

Required Social Emotional Learning Professional Development Day

Social Emotional Learning (SEL)

Social Emotional Learning (SEL) is broadly understood as a process through which individuals build awareness and skills in managing emotions, setting goals, establishing relationships, and making responsible decisions that support success in school and in life. When we think of educating the whole child, their social and emotional development must be considered as a part of overall instruction.

By intentionally embedding SEL into lessons, educators help students build skills that provide the protective factors that help students traverse challenges to enable them to succeed in life.

Professional Learning Specifics regarding RCW 28A.415.430

Every other school year (starting in 2020-21), school districts must use one of the professional learning days funded under RCW 28A.150.415 to train school district staff on one or more of the following topics:

- Social Emotional Learning (Implementation, best practices, curriculum usage, integrating SEL into content lessons, etc.)
- Trauma-informed SEL practices
- Recognizing and Responding to Adverse Childhood Experiences, Emotional or Behavioral Distress
- Mental Health Literacy
- Anti-Bullying strategies
- Culturally Sustaining Practices

Best Practices for Professional Learning

Professional Learning should:

- Be comprehensive, sustained, job-embedded, and a collaborative approach.
- Be an ongoing process that is measurable by multiple indicators and includes learning experiences that support the acquisition and transfer of learning, knowledge, and skills into the classroom and daily practice.
- Incorporate differentiated, coherent, sustained, and evidence-based strategies that improve educator effectiveness and student achievement, including job-embedded coaching or other forms of assistance to support educators' transfer of new knowledge and skills into their practice.
- Include the work of established collaborative teams of teachers, school leaders, and other administrative, instructional, and educational services staff members, who commit to working together on an ongoing basis to accomplish common goals and who are engaged in a continuous cycle of professional improvement.

