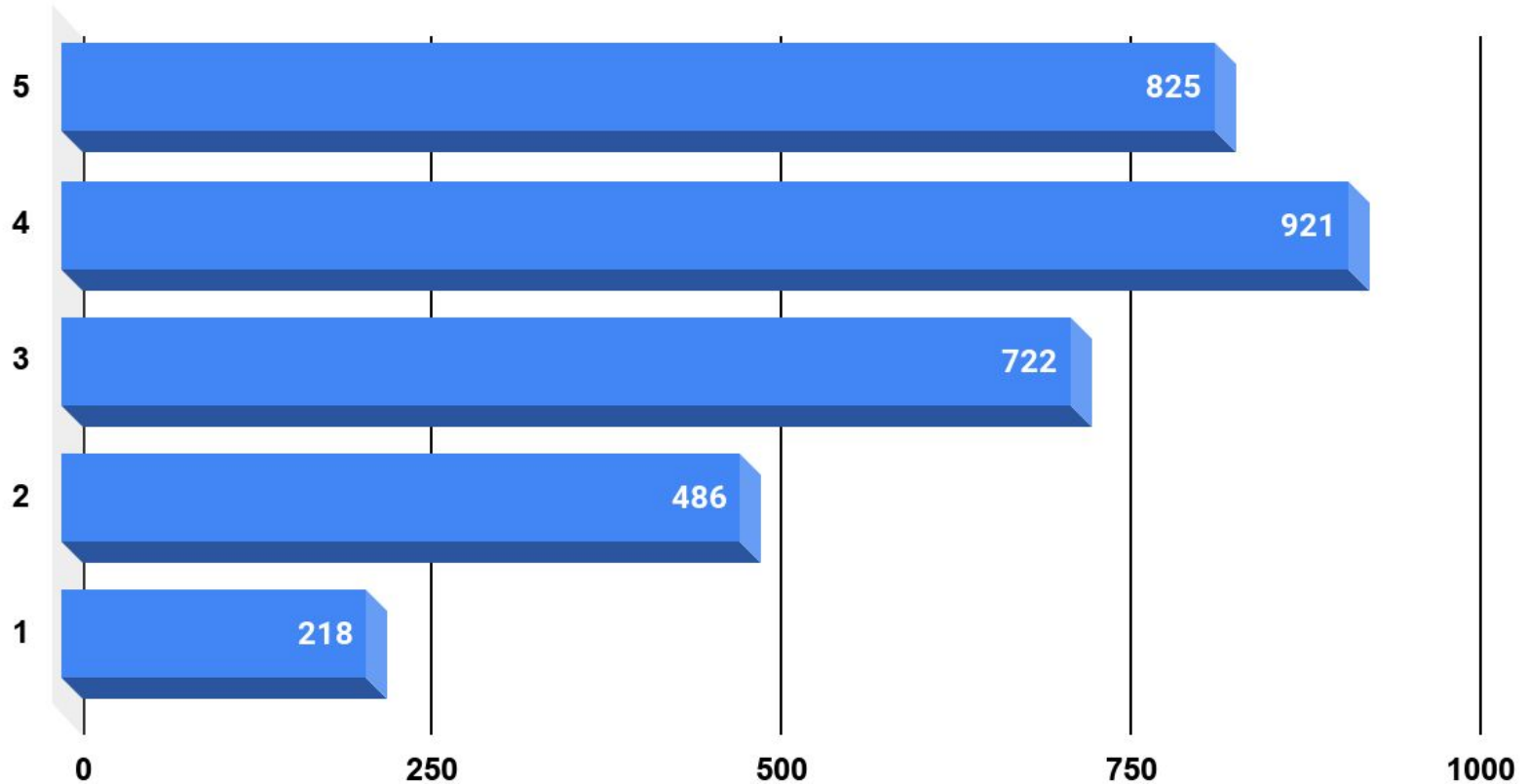


Social Emotional Learning and Counseling

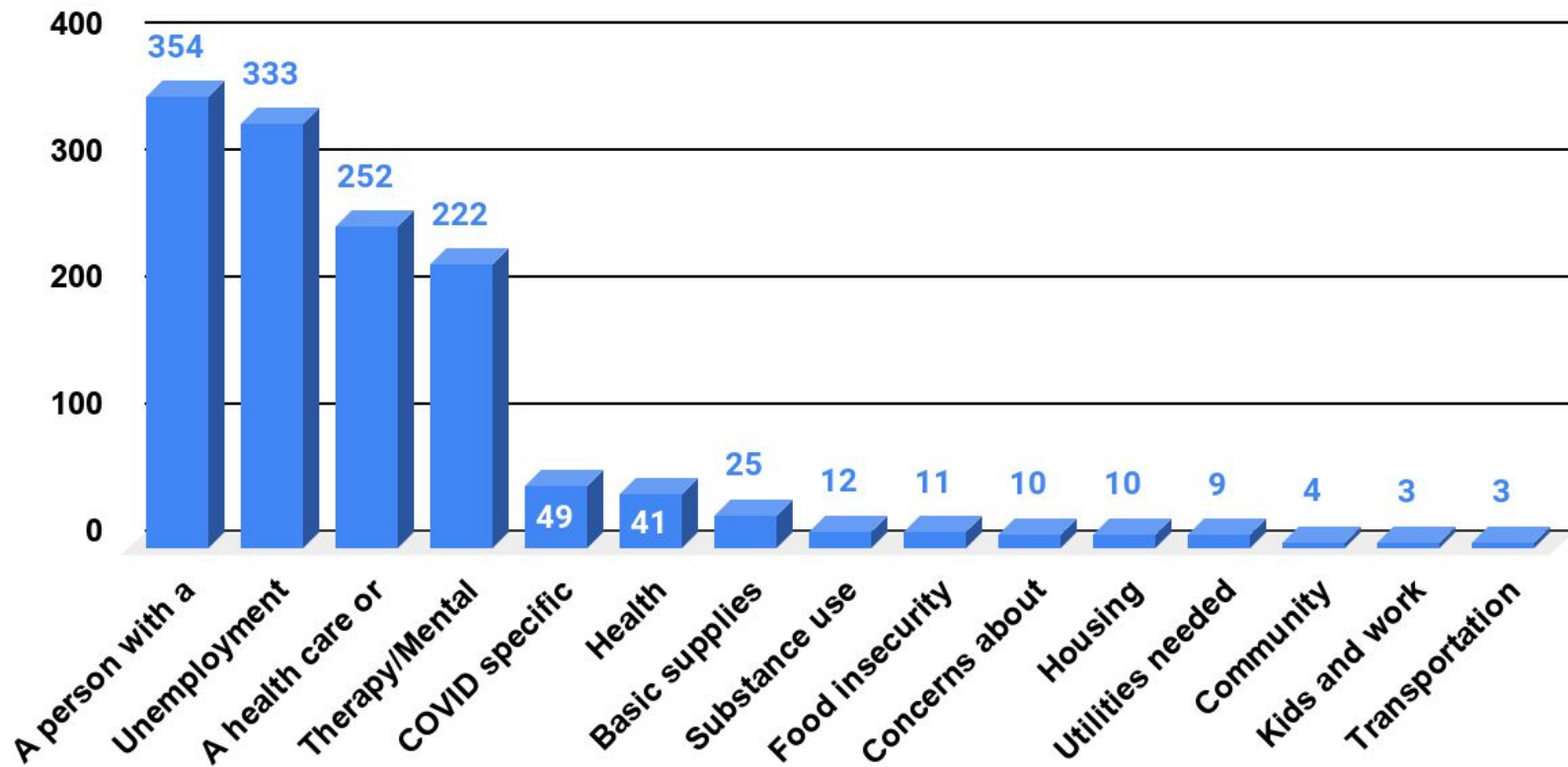
2020 School Closure



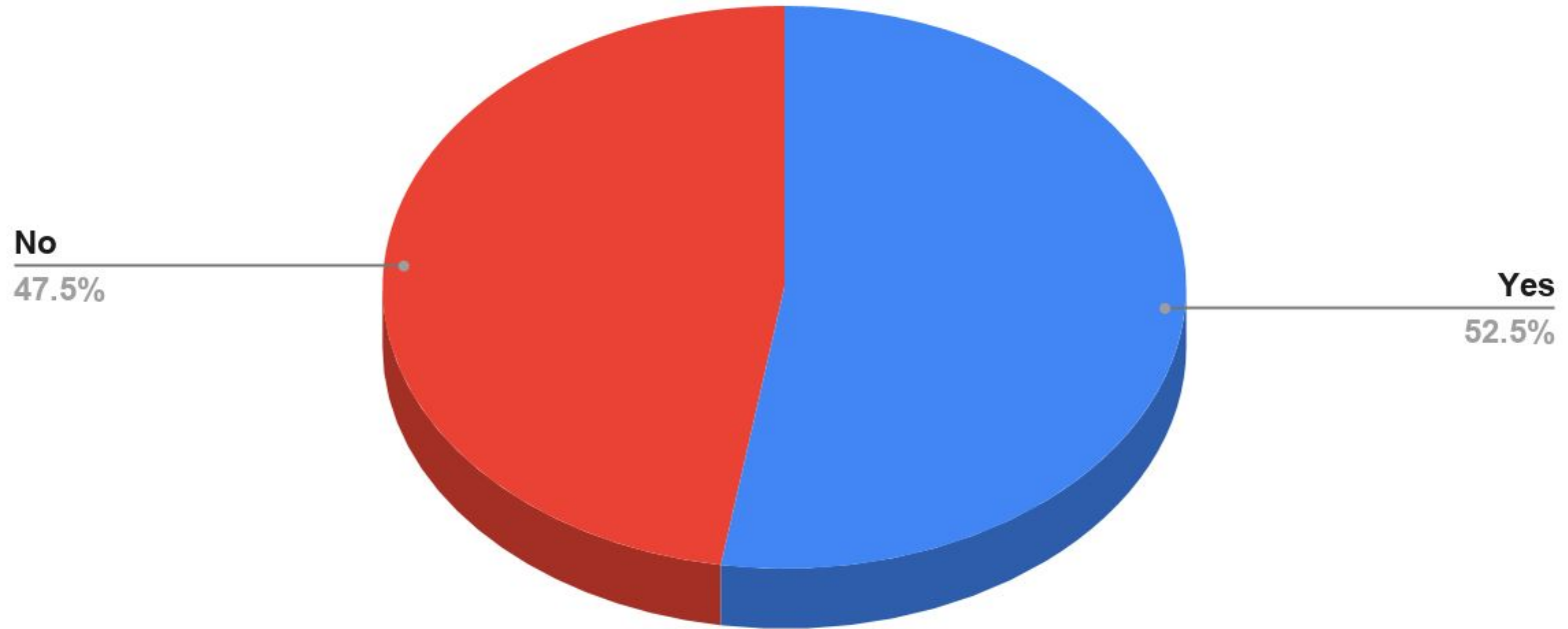
How concerned are you about the impact of the COVID-19 pandemic on your child's social emotional well-being? (1= Not Concerned, 5= Very Concerned) (3,172 responses to this question)



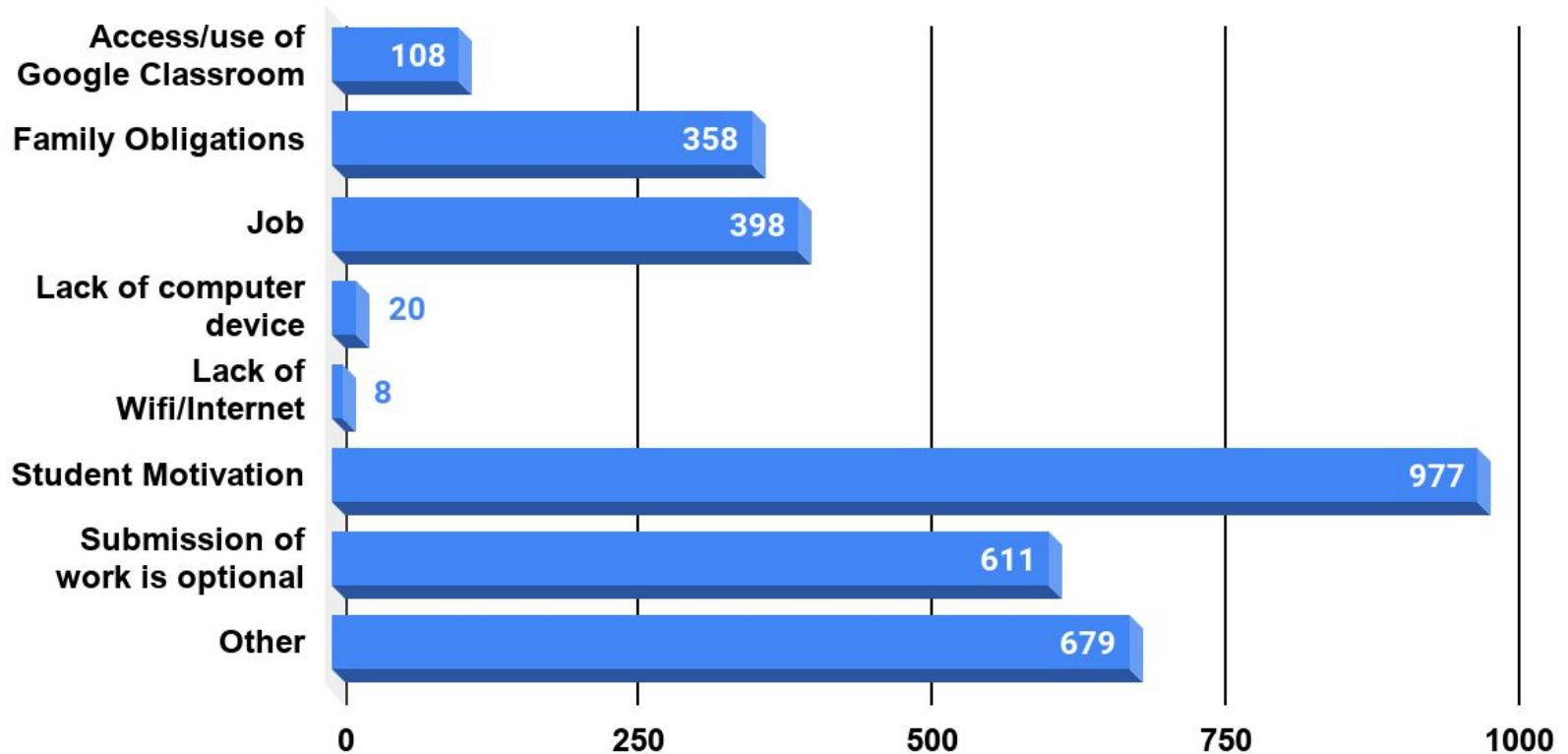
Are you or anyone in your household experiencing the following? (Check all that apply.) Please note, the state can help you find assistance and answers quickly. It's free, confidential and multilingual. Dial 2-1-1. Or search online MASS 211. (1,013 responses to this question)



Is your child able to engage in 3 hours (K-8) or 3 1/2 hours (9-12) of daily learning activities provided by their classroom teacher? (3,170 responses to this question)



If you answered "no" to the previous question, please identify from the list below the challenges preventing your child from completing the activities. (Check all the apply.) (1,632 responses to this prompt)





School Counseling 6-12 Grade

School counselors and social workers have been working to support students since leaving APS on March 12th, almost two months ago. Our School Counselors, Social Workers, and other support program staff have been hard at work behind the scenes reaching out to our most vulnerable students. This has been our priority, while we simultaneously try to offer support and services to the whole school population. In addition to assisting the vulnerable students we have identified, we have asked teachers to contact us if there concerns about students we may not have considered. Here are some updates of efforts that are underway:

School Counselor and Social Worker Outreach to Vulnerable Students:

APS counselors and social workers reviewed their caseloads of students, and generated lists of students who may be in need of assistance. Counselors and social workers have contacted students via email, phone and google hangouts. Ongoing check-in plans have been established for those who would like them. Outside referrals for a variety of supports (food, housing, medical, therapy) have been made when needed.

Weekly Student Support Team Meetings/ Learning Community Meetings:

Our weekly student support team meetings/ learning community meetings have continued throughout the closure. These meetings help us to identify students who need support, facilitate communication among school staff, and identify options for helping students and families in need.

Follow-up With Teachers:

Counselors and social workers have been reaching out to teachers to keep them informed of students who may be experiencing challenges as a result of Covid-19 and school closure. We will continue to keep these lines of communication open.

Weekly Counseling Department Meetings, and Building Meetings Grades 6-12:

Counselors and social workers meet weekly to strategize about how to assist students. In addition to planning for students in crisis, we are continually adjusting our services to the whole student body in the hopes of helping students stay on track with course selection, college search, junior post high school planning, senior transition to post high school life, and other tasks. In addition, we are working hard to stay current on the changing landscape of standardized testing, college applications, college admissions review, etc.

Resources/Initiatives:

Social workers and counselors have created a few google classrooms, for resources and specific skill building. Staff and students may access the Spy Ponders Social Work Classroom with code: knumail. Check out SpyPondersSocialWork on Instagram--more good stuff posted daily! Also, look for Mental Health and Wellbeing website with live events daily. Family mental health support is available through Family Support Group with BRYT Family Engagement Team online via zoom.

For immediate and emergency resources please consider this resource : Mass. 2-1-1:

<https://www.helpsteps.com/hs/home/#/>



AYCC & Interface

Referrals continue to be made to AYCC, as well as therapists previously known to our staff.

As we anticipate an increase in mental health needs of our students, families and staff, we have also partnered with INTERFACE to ensure speedy and appropriate connection to therapists with linguistic, clinical and cultural skills to meet the needs of all in our community.

The **William James INTERFACE Referral Service** is a mental health and wellness referral Helpline available **Monday through Friday, 9 am-5 pm, at 888-244-6843** (toll free). This is a free, confidential referral service for individuals across the lifespan living in participating communities. The list of participating communities can be found on Communities Tab above. Callers, from participating communities, are matched with licensed mental health providers from our extensive database, on average, within 2 weeks of their call to INTERFACE. Each referral best meets the location, insurance, and specialty needs of the caller.



AHS Post-Secondary Planning

Counselors are working with students at risk of not-graduating or passing core classes and focusing on credit recovery.

They are connecting students to resources they need to take the AP exams and SATs.

College Visits:

The majority of colleges have canceled on-campus tours and information sessions until further notice. While this makes developing a college list and searching for the right fit more challenging, there are still ways to research schools from the comfort of your own home. Many colleges offer virtual tours and admissions offices across the country are working on creating more robust virtual information sessions in an effort to connect with prospective students. Here is a [list of virtual college tours](#) for the 30 most popular colleges where AHS students apply. Don't forget, Naviance is a great place to research colleges as well! [Viewing College Profiles](#)



Social Emotional Learning

[Advisory Lessons](#) from Second Step for grades 6-8

Get Ready to Connect and Learn activities that work with brain science and regulation during times of chronic stress for all grade levels.

SEL Lessons for all grade levels PK-5 in [weekly grids](#) from Second Step, Open Circle and Mindful Schools in addition to resources provided by building staff.

Playworks Recess available to all every day!


Mindfulness, physical activity and SEL enrichment available to 9-12 grade during community blocks each day.



Social emotional needs of students, staff and families ... when we return

SEL and Trauma Sensitive Schools networks nationwide have been hard at work planning guidance and toolkits for schools, districts and states based on the science of learning and the impact of chronic stress on the brain. These briefs are in the beginning stages of release with the Aspen Institute leading beautifully out front with 5 Guiding Principles (below) and 10 policy steps for state educational agencies to take. The Massachusetts Safe and Supportive Schools Commission met Monday May 11th to discuss these recommendations as well as the eventual recovery and renewal to school in the future.

- 1) Ensuring equity and engagement;**
- 2) Using a holistic view to set a coherent strategy;**
- 3) Being guided by the science of learning;**
- 4) Taking a long-term view of student success;**
- and 5) setting an agenda for innovation and continuous improvement.**



In broad strokes the return, recovery and renewal includes but is in no means limited to the following elements:

- community listening sessions - identification of community held values
- adult SEL supports
- family SEL supports
- building/reaffirming trauma sensitive schools
- strengthening universal/tier 1 services and supports
- student SEL supports
- ongoing monitoring and screening for health and wellbeing
- ongoing support and early intervention within universal settings and MTSS
- identification of underserved/underperforming subgroups and targeting them for cycles of continuous improvement
- ongoing review and feedback



Resources

[Mental Health and Well Being during School Closure](#)

[Social Emotional Learning @ Arlington Public Schools](#)

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