



UPPER DARBY
SCHOOL DISTRICT

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Social and Emotional Learning (SEL) in Upper Darby School District



According to the Collaborative for Academic, Social and Emotional Learning (CASEL), Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

<https://casel.org/what-is-sel/>



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CASEL has created a widely-used framework that identifies five core competencies to educate hearts, inspire minds, and help students and adults navigate the world more effectively. They are listed below.

1. Self-awareness
2. Self-management
3. Social awareness
4. Relationship skills
5. Responsible decision-making

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The purpose of this document is to provide an overview of the social and emotional programming available in Upper Darby School District.



In our elementary schools, students and staff have an opportunity to benefit from the following social and emotional programming. This list provides a sample of the many programs and systems that address social and emotional learning in Upper Darby:

- a. PBIS Systems
- b. Second Step - a program that focuses on teaching emotion management, situational awareness and academic achievement
- c. SUPR Teacher Program - teachers are coached to build stronger relationships with their students
- d. NeuroLogic Coaching Sessions - teachers are guided as they develop trauma-informed classroom practices



In our middle schools, students and staff have an opportunity to benefit from the following social and emotional programming. This list provides a sample of the many programs and systems that address social and emotional learning in Upper Darby:

- a. PBIS Systems
- b. SUPR Teacher Program - teachers have experienced coaching to build stronger relationships with their students
- c. Youth Court - a peer-led program that provides more productive and appropriate alternatives to school discipline
- d. NeuroLogic Coaching Sessions - teachers are guided as they develop trauma-informed classroom practices



In Upper Darby High School, students and staff have an opportunity to benefit from the following social and emotional programming. This list provides a sample of the many programs and systems that address social and emotional learning in Upper Darby:

- a. PBIS Systems
- b. NeuroLogic Coaching Sessions - teachers are guided as they develop trauma-informed classroom practices
- c. Youth Court - a peer-led program that provides more productive and appropriate alternatives to school discipline
- d. Student-Led Clubs and Programs - designed to establish positive relationships between and among teachers and students



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