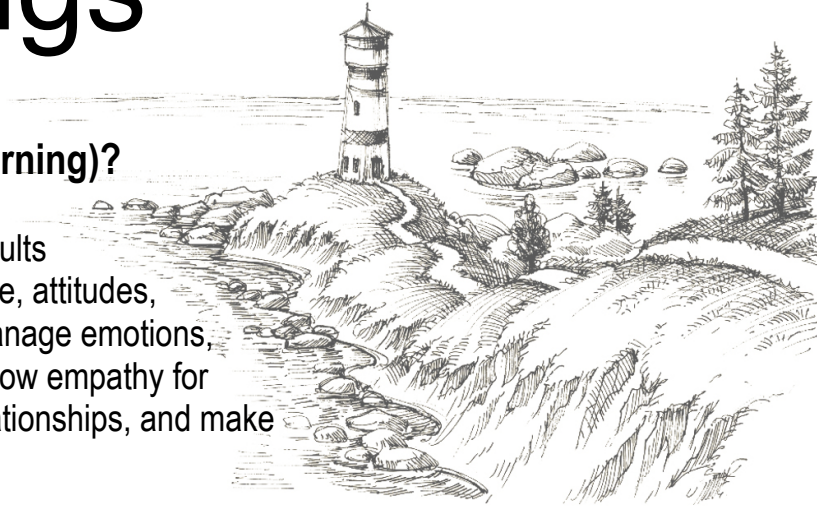


# SEL at Meigs



## What is SEL (Social-Emotional Learning)?

Social-Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

## Why is SEL important?

Students exposed to SEL in school tend to do better than their peers on a number of indicators: positive social behaviors and attitudes, skills such as empathy and teamwork, and academics. Additionally, they have fewer conduct problems, less emotional distress, and lower drug use, among many other benefits.

213 studies involving more than 270,000 students showed an 11 percentile-point gain in academic achievement compared to students who did not participate in SEL programs. These students also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.

## SEL at Meigs includes:

- Move This World - daily lessons
- SEL Core Competencies - weekly lessons
- Gratitude Journals
- Mindful Breathing
- Weekly Postings for Parents (Meigs Memos)

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For additional information, visit our “SEL at Meigs” website at:  
<https://selatmeigs.weebly.com/>

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**Executive Principal:** Dr. Samuel S. Underwood

**Assistant Principal:** Dr. Sonja Rosse

**Dean of Instruction:** Dr. Carmen Mullins

**SEL Facilitator:** Ms. Susan Purcell-Orleck

**Counselors:** Ms. Melody Osborne (5th & 7th)

Ms. Belinda Hotchkiss (6th & 8th)