



Dear Academy Members,

We reach out to you this week with heavy hearts following the tragedy in Uvalde, Texas. Unfortunately, this event is just one of many incidents of gun violence that impacts our communities across the United States. We can only imagine the many emotions that our Academy members are feeling in the mist of these tragedies. In this newsletter, we offer resources to help students cope with and talk about mass violence events. In this moment of tragedy, we also want to acknowledge the incredible work our Academy members do each day to help students heal from tragedy and prevent future violence. Our members create warm classroom environments, build safe school communities and teach students how to manage their emotions, treat one another with respect and develop a sense of self-worth.

In addition, with the school year coming to an end in many classrooms, we want to share our best wishes to those educators who will have the opportunity to relax a little this summer. We wish you, your students and your communities a safe, restful and rejuvenating summer break.



Supporting Students Through Tragedy

Following the tragedy in Uvalde, Newsweek has published two articles related to the mass violence incident and student support. The [first article](#) focuses on how parents and teachers can talk to students about the events in Uvalde, as well as other national tragedies. The [second article](#) centers on the relationship between student isolation, disconnection and violence. The article also delves into how social-emotional learning and community building are an antidote to isolation and disconnection.

Additionally, SEL4US, The National Association of School Psychologists (NASP) and The National Child Traumatic Stress Network (NCTSN) all provide resources on helping children to cope with mass violence tragedies.

1. SEL4US: [Trauma and Grief Resources](#)
2. NASP: [Talking to Children about Violence: Tips for Parents and Teachers](#)
3. NCTSN:
 - a. [Parent Guidelines for Helping Youth After the Recent](#)

Shooting

b. Age Related Reactions to a Traumatic Event

c. Mass Violence Resource Library (includes resources in Spanish)



Assessing Burnout and Supporting Educators

Edutopia's Kevin Leichtman provides a [resource](#) for educators to rate their own level of burnout. He also provides suggestions on how to combat burnout at each level of the scale.

Administrators play a key role in helping prevent burnout for their teachers and staff. Miriam Plotinsky's [article](#) on how administrators can include teachers in decision making provides helpful strategies to empower teachers in the school community. Plotinsky suggests including experienced teachers in the hiring process, reciprocal coaching to encourage collaboration and opening up lines of communication.



Upcoming Webinars

CASEL discusses Adult SEL in their next webinar in the Demystifying Systemic Social and Emotional Learning series. This is a perfect opportunity to brush up on your own SEL skills!

Topic: Demystifying Systemic Social and Emotional Learning: Adult SEL

Date and Time: June 24, 2022, 11 AM - 12 PM, ET// 8 AM - 9 AM, PT

Registration Link



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secdlab@gmail.com

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