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Results of the staff survey highlight areas of celebrations as well as areas for growth.

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STRESSED?

Can one of the social-emotional competencies help with dealing with stress?

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NEW STAFF

Say, "Hi!" to the newest members of the Student Services Department family.

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STAFF SURVEY BRINGS FOCUS TO KEY AREAS

Thank you to the 907 CUSD staff members who completed this year's universal SEL staff screener! This is our opportunity to gauge the temperature of our staff and determine ways we can best support you. Based on our results, it seems that the majority of our staff is not only familiar with Social Emotional Learning competencies, but also find them to be a "large priority" for students and staff alike. In addition

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SEL SURVEY

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to the SEL specific competencies, staff also provided open-ended responses regarding the district's or school's social-emotional learning strengths and areas for improvement. The following are some examples:

"I have seen how much the positions of the SSF and SSS at each site have helped in supporting the implementation of the SEL curriculum. Those positions are unique to Ceres and really set us apart from other districts in this area."

"While we are a district that appears to be ahead of the game with regard to SEL program implementation when compared to other districts - I feel we still have a ways to go with teacher implementation of SEL strategies and behavior modeling."

"I truly love incorporating SEL as I believe that it benefits the community as well as individual lives."

Specific strengths identified through your feedback:

"Facilitators (ex. SSS/SSF), clinicians, and other staff provide a lot of face-to-face services to students."

"Classroom presentations and parent presentations/special parent events have been very positively received."

"Services are very responsive to student needs and there have been significant decreases in traditional discipline (suspensions & expulsions) as a result."

A consistent area for improvement that was highlighted in the survey pertained to *prevention*. One comment summarized it well:

"More 'Tier 1' emphasis needed in order to be more proactive, rather than reactive, to problems that have already arisen."

Thank you again for taking the time to share your thoughts!

MEET OUR NEWEST STAFF!

Jennifer Perez, SSS
Edimaryri Corrales-Ayon, SSS
Jasmin Montalbo, SSS
Lizbeth Yepiz-Hernandez, SSS
Keoni Sablan, SSS
Mandeep Dhaliwal, RN
Erendira Vazquez-Haro, LVN

SELF-AWARENESS

Dealing with stress the right way

One of the SEL competencies, Self-Awareness, is important for us to identify our own emotions and pay attention to our body language. As we feel stress, our body may convey that to others. Take some deep breaths and some time to identify some of your strengths. Use these strengths and the strengths of your team to compensate for the stressful things in your life to make them more manageable. An accurate self-perception includes seeing ourselves as imperfect and stronger when working with others. Don't be afraid to reach out to someone. Be confident in your ability and pay attention to your own self-talk.

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ➔ IDENTIFYING EMOTIONS
- ➔ ACCURATE SELF-PERCEPTION
- ➔ RECOGNIZING STRENGTHS
- ➔ SELF-CONFIDENCE
- ➔ SELF-EFFICACY

In times of stress, our self-talk may be quick to default to negativity. If this is you, try using some positive affirmations. Some examples of positive affirmation include, "I don't sweat the small stuff" and "I'm in charge of how I feel today and today I choose to feel happiness". These positive affirmations actually give us more energy whereas the negative self-talk zaps us and others around us. We can't add time in our day, but we do have control over how we use our time. Our time spent on positive thoughts rather than negative ones could help us feel more energetic, happy, and satisfied!