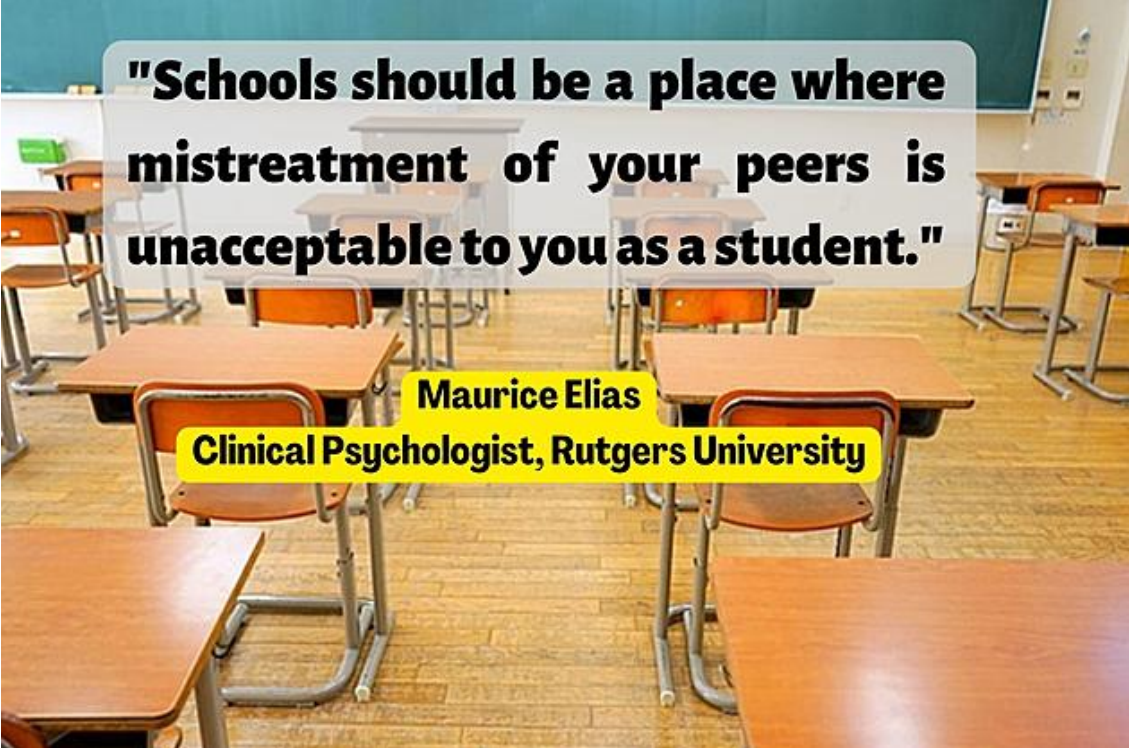




Dear Academy Members,

March 10th is SEL Day! This year's theme is Uplifting Hearts, Connecting Minds. Below are some resources to help you cultivate this SEL-based theme in your classrooms and communities. And be sure to join us in celebration of SEL this year and onward!

A photograph of a classroom with rows of wooden desks and orange chairs. A semi-transparent white box with black text is overlaid on the image.

"Schools should be a place where mistreatment of your peers is unacceptable to you as a student."

Maurice Elias

Clinical Psychologist, Rutgers University

NJ Schools Should Implement These Simple Practices to Stop Bullying

The recent passing of Central Regional High School freshman Adriana Kuch following a brutal assault by four girls in a hallway has brought the discussion of bullying in schools back to the forefront. Rutgers University clinical psychologist Maurice Elias explains that preventing bullying starts with schools establishing the norm of kindness, caring, and how we treat each other.

[Read the article here »](#)



4 Strategies for Unlocking the Value of SEL

Stephanie Parry leads the School Provider and Quality Implementation Work Group with SEL4NJ and is a director at the P-12 strategy at the Newark Trust for Education. Her article efficiently explains research highlighting the benefits of SEL implementation in schools. According to the article SEL skills can improve academic performance by 11 percentile points. Parry explains 4 values that ensure SEL implementation is done to maximum benefit. By incorporating these values in SEL school implementation, your SEL programs are headed towards success. The article includes more information on the importance of these values!

[Read more here »](#)



Self-Management SEL Activity

Amy Khokhar explains the ABC approach to teaching students about setting goals and achieving them and provides a printout goal setting activity that would be great to use for SEL Day! The first part of the ABC approach to teaching goal setting is to **A**sk students questions about setting goals. Some of these questions may be "What is a goal?" and "What are things you want to improve in your life?". The next part is to **B**ack students up and offer encouragement as they strive to achieve their goals and the last is to **C**elebrate student's success. Keeping this method in mind will help students understand why goals are important to set and that there is reward in achieving them.

[Learn more here »](#)

#SELday

#SELDay Summits
March 10, 2023

(1) Join us for an SEL4NJ Summit on SEL Day

SEL4NJ and its partner organizations will be presenting a special SEL Day Summit on March 10, 2023 from 11 am to 4 pm Eastern time. The event will be hosted online and will feature six presentations about the benefits of social-emotional and character development

in schools and in life. Sample topics will include the new NJ School Climate Improvement Platform, a panel discussion with grantees from our New York Jets scholarship program, SEL and the Arts, shaping a positive school environment with SECD, SEL in everyday curriculum and instruction, and providing connections and networking for school improvement. Be sure to check out the SECD Lab's very own Dr. Maurice Elias at 2:30pm EST for his session on How To Add SEL "IN" and not "ON" to Everyday Curriculum and Instruction.

[Register here »](#)

(2) Taking Stock and Facing the Future: A Discussion on the State of SEL

Join David Adams, CEO of Urban Assembly and SEL Day co-chair in conversation with SEL-field co-founder and Rutgers University Professor of Psychology, Dr. Maurice Elias, and CASEL's CEO, Dr. Aaliyah Samuel. We don't know where we're going if we don't know where we've been and this discussion will reflect on the exponential uptake of SEL over the last few decades, the current state of the field, and what comes next. Our speakers will discuss timely field priorities such as supporting SEL implementation quality; paths to developing state-wide support; effectively advocating for SEL; and building bridges of understanding across lines of disagreement and difference to continue to expand the diverse national coalition of SEL allies.

[Register for SEL Day to Gain Access to the Summit »](#)



Upcoming Webinars

Here are our upcoming REBROADCASTS of our widely popular [SEL Academy Free Webinar Series: Best Practical Practices in Your SEL/Character Work](#). Every rebroadcast will have time for Q and A. The link to register for all rebroadcasts is [here](#).

(1) SEL and Equity 101: A Practical Approach

Date: 3/30/23, 7:30 - 8:30 p.m. EST

Presenter: April Terrell

This webinar will aid participants in viewing SEL from an equity perspective. Centering on the self-awareness competency, one will begin to think about comfort and capability for discussing topics of Diversity, Equity, Inclusion, Justice, and Belonging with students; we will define common language and terms; and determine ways to serve as an anti-racist educator.

(2) How to Instruct Students in ANY SEL/Character Program Effectively

Date: 3/9/23, 7:30 - 8:30pm EST & 4/18/23, 4:30pm - 5:30pm EST

Presenter: Erin Bruno

During this webinar we will explore best practices for developing SECD skills in your students. We will also look at SEL signature practices that can support the SECD skills and help to create a safe, positive learning environment.

(3) Leading SEL Implementation in Schools

Dates: 3/23/23, 4:00 - 5:00pm EST

Presenters: William Trusheim, Vickie Blakeney, Donna Black

Come and join us for this webinar which covers fundamental theory and practice regarding Social-Emotional Learning, Character Development, and School Culture and Climate at the level of the program, school, or district. A basic understanding of these fundamentals leads to a discussion of important leadership principles and practices that help to engage staff, students, parents, and community in building these life skills into the fabric of the school program. Finally, it is important for leaders in a school or district to understand how to develop a core of followers and distribute both leadership and ownership of the program to others invested in the school's success.

(4) Principles of Staff Development for Expertise in SEL/Character Instruction

Dates: 3/16/23, 4:00 - 5:00pm EST

Presenters: Paty Meacham, Scott Taylor

We invite you to join our webinar and share a brief journey of discovery that describes the SECD Instruction and Leadership practicum courses as opportunities for candidates to build expertise in putting their knowledge of theories and pedagogy into day-to-day practices. Let's begin!



Our email address is:

secdlab@gmail.com

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