in the classroom when they need a break. The idea is to help students start to notice when they are feeling dysregulated, and support their relaxation efforts by allowing them a safe space for a break without a negative consequence. We usually supply our cool down corners with feeling guides, breathing prompts and fidgets. This year, each student will receive a starter cool down kit to take home, so they can continue this important practice in their virtual learning spaces.



**Lessons and updates:** If you would like more information about SEL, or would like to access ongoing information and updates, please visit the following websites:

- **Kait’s SEL Tools Site** (for schoolwide messaging, student lessons and student activities):  
<https://sites.google.com/view/clarendonsel>
- **Clarendon’s SEL Site** (for parent/guardian information)  
[Clarendonsel.edublogs.org](http://Clarendonsel.edublogs.org)

**Parent/Guardian support and collaboration:** We are so grateful to have such an engaged and dedicated community of support here at Clarendon. Our parent volunteers have already been hard at work in an effort to contact each Clarendon family. Our hope is that this effort, followed by continued outreach efforts, will help all families get the support they need, and provide an opportunity for ongoing family partnerships and collaboration. If you’d like to get involved, please join the SEL group on Parent Square!

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**Please let us know if you have questions or would like to get involved!**

Kait Bowles (School Social Worker), Mr. Van Court, Dr. Cashen, and the SEL Team