



**Safe and Supportive Schools  
Technical Assistance Center**  
*promoting positive school climate in New York schools*

## Today, March 26, 2021 is SEL Day!



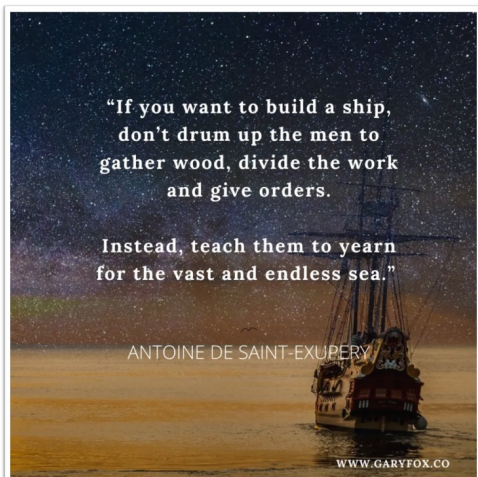
Video via SEL4US

Hello and **Happy SEL Day!**

What we've learned is that *all* learning in social and emotional. The learning environment is built on relationships - whether adult collaboration, teacher-student relationships, or peer friendships. Prioritizing and infusing SEL into all that we do will allow teachers to do their best teaching and students to do their best learning. We hope you join us today in celebrating the importance and opportunity in SEL!

As we continue to navigate this challenging time, there is an increased focus on the impact of the pandemic on student and staff SEL. This month, our newsletter includes resources, upcoming training and events, and quick reads on supporting social-emotional needs and wellness in the school community.

As always, thank you for making schools safe and supportive environments in which students can thrive.



### Community of (Restorative) Practice

On March 11th, we gathered for the second session of our monthly community of practice. The topic for the session was *building a team of RJ champions*. Participants shared experiences of their journeys establishing and sustaining school-based teams, as well as tips to guide Restorative Practices implementation.

Our next meeting will focus on the *art of crafting circle scripts* that build trust and support connection. We hope you'll join us on April 15th from 3-4PM! [Register Here](#)

## Upcoming Events



- [RJed](#) continues to offer ongoing trainings on developing a Culture of Care and all levels of Restorative Justice implementation.
- Dr. Tom Cavanagh and his team are also offering the first [RJed Symposium](#) on April 9th from 12-3PM.
- Justice Clearinghouse will present a [webinar](#) *The Empathetic Workplace: 5 Steps to a Compassionate, Calm, and Confident Response to Trauma on the Job*, on April 21st.
- The NYS Network for Youth Success will host a two-day event, *School's Out Make it Count!* on April 23-24. [Learn more](#)
- The National Center for Safe and Supportive Learning Environments will host a [webinar on evidence-based approaches to equity and SEL](#) on April 27 3-4PM.
- The NCSSE will also continue their six-part webinar series on developing a [wellness program](#) on April 14 3-4PM.

## In Case You Missed It: A City at Hope: SEL & Education in New York City

*Description from the Aspen Institute:* In 2019, the Aspen Institute released 'A Nation at Hope,' a report about integrating social emotional learning into general education for young people. Inspired by the Aspen Institute, the Urban Assembly and ExpandedED convened A City at Hope, gathering leaders from youth-serving institutions in NYC to activate and implement A Nation at Hope's recommendations citywide.

On March 26th, International SEL Day, A City at Hope working group will share best practices and highlight exemplars that advance SEL throughout the City. [For more information about the webinar, click here.](#)

## Quick Reads



[A Social and Emotional Learning Framework for Addressing Tough Topics in Social Studies | Edutopia](#)

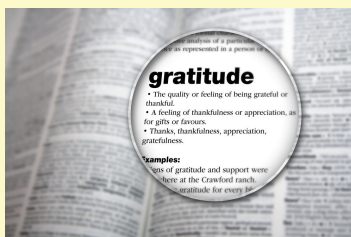


[Another tool to improve student mental health? Kids talking to kids](#)



[Seven Ways Mindfulness Can Help Teachers](#)

## Strategy Spotlight



### Practicing Gratitude

Taking a moment to reflect on what you are grateful for can help avoid ruminating on negative emotions, or focusing too heavily on challenges or barriers. Practicing gratitude can be simple, such as making a list or free writing in a personal notebook. It can also be social, such as sharing your thoughts and ideas with a friend or loved one.

[How Gratitude Changes You and Your Brain \(Berkeley University\)](#)

[Check out Harvard University's Making Caring Common Project Lesson Plans on Gratitude](#)

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## Quick Tips: Building Teacher-Student Relationships

1. Make time to intentionally check in with your students
2. Welcome each student to class every day
3. Take a positive approach and avoid deficit thinking
4. Find similarities or common interests (e.g. sports, movies, music, hobbies)
5. Problem solve *with* students
6. Share about yourself
7. Listen with empathy



[Stories from the Field: Building strong teacher-student relationships \(Transforming Education\)](#)

[The Two Minute Relationship Builder \(ASCD\)](#)

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Visit Our Website

Have questions or need technical assistance?  
If you're looking for resources or support on topics related to school climate, we're here to help! Subscribe to updates on our website or [contact the Center directly via email](#).