Academy for SOCIAL-EMOTIONAL Learning in Schools

Dear Academy Members,

First, we would like to wish all of our educators a belated happy Teacher Appreciation Week. We are impressed and humbled by the tireless work you do to educate your students day in and day out. Although it's belated, we hope that you can carve out a little time this weekend for self-appreciation and self-care.

Second, May is Asian American and Pacific Islander Heritage Month. This month is a wonderful opportunity to engage your students in conversations around heritage, anti-racism and equity using SEL and character skills. In honor of AAPI month, we wanted to share a list of elementary-school level books that center AAPI communities. For middle and high school students, *Teen Vogue* has a number of wonderful articles focused on the experiences of AAPI teenagers and young people, including an interview with 13-year-old activist Ashlyn So and an op-ed by Devi Jag on the importance of her name to her identity.

As always, if you have a strategy that you are using in your classroom to celebrate your students' identities or to
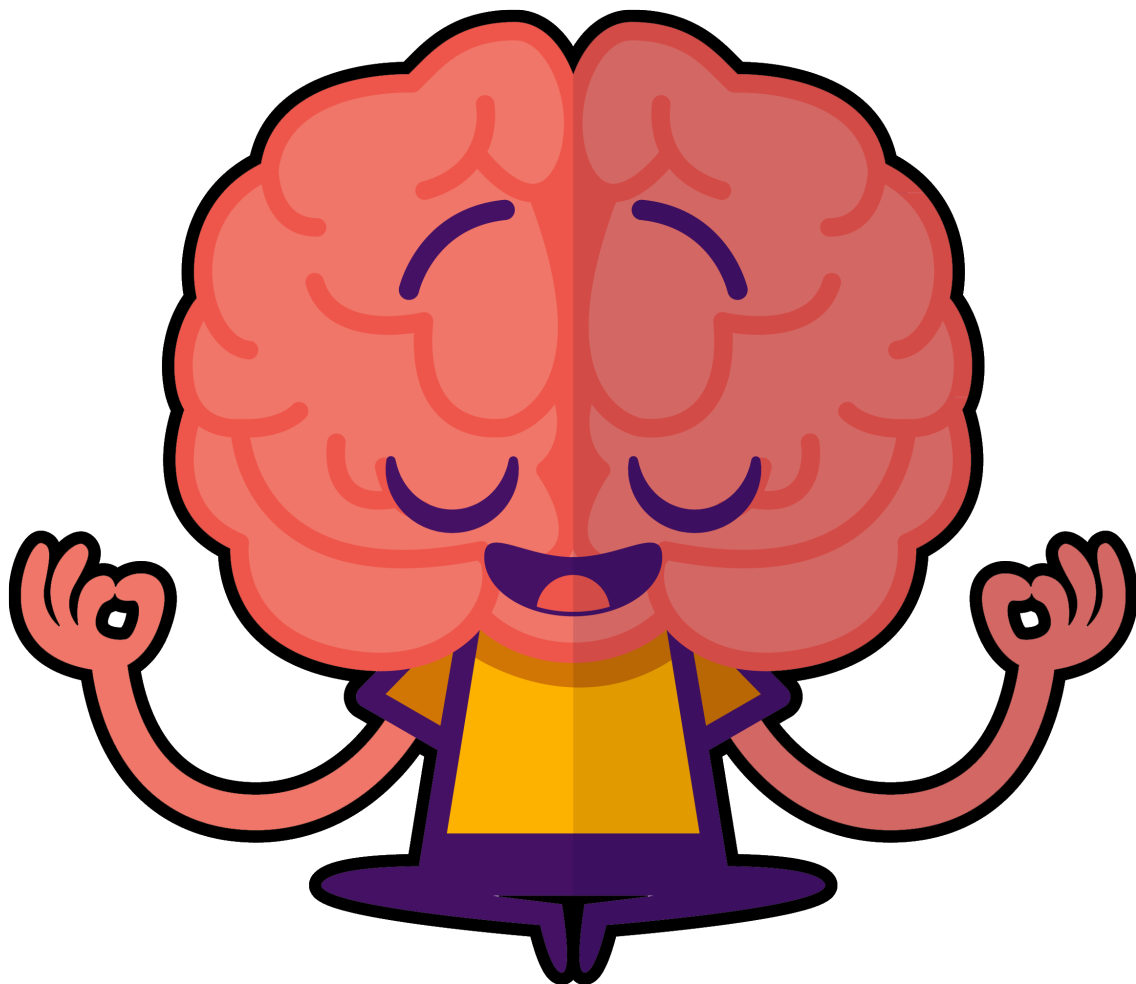
promote equity and anti-racism, we would love to share your strategy in the newsletter. Reach out to us at secdlab@gmail.com.

THE 2021-2022 SCHOOL YEAR SURVEY

To help us prepare for the 2021-2022 school year, we are conducting a survey of our **Academy Certificate Holders**! We want to understand how, if at all, your Academy training has prepared you to face the unique challenges of next year. We also want to learn how The Academy can best support you in the 2021-2022 year. If you want resources on specific topics, more contact with the VLPC or an alumni reunion, let us know!

You can access the survey HERE!

Mental Health Awareness Month

May is Mental Health Awareness Month! We want to shout out all of our Academy members for the work you do year round to promote the emotional well-being of students, family and staff. To support you in this work, this month our resources are focused on supporting the mental health of students and educators.

1. Burnout is a common mental health stressor for educators that can zap mental resources, dampen mood and negatively impact physical health. In this article, Kevin Leichtman shares tools to help educators recognize and actively work against burnout.

2. EdWeek Market Brief provides 4 strategies schools can use to support the mental health of students and educators as schools return to in-person learning.

3. In this deeply personal article from Learning for Justice (formerly Teaching Tolerance), Christina Torres shares how

she talks with her students about her panic attacks and anxiety disorder to normalize psychological disorders.

Connect with The Academy

Looking to get resources and connect with The Academy beyond the newsletter? Check us out on social media on Facebook and Twitter, @SELinSchools.

Also, don't miss our newly revamped Academy for Social-Emotional Learning in Schools website where you can access 76 pages of SECD resources!

Upcoming Events

This week we have an on-demand webinar. YouthTruth and CASEL team up to share student perspectives on school

learning environments gathered from student surveys.

Topic: Learning from Student Perspectives with YouthTruth
On-Demand Webinar Link:
https://www.youtube.com/watch?v=ve2m3j9UMEo

Virtual Professional Learning Community

Our Virtual Professional Learning Community (VPLC) is always looking for new topics or areas of interest. If you could send us an issue, topic, or question for which you would most like consultation/support we would greatly appreciate it!

Emails can be sent to: SELvplc@gmail.com

OR

Complete this Google Form

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