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# SEL Tiered Systems of Support

— NEEDHAM PUBLIC SCHOOLS —

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# Social Emotional Learning



SEL is the process of developing students' and adults' social and emotional competencies - the knowledge, skills, attitudes, and behaviors that individuals need to make successful choices.

CASEL has identified five core competencies of SEL:

- **Self-awareness:** *The ability to accurately recognize one's emotions and thoughts, and their influence on behavior.*
- **Self-management:** *The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.*
- **Social awareness:** *The ability to take the perspective of and empathize with others from diverse backgrounds and cultures*
- **Relationship skills:** *The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.*
- **Responsible decision making:** *The ability to make constructive and respectful choices about personal behavior and social interactions*

# Evidenced based approaches to SEL instruction

CASEL has identified [four general approaches to SEL](#) instruction

- Free standing lessons
- General teaching practices
- Integration of SEL within academic curriculum
- School & District Wide Administrative Guidance

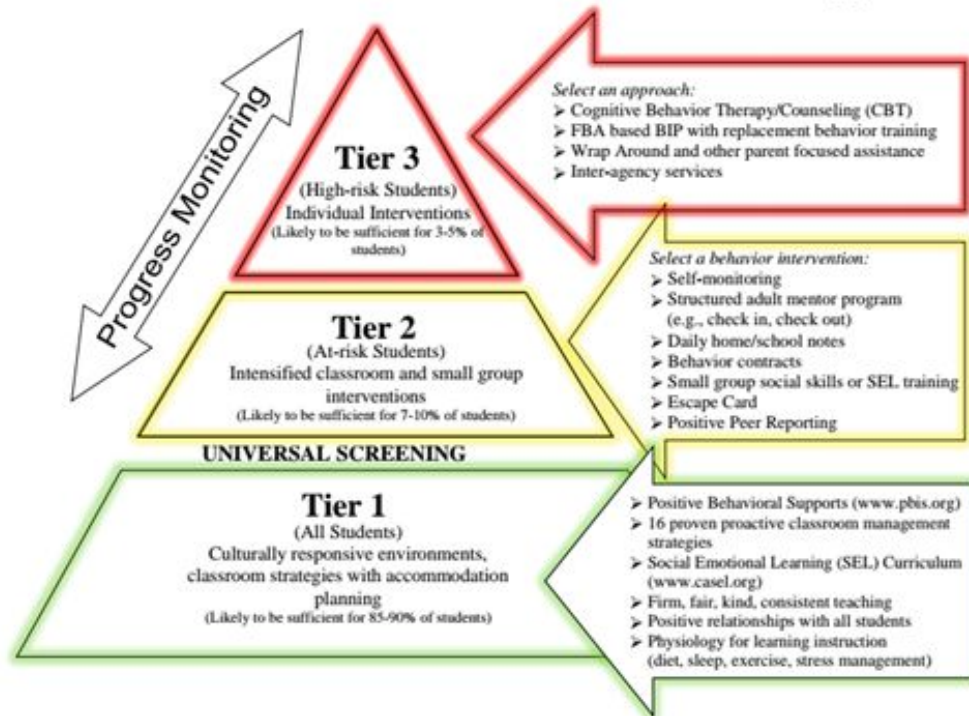
# Multi-Tiered System of Supports

Developing SEL Competencies through a Multi-Tiered System of Supports:

- MTSS is a comprehensive preventative educational approach that allows teachers to quickly identify student needs and match the best methods
- Includes Positive Behavior Interventions and Supports (PBIS) to advance schoolwide and classroom behavior strategies for all students as well as strategies to support individual students

\*DESE Revises [MTSS](#)

## Three-Tiered RtI Model for Behavior and Social/Emotional Support



# Tier One

- Educators provide high quality SEL instruction to help all students develop SEL Core competencies:
  - Free standing lessons
  - Integration of skill instruction and practices that support SEL within the context of an academic curriculum
  - General practices that support SEL
- Typically provided in whole-school and/or whole- class settings

# Tier Two

- Educators and support staff use data to inform when additional efforts are needed, and provide (or help access) supplemental supports based on individual students' social and emotional needs
- May be provided through targeted group instruction, embedded within a classroom setting in individualized work with students in counseling sessions or in other setting as appropriate

# Tier Three

- More intensive supports provided for individual students
- May be provided through targeted group instruction, embedded within a classroom setting, in individualized work with students, in counseling sessions or settings as appropriate



# NPS Tiered One

## Free Standing Lessons

- Responsive Classroom Instruction K-5
- Second Step K-5
- Anti-bullying lessons
- Middle School Advisory Lessons
- Mindful Classroom Lessons
- Digital Citizenship Lessons

## Integration of skill instruction

- [ELA](#)
- [Math](#)
- Health/PE/Wellness
- Social Studies

## School & District Wide Administrative Guidance

- [District Goal 2](#)
- [School Improvement Plans](#)
- [SEL Steering Committee](#)
- School-based SEL committees
- [DCAP](#)
- Bullying Prevention & Intervention Plan
- [District Wide SEL Assessment](#)
- [Professional Development](#)

## General Practices

- [CASEL Competencies](#)
- [Responsive Classroom](#)
- [Zones of Regulation](#)
- [Social Thinking Strategies](#)
- Cluster Connections
- Digital Citizenship – Expectations
- Flex & Stretch Blocks - secondary level
- Own Your Peace/Piece
- STA Day; One Day
- Buddy Bench
- Small/Whole Group social skills practice
- Advisory
- High School Extended Homeroom
- Community Service Learning
- SAFE – student led advisory
- Restorative Justice – High School

# NPS Tier Two

- CARE Team
- Classroom support plan
- Short term individual or group counseling
- Short term in-class counseling or BCBA support
- Transition Program

# Tier Three

- CARE Team
- Behavior Intervention Plan
- Individual or group counseling SDI
- Social Skills SDI
  - [Social Thinking Curriculum](#)
- BCBA Consultation
- Transition Program with high level of service
- Connections Therapeutic program
- Pathways Therapeutic Program – High School