



Dear Academy Members,

In honor of Native American Heritage Month in the United States, we are highlighting Learning for Justice's "[November is Native American Heritage Month](#)" webpage. The webpage contains articles on how to incorporate Native American voices into U.S. history curriculums and a link to the [Indigenous Peoples' History webinar](#), which both explores how U.S. history courses often fail to include Native American and Indigenous Peoples' perspectives and provides resources to teach a more holistic U.S. history.

The Effects of the Pandemic on Youth Mental Health



The [2021 Children's Mental Health Report](#) from Child Mind Institute explores the effects of the pandemic on child and adolescent mental health, development and learning. To collect the data, Child Mind Institute asked parents to participate in surveys about their children's mental health. The report sought to answer key questions, including: "What do we know about how the pandemic has affected young people's mental health?" and "How can we reduce the mental health impacts of the next global public health crisis--and the remainder of this one?"

While we encourage you to read the full report when you have time, key findings and takeaways include:

- The youth who were most vulnerable to decreased mental health included: youth with autism, youth with a history of trauma or mental health disorders, youth from families faced with economic hardship and food instability, youth in urban areas and BIPOC youth.
- 70% of youth reported loneliness, irritability or fidgetiness and 55% of youth reported feeling sad or unhappy during the pandemic.
- Findings indicate that "efforts to support young people's mental health moving forward must address the specific stressors consistently reported by vulnerable groups."



On-Demand Webinars and Lectures

1. This pre-recorded workshop, [Social, Emotional and Character Development Strategies for Back-to-School Success](#), by Matt Davidson, Ph.D. provides "useful ways to incorporate moral/ethical, performance, intellectual and civic values in everyday class instruction."
2. In his 2015 keynote speech at the Othering and Belonging Conference, John Powell delivered a powerful lecture on the [The Mechanisms of Othering](#). In the speech, Powell explains how when people become "the other", we don't feel the need to understand or feel their suffering. In othering people, we also deny both their humanity and our own connectedness to them.

#SELday

Now is the perfect time to start planning for [International SEL Day 2022](#). You can sign up for SEL Day and join the mailing list [here](#). We're excited to hear about how you plan to spread SEL with your students, faculties and communities on SEL Day.

Academy for SEL in Schools Evaluation Report

We want to re-share the Academy for SEL in Schools Evaluation Report, [Professional Development in SEL: Determining Best Practices for Sustainability](#), for our members who may have missed it in our last newsletter. The report summarizes evaluation data collected through interviews, focus groups and surveys between 2018 and 2021. If you have any questions or feedback regarding the report, please reach out to us at SECDLab@gmail.com.



Upcoming Events

CASEL's Leading Schoolwide SEL: Preparing for the Journey Ahead workshop series is perfect for educators who are implementing school-wide SEL. The workshop is intended to help implementers to sustain and continuously improve their school-wide SEL implementation. CASEL offers both an on-demand series and live virtual series over four sessions in January and February 2022.

Topic: Leading Schoolwide SEL: Preparing for the Journey Ahead

Date and Time: January 25, February 1, February 8 and February 15, 2022// 12:00 - 2:00 pm ET, 9:00 - 11:00 AM PT

Registration Link:

<https://casel.org/events/winter-2022-learning-together-sel-workshops/>



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Academy for Social-Emotional Learning in Schools · 2 Convent Road · Morristown, NJ 07960-6989 · USA

