



Supporting Social and Personal Competence through SEL Programming at Kingsport City Schools K-8

Research, Insights and Resources

Our Presenters



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Today's Presentation

- Introductions
- Research foundations: 20+ years of learning how SEL impacts student learning as part of the whole child
- The Kingsport City Schools SEL Journey
- Answer your questions!



About Us



Our Mission

To foster the safety and well-being of children through social-emotional learning and development

Our Advocacy

Committee for Children advocates at both the state and federal levels for policies and laws that support social-emotional learning (SEL) in schools, prevent bullying, and protect children



The Second Step[®] Family of Programs

Are a **holistic approach** to building supportive communities for every child through **social-emotional learning**.



BROUGHT TO YOU BY

More Than 40 Years of Impact



**16.5 MILLION
CHILDREN**

**50
STATES**



The Reality for Children

All students deserve an education that serves their needs academically, socially and emotionally.

Childhood Trauma

Over 2/3 of US children have been exposed to Adverse Childhood Experiences by age 16. In every classroom, in every school.

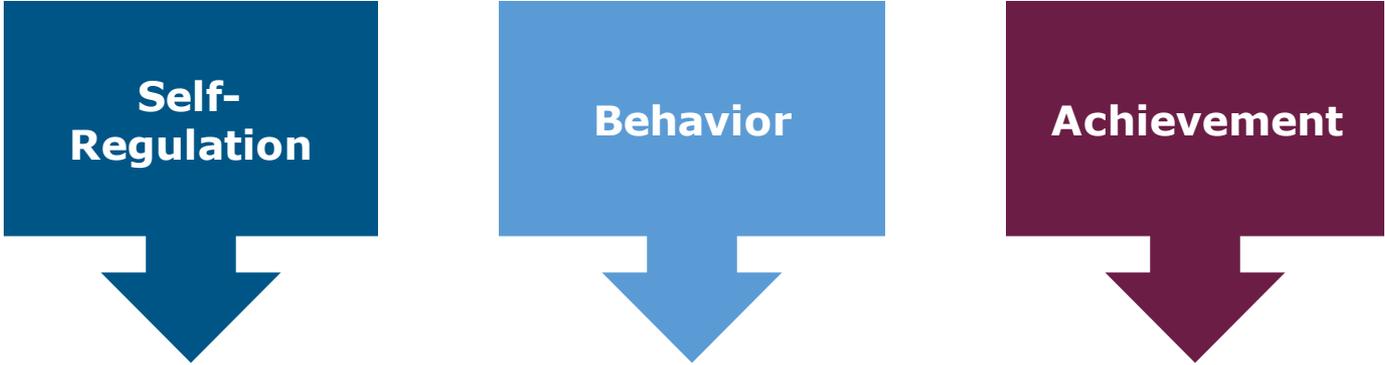
- Abuse/neglect
- Death or serious illness of a family member
- Violence in the home or community

Other Factors

- Poverty
- Mental illness
- Poor nutrition



Impact of Traumatic Stress



Self-Regulation

Behavior

Achievement

Increased Risk During the COVID-19 Pandemic

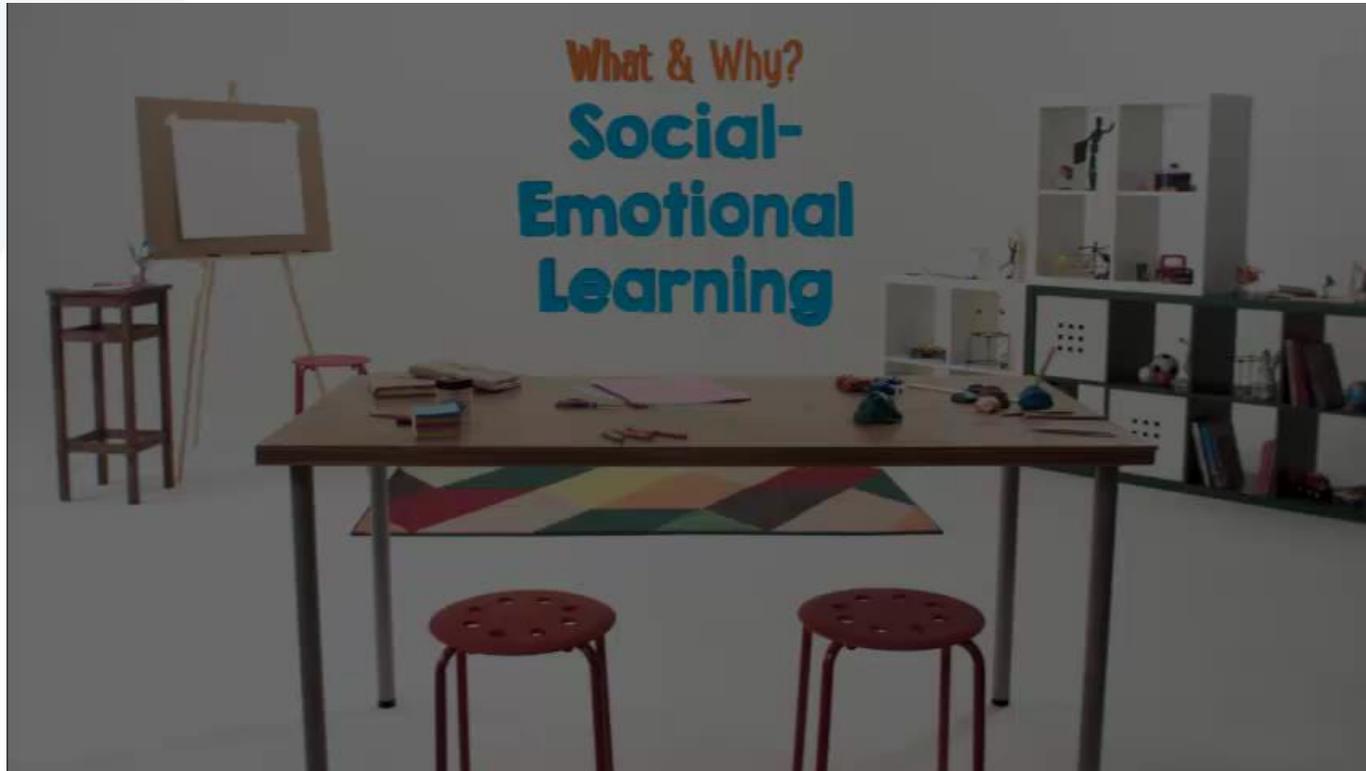


Signs of Stress Related to the COVID-19 Pandemic

- Physical or psychological distress, such as headaches, stomach aches, poor concentration, intrusive thoughts, or difficulty sleeping.
- Avoidance reactions such as withdrawing, shutting down, or avoiding talking about what's happening.
- Increased emotions such as anxiety, irritability, anger, or fear.
- Changes in behavior, including an increase in self-destructive or risk-taking behaviors, or a drop in school engagement and achievement.
- Depressed mood or negative beliefs.

Incorporating SEL

What is SEL?



The Way we Talk About SEL

21st Century Skills	Employability Skills	Youth Development	Social Literacy
New Basic Skills	College & Career Readiness	Soft skills	Social & Personal Competence
Conflict Resolution	Emotional Intelligence	Lifelong Learning Skills	Self-Regulation Skills

SEL Core Competencies

Self-Management

Managing emotions and behaviors to achieve one's goals

Self-Awareness

Recognizing one's emotions and values as well as one's strengths and limitations

Responsible Decision-Making

Making ethical, constructive choices about personal and social behavior

Relationship Skills

Forming positive relationships, working in teams, dealing effectively with conflict

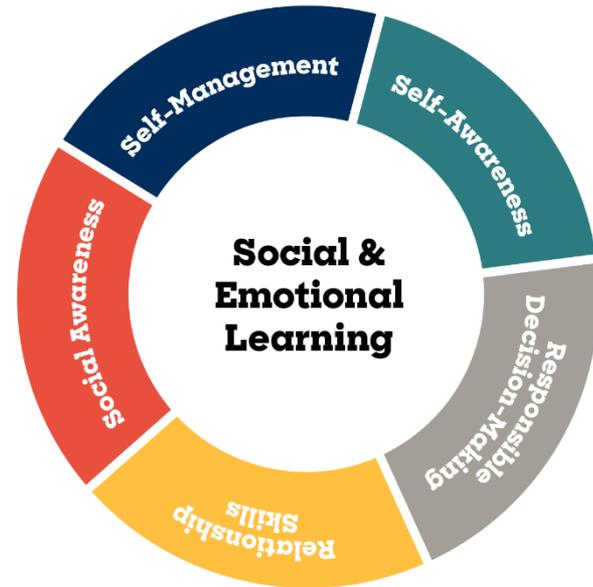
Social Awareness

Showing understanding and empathy for others

What Is SEL?

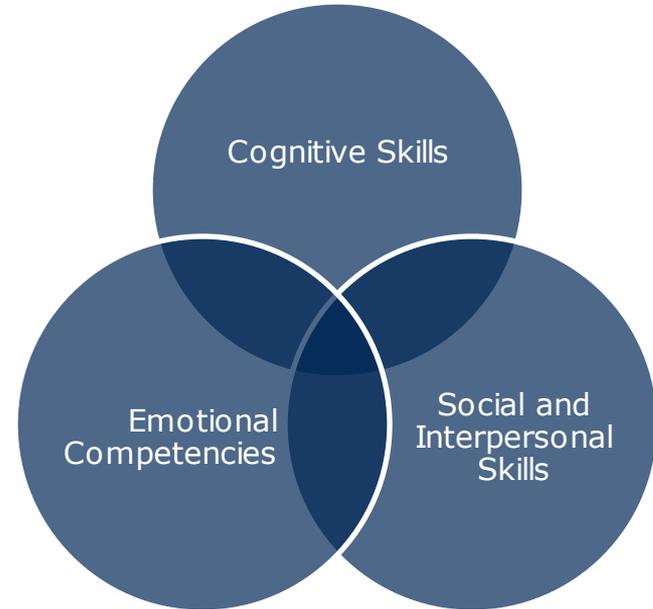
Social-Emotional Learning (SEL)

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions



Learning is Social and Emotional

- Social-emotional development is multi-faceted and **integral to academics**—to how school happens and to how learning takes place.
- Classroom instruction and academic activities that connect rigorous cognitive challenges with social interaction, or that spark students' emotions, result in **deeper, longer-term learning**.



Research Links SEL to Positive Outcomes



Large meta-analysis showed significant improvements

- 23% gain in social-emotional skills
- 9% gain in attitudes about self/others/school
- 9% gain in prosocial behavior
- **11% gain on academic achievement**



And reduced risks for adverse outcomes

- 9% difference in problem behaviors
- 10% difference in emotional distress

A smaller follow up study in 2017 showed these positive gains **continued and even increased in some cases, over time.**

**What do you see are
the challenges &
benefits of SEL for
your schools?**

Factors to Consider

- Teachers own knowledge and skills in SEL
- Learning environment
- Access to resources
- Support from leadership
- Alignment with other initiatives
- Capacity for teachers
- Teacher perceptions



Keys to SEL Programming

Individual self-regulation and social-emotional skills

Peers who are learning and using these skills

An environment with strong prosocial norms



Choosing a Program

Ways to implement SEL Programming

The impact of SEL programming for students can vary by implementation. Here are a few ways that SEL can look schools:

- Tier 1 instruction in classrooms
- Interventions for tier 2/3
- Targeting certain grade levels
- Integrated with academics
- Implicit and explicit
- Teacher SEL practices/skills



Effective Approaches – S.A.F.E.

- **S**equenced: Coordinated and connected core activities that foster skill development.
- **A**ctive: Active forms of learning to help students master new attitudes and skills.
- **F**ocused: A component that emphasizes developing social and personal skills.
- **E**xplicit: Targeting specific social and emotional skills.

What does “Evidence-Based” Mean?

“Evidence-based” programs have **some** level of proof that the program works. Be sure you know some of the factors in the study design and what the results are by asking these questions:

- What was the purpose of the study?
- How big was the sample size?
- What were the measures?
- What were the methods? (e.g. Randomized Control Trial)
- Who were the researchers or institution?

Second Step K-5 SEL Program

22-28 Lessons:

- Self-Regulation
- Emotion management
- Problem solving
- Empathy
- Friendship building
- Assertiveness

Also Included:

- Daily practice & reinforcement
- Principal Toolkit
- Family communications



**Lessons Taught 1 x per week
20-40 minutes depending on grade level**

The New Second Step® Elementary Digital Program



Available Spring 2021

Taught once per week, the fully digital, teacher-led, 15- to 25-minute lessons for each grade include scripted lesson plans and support for teachers to guide conversations; plus engaging handouts, songs and videos.

20 Lessons per grade + Brain Builder Games

- Growth Mindset & Goal Setting
- Emotion Management
- Empathy & Kindness
- Problem-Solving



[Secondstep.org/elementary-school-curriculum](https://www.secondstep.org/elementary-school-curriculum)

Second Step® Middle School: Summary



Unit 1: Mindsets & Goals

Unit 2: Recognizing Bullying & Harassment

Unit 3: Thoughts, Emotions, & Decisions

Unit 4: Managing Relationships & Social Conflict

- 26 Interactive Lessons, one per week (25 minutes each)
- Differentiated by grade level
- Lessons include performance task assessment
- 200-plus advisory activities
- Program training included
- Family communication and engagement tools



secondstep.org/middle-school-curriculum

We're Making SEL Easier

Digital programming streamlines implementation

- Schoolwide licenses for all grades K-8
- All content in one place, simple to access for unlimited number of staff
- Easy to teach virtual, hybrid or in-person
- Tracking and monitoring tools for busy leaders
- Enhanced online resources to train staff and support program implementation
- 1-, 3-, 5-year subscriptions available
- District consultation and school-level support



Aligning with CSH

Example

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- ✓ Executive function and self-regulation: PreK–Gr3
- ✓ Empathy and perspective-taking: all grade levels
- ✓ Showing care and concern: all grade levels
- ✓ Identifying one's own emotions: all grade levels
- ✓ Emotion management: all grade levels
- ✓ Interpersonal problem solving: all grade levels



ALIGNMENT CHART: Whole School, Whole Community, Whole Child (WSCC) Second Step

Second Step and the WSCC model share the common goals of supporting the safety, well-being, and success of students. This document outlines the alignment between the two.

WSCC was developed by the Centers for Disease Control and Prevention (CDC) and the Association for Supervision and Curriculum Development (ASCD). It is based on the tenets of the CDC's expanded Coordinated School Health approach and combines them with the five tenets of the ASCD's Whole Child approach.

WSCC: The Model
The focus of the WSCC model is an ecological approach directed at the whole school, with the school in turn drawing its resources and influences from the whole community and serving to address the needs of the whole child.

Alignment Overview

Ten Components of the CDC's Coordinated School Health Approach

✓	Health Education <ul style="list-style-type: none">Alignment: 5 NHES Health StandardsAlignment: 12 CDC Characteristics of an Effective Health Education Curriculum
	Physical Education and Physical Activity
✓	Nutrition Environment and Services
✓	Health Services
✓	Counseling, Psychological, and Social Services
✓	Social and Emotional Climate
✓	Physical Environment
✓	Employee Wellness
✓	Family Engagement
	Community Involvement

Five Tenets of the ASCD Whole Child Approach

✓	Healthy , Alignment: 4 Elements
✓	Safe , Alignment: 3 Elements
✓	Engaged
✓	Supported , Alignment: 1 Element
✓	Challenged , Alignment: 2 Elements

✓ = Supported by Second Step

The circular diagram shows the WSCC model with a central star containing the words HEALTHY, SAFE, ENGAGED, SUPPORTED, and CHALLENGED. The star is surrounded by ten components: Health Education, Physical Education & Physical Activity, Nutrition Environment & Services, Health Services, Counseling, Psychological, and Social Services, Social and Emotional Climate, Physical Environment, Employee Wellness, Family Engagement, and Community Involvement. The star is also surrounded by five tenets: Healthy, Safe, Engaged, Supported, and Challenged. The entire model is framed by a yellow ring labeled 'COMMUNITY' and a blue ring labeled 'SCHOOL'.

Kingsport City Schools SEL Journey

Who We Are

- Northeast TN – First Region
- 11 Schools
 - 8 elementary, 2 middle, 1 high
- Total Enrollment: 7,667 students
- Economically Disadvantaged Students: 37.9%
- Graduation Rate 2020: 94.3%



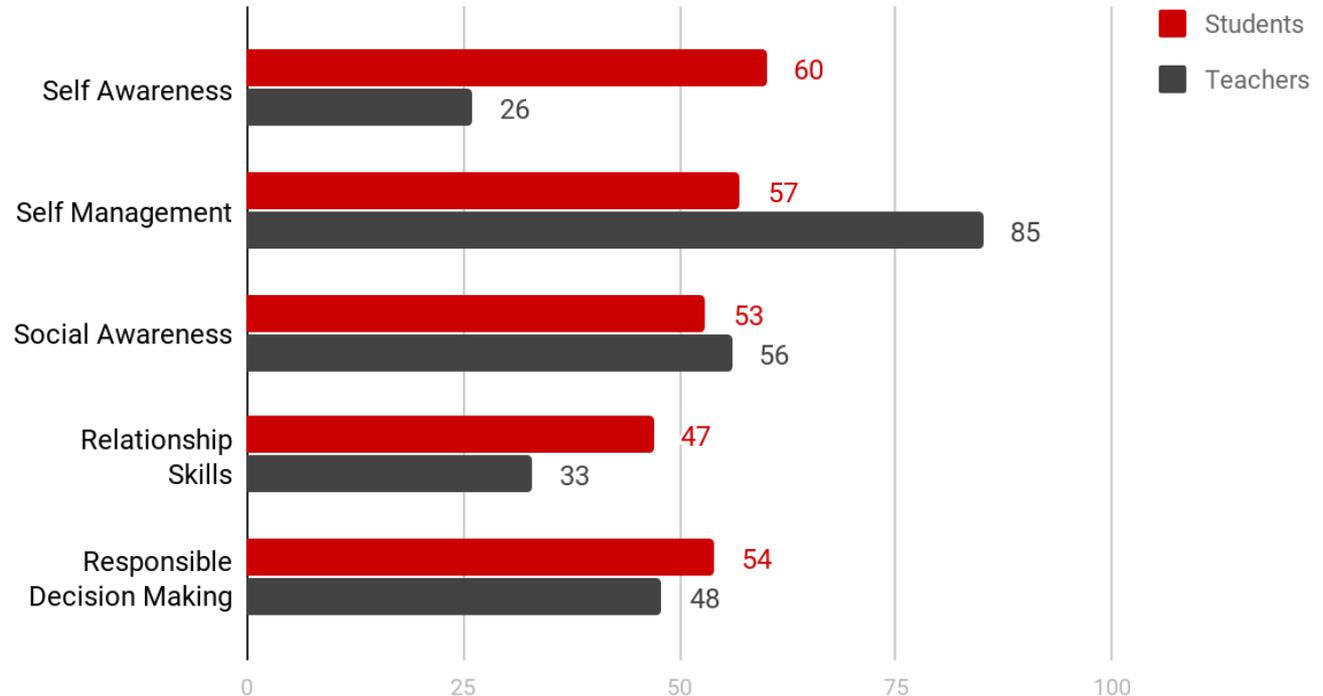
Our Social Emotional Learning Story

- What we had in place
- Based on student needs and school data:
 - Behavior referrals
 - suspension data
 - chronic absenteeism
 - counseling data
- Kim Guinn and Anderson County's Project Aware



Student and Teacher Surveys

Biggest SEL Skill Struggle (% of responses)



Middle School Plan

Pre-COVID Plan

Day	Activity	SEL Competency
Monday	Goal Setting	Self-Awareness, Responsible Decision-Making
Tuesday	Circles	Social Awareness, Relationship Skills
Wednesday	Second Step	Self-Awareness, Self-Management, Relationship Skills, Social Awareness, Responsible Decision-Making
Thursday	Naviance	Self-Awareness, Responsible Decision Making, Self-Management
Friday	Feel Good Friday	Relationship Skills, Responsible Decision Making



Fully Remote Schedule

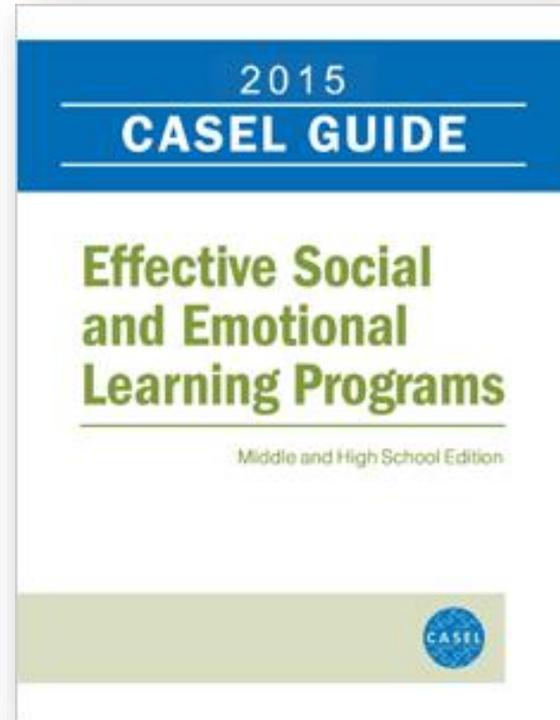
- Teachers do informal check-ins with students
- Teachers then pass on to counselors for individual follow-up

Hybrid Schedule

- Condensed program from 5 days to 2 days
- Alternate between Second Step, Goal-Setting and Circles
- Trained all assistants, substitute teachers, counselors, student teachers, interns
- Counselors prep the lesson by incorporating into Google Classroom for easy access to teachers and students

Why Did we Choose Second Step?

- Research-based
- Easy to for teachers to use
- Teacher training included
- Flexible, but guided
- Aligned with CASEL Model
CASEL SElect program



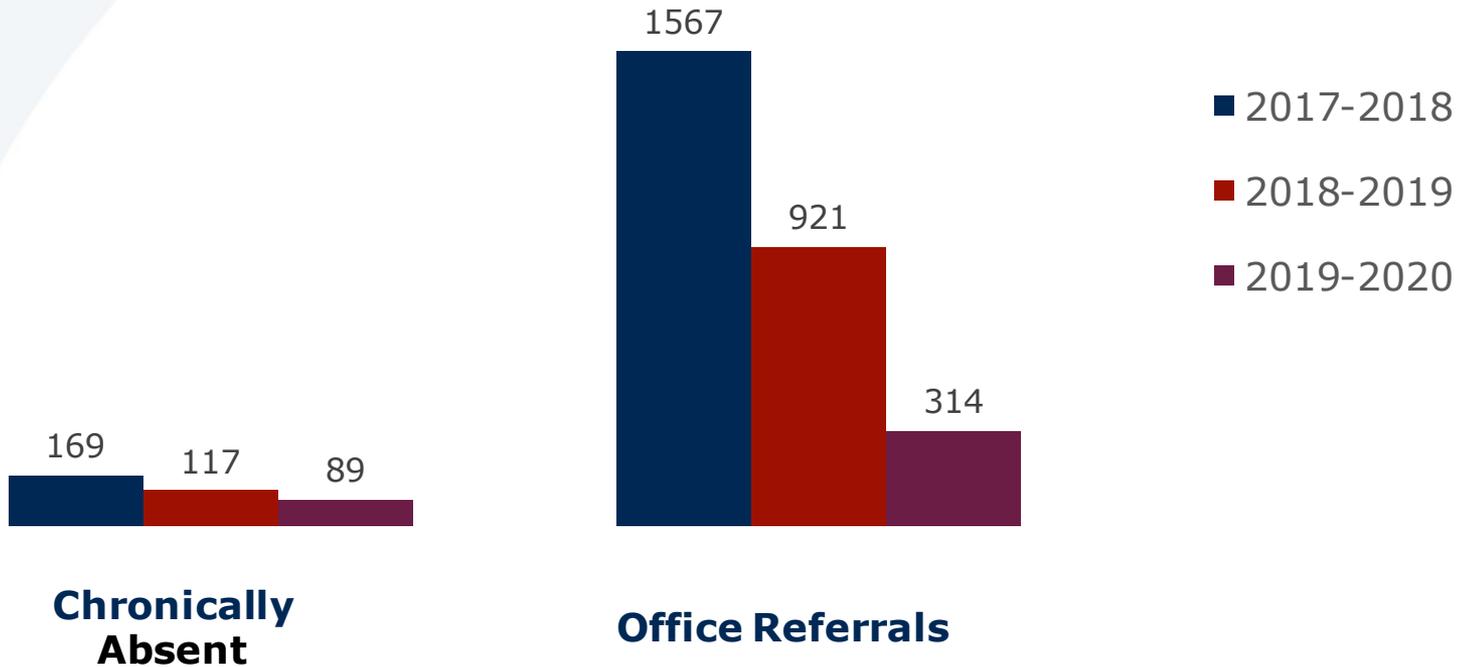
Impact of SEL and Second Step

	2017-2018	2019-2020
Total Contacts *recorded student contacts only	2530*	1800+
Peer Conflict/ Relationship Issues	650	327
Suicidal Ideations	17	32*
Self Harm	23	10
Anxiety/Depression	300	52

* Number of reports of suicidal ideations going up is indicative of students feeling more comfortable to share with a caring adult at school

* Have not collected 2020-2021 data due to COVID.

Reductions in Absences & Referrals



What are Students Saying?



Whenever we do "Second-Step" especially on Mondays, it always puts me in a good headspace or mindset for the day

Being able to share our feelings and get things off our chests.

Second Step gets in my business, but it's good

I have changed the way I handle situations because I have it planned out for situations

I feel welcome into the school and I feel closer with friends and my teacher

Finding out I am not alone

SEL has helped me be self-aware about my future and it has made me think about what I'd like to do when I'm older

Lessons in Action



What are Teachers Saying?

I've enjoyed getting time to talk and get to know my students.

Circle time and Second Step have been great to help kids relate to each other.

Several of my students' grades have improved

I love having these conversations and building stronger connections with my kids.

Circling up when a very quiet student revealed that she loves to listen to alternative music and another student befriended her.

More students know their grades than ever before

We are beginning to listen to each other much better

One day a couple of students cried. I don't celebrate their sadness, but the fact they feel they can share with the group

Second Step is so easy to use, and the content really addresses what my students need.



Empowering Students

Not Just Better Students, Better People



Questions?



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Thank You!

Please remember your session evaluation!