

Nutley Public Schools

315 Franklin Avenue
Nutley, New Jersey 07110

#SELday

March 19, 2021

Dear Families,

The Nutley Public School District is proud to participate with communities around the globe in celebrating the importance of social-emotional learning (SEL) on the second annual International SEL Day on Friday, March 26, 2021. We are honored that the District as well as the Commissioners of the Township of Nutley have both issued proclamations that we will celebrate SEL Day annually on the last Friday of March. Today, we use this opportunity to encourage all community members to learn about and share their knowledge of the importance and impact of integrating evidence-based SEL into our schools, organizations and community.

Social emotional learning is defined as 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. Studies show that SEL provides many benefits to students including improved well-being and academic outcomes. SEL Day is an opportunity to spread awareness about the importance and impact of social-emotional learning.

To celebrate SEL Day, throughout the week, our school community will continue to promote social-emotional learning including lessons from the school counselors, advisory, pre-recorded read alouds, morning announcements promoting positive affirmations, and activities. Content will be shared on the K-8 and NHS School Counseling [Schoolology](#) groups for students and families. To join the School Counseling parent group, first activate your parent Schoolology account by following the steps linked [here](#). In Schoolology, click on "Groups" then "My Groups" then "Join Group" using access code VQW3-XXSD-PXZZ2.

We also encourage you to celebrate SEL Day at home! For elementary students, click [here](#) to access a choice board of activities we created to build skills in each area. For secondary students, click [here](#) for some great ideas on how you can participate and check out the weekly SEL challenge calendar [here](#). If you would like to learn more about the five core competencies of social emotional learning click [here](#); additional resources are linked within the presentation, including a video for parents in both English and Spanish.

In Partnership,

Nutley Public Schools Health and Wellness Committee