



# Whiteside



Kim Bossler, Sarah Cason, Allison Frank, Jessica Gain,  
Monica Laurent, Amy Leritz, Emily Sackett, Kacey  
Selliers, Danielle Wobbe

# Project Overview

- Whiteside School District #115 is making a commitment to prioritize the improvement of school climate and culture. Our plan begins with the self care of all staff members so they can be better equipped to handle the daily demands of teacher life.
- The Focus Area(s) of your SEL Plan and WHY
  - Our WHY is because we recognize the emotional toll the last few years have taken on staff and we want to provide our employees with the education and opportunities to grow socially and emotionally.
  - Focus areas are: SEL Professional Development (Motivational Speakers, Imbed SEL activities into already established PD dates), Interpersonal Relationships (lounge activities, district merch, Warrior Challenge, and Intrapersonal Skills (early release time for teachers, self-care activities)).

## Biggest Takeaway From the Week

- \*We will take this one day at time, while recruiting one positive person at a time.

- \*We recognize this is a process that will be embedded throughout the year in everything we do.

- \*We feel more aware of the differences between SEL, staff appreciation, and well-being.

# Nokomis



# #NOKOPROUD

Tanya Engelman, Paul Watson, Tammy Mashaw,  
Amber Snow, Jana Masten, Jennifer Doyen





# PROJECT OVERVIEW

- A focus on developing a community with faculty that encourages and supports mental health awareness. Additionally, by implementing trauma informed discipline practices we wish to improve our school culture.

- Focus Area
  - Increase staff knowledge
  - Increase skills in staff
  - Trauma informed discipline



# BIGGEST TAKEAWAYS FROM THE WEEK

- It's gonna take time
- Staff self-care(buy-in) first before implementing
- More about culture and community before curriculum
- Small steps
- You can only control yourself; give others time to follow
- Resources are coming...
- Mirror Neurons are strong!
- If you tell yourself you 'should have,' it's like child abuse to your brain
- Daily check-ins with all levels of students can be quick and effective
- Don't use 'SEL' when starting, use the practices to get buy-in then let them know what it is



# WATERLOO Junior High School



PAUSE  
ACKNOWLEDGE WHY  
STRATEGY/ SOLUTION



- 🐾 Population: 11,062
- 🐾 Students: 632
- 🐾 Teachers: 38



**Hunter Beattie, Karen Bicklein,  
Savannah Brewer, Kelly Briesacher, Cara Brown,  
Denise Harsey, Nicole Jaranowski, & Neal West**

# PROJECT OVERVIEW



## TWO SENTENCE SUMMARY:

🐾 In the 2023-2024 school year, we will improve school climate in regards to the *instruction* and *implementation* of SEL practices for the **adults** in the school. This will allow them to know what to do for themselves, which, in turn, will help them help their **students**.

## FOCUS AREA:

🐾 **Adult** SEL Instruction & Implementation







# OUR BIGGEST TAKEAWAY FROM THE WEEK:

**W**e can and we will make a **difference**. We must first assume positive intent.

In providing teachers with these *tools* and newfound *mindsets*, we will *empower* adult & student:

🐾 **Voice,**  
🐾 **Choice,** *AND*  
🐾 **Process**



# COLUMBIA CUSDY



**Administration Team**



Rosemary Leingang, Sarah Cline, Audrey Elliott, Courtney Elbrecht, Krystin Baker, Michelle Gillum, Josh Kurth, Alyssa Smith, & Jeanne Goacher

# Project Overview

- Columbia School District #4 strives to increase knowledge and implementation of SEL practices to positively impact school climate, as well as support staff and student wellness.
- The Focus Area(s) of your SEL Plan and WHY
  - Data showed the following areas of need:
    - Staff morale and school climate
    - Trauma informed practices



# Biggest Takeaway From the Week

SEL within our district must start with the adults





# Mt. Olive

Brandi Kelly, Dan Lesko, Elizabeth Childers, Josh Martin,  
Jennie Binney, Karrie Scheller, Tim Klein, Danielle Elliott

# Project Overview

- **WHAT YOU FOCUS ON GROWS!** Climate and culture begins with faculty and staff; therefore, our focus is on staff well being.
- **STAFF WELL BEING IS OUR FOCUS. OUR SEL PLAN IS A NEEDS ASSESSMENT THAT WILL INFORM OUR ACTION PLAN. WHY - OUR MINDSET AND ATTITUDES ARE CONTAGIOUS! WE HAVE TO TAKE CARE OF THE ADULTS SO THEY CAN TAKE CARE OF THE CHILDREN!**



# Biggest Takeaway From the Week

1. We have to start with the adults (ME)!
2. We have to start small and prioritize!
3. SEL is not just hippy, dippy stuff!

# Marissa

Missy Meyer, Kyle Schwartz, Rachel Kinzinger, Mallory Watkins, Joe Wheeler, Jill Prest, Alexia Maschmeier, Rachael Reuss



# Project Overview

- We will invest time and resources to educate our building staff about social awareness and self awareness so that we can grow as more mindful individuals and model that to our students. We will also make an effort to communicate and interact with families and the outlying community to educate about our SEL efforts and improve relationships with those who are part of that group.
- The Focus Area(s) of your SEL Plan and WHY
  - Staff Self Care-Making sure staff are well so that we can do well is important. It introduces concepts and knowledge to staff members in our district. This leads to modeling the behavior and buy-in.
  - Family and Community Engagement-Any SEL that is done at school can be negated if it stops when they go home. Including families in the SEL process can improve relationships with staff and families and, therefore, staff and students. When families and communities come together with the school to support the whole child, there are better academic and social outcomes.

# Biggest Takeaway From the Week

- We have to start with adults. We are learning too and we cannot teach what we do not know.
- Rome was not built in a day and neither will this shift in lifestyle. We have to take small steps and be flexible in our action steps.
- Implementing SEL in a school and community requires EVERYONE to be on board in order for it to have fidelity.

# Altamont

Add team members' names / team photo

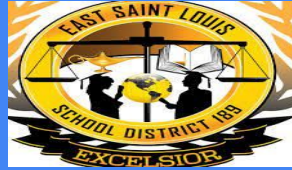


# Project Overview

- 2 Sentence Project Summary
- The Focus Area(s) of your SEL Plan and WHY

# Biggest Takeaway From the Week

# East St. Louis School District 189



**Dawne Turner, Liz Gusewele, Kenyawna Love,  
Alena Armstead, Dr. Antaniece Carter, and Aquilla Dover,  
Dr. Tiffany Gholson, Dr. Tracee Wells**



# Project Overview

- **Project Summary**

By May 2024, East St. Louis School District will add to the health and social and emotional well-being of all staff by providing an active **resource hub accessible to all staff** through the district's staff portal measured by views and/or staff usage.

- **The Focus Area(s) of your SEL Plan and WHY**

To provide District wide collective wellness tools for all staff, so that scholars can have effective models to lead them academically, socially, and emotionally. (YOU CAN'T POUR FROM AN EMPTY CUP).



# Biggest Takeaway From the Week



I realized I have purpose and a reason to take up space- Armstead

It's important to keep going and to learn from our experiences and to allow those experiences to guide you not define you. - Dr. Carter

SEL is an approach! Not a program. - Gusewelle

To remain resilient even through life obstacles - Dover

We have tangible items to take back with us, from community building activities to books, to online subscriptions and training. We did more than just talk about it! I also aspire to "Be like Barry." -Turner

It's ok to focus on self. Self check-ins are important and valuable. -Love



SHILOH

# WILDCAT WELLNESS

**Superintendent:** Dale Sauer  
**Middle School Principal:** Darin Loepker  
**Elementary Principal:** Rechelle Wilkinson  
**Coordinator:** Jodi Manley  
**Social Worker:** Catie Tyler  
**Elementary Teacher:** Charlee Dixon  
**Middle School Teacher:** Melissa Greenfield  
**Paraprofessional:** Erica Cage

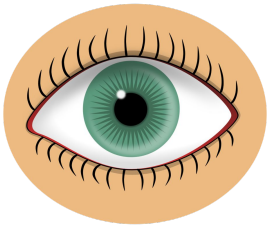


# Project Overview



## Goals:

- To foster staff self-management through social and self awareness
- Increase staff morale through building relationship skills to focus on staff wellness

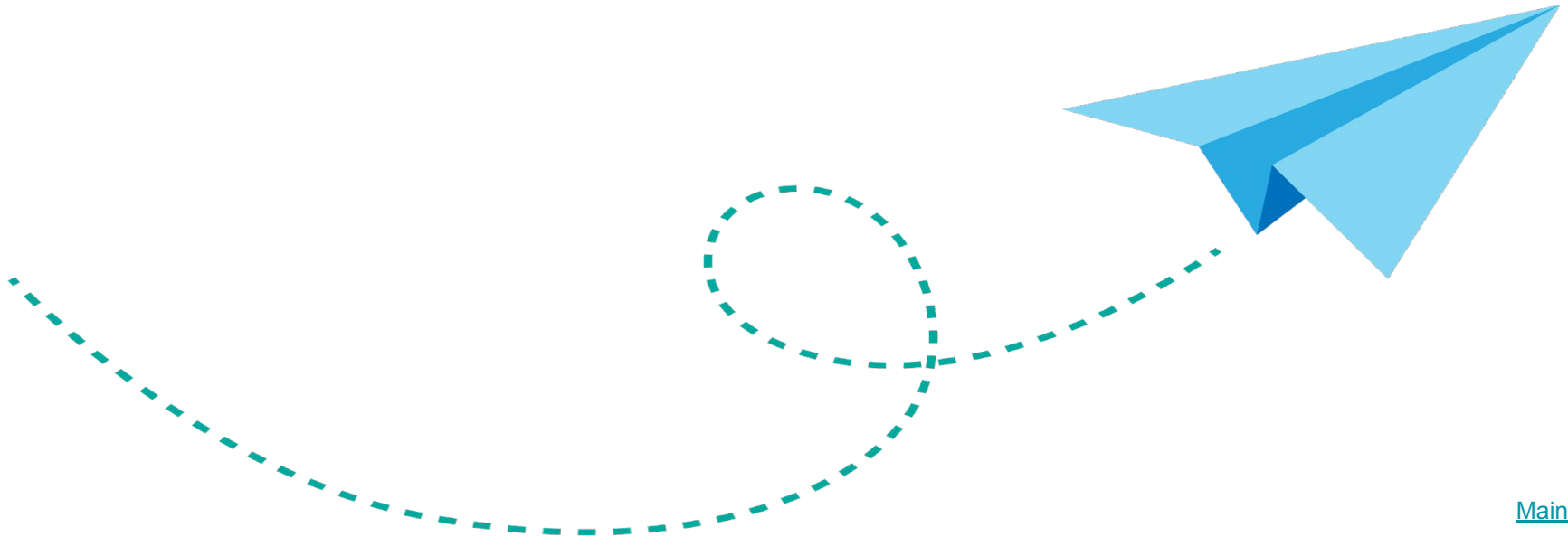


## Focus area:

- faculty/staff wellness

## Biggest Takeaway From the Week

Understanding the **VALUE** and **IMPORTANCE** of integrating SEL into the homes, our school, and the greater community using the **SIMPLICITY** of it's design to improve the wellness of all members of our school community!





# Lebanon



Michael Nelson, Julie Hunter, Joanie Thole, Laura Arnold, Krista Bass, Jasen Foster, Amy Venhaus, Jenn Seely, & Kim Emrick

# Project Overview

- Climate and culture are the foundation of teacher well-being and it starts with ME before WE
- Our SEL plan focuses on relationship building and training of all faculty and staff.

# Biggest Takeaway From the Week

Figuring out what teachers need to succeed is paramount.

Step away from “people pleaser” mode and focus on YOU.

Mimbleballs are super cool!

SEL isn't just about curriculum. It's an environmental approach.

The power of pause.

# Grant Middle School

Fairview Heights, Illinois



Natalie Lowe  
Gina Walker  
Christi Thompson  
Cindy Higgins  
Andrea Alexander  
Tracie Boever  
Mary Riley  
David Franklin

# Project Overview

- **2 Sentence Project Summary:** Grant Middle School's project is to establish an engaging school culture by embedding social emotional learning practices into our daily routines and maintaining an SEL-focused mindset to improve our school climate. By beginning at the staff level, our team will develop awareness and management skills to encourage growth across all areas of the learning environment.
- **The Focus Area(s) of your SEL Plan and WHY:** Our focus area for year one is enabling staff to manage personal wellness. Furthermore, staff will acquire skill sets by which members will embed an SEL culture within the school environment. Additionally, amplifying student voice and choice will become our third major focus to provide relevant and engaging learning experiences for our student population.



# Biggest Takeaway from the Week



Our team is walking confidently into our project goals knowing that this is a marathon, not a sprint, and our data can drive our decision-making as our plan is implemented. Our team recognizes that this journey will be ever-evolving as challenges and needs arise.

# Edwardsville



**Our Why: Staff MUST be the foundation of building a positive climate and culture.**

**Kristy Mitchell, Kumar Bhooshan, Jeff Wallis, Kayla Dinkelman, Lisa Laskowski, John Muldoon**



# Project Overview

- **Introduce and promote the physical, mental and professional well-being of staff. Through increasing staff self-awareness, exposing staff to SEL components, and increasing staff competency, we aim to sustain positive student outcomes and an overall healthy climate and culture.**
- **Staff care will be the focus for our action plan.**
- **Our WHY: Staff must be the foundation for building a positive climate and culture.**

**ROE 50**  
**Alternative Education Center**  
**Safe School**

Lyric Bernard, Kendra Bowers, Emily Dahm, Tracy Gocal, Cameron Gove, Stacy Louderman, Jeff Underwood, Heather Wallace

# Project Overview

- The Alternative Education Center Safe School will be improving the overall school climate. The Alternative Education Center Safe School will be focusing on staff self-care as an overall school SEL component, as we know if staff are well, modeling for other staff and students will be authentic and natural.
- To ensure the overall focus' are directed, assessments of the climate will take place.
  - Peer buddies (For staff and students)
  - Scheduled practice
  - Time will be set for faculty get togethers
  - Colleague observations for enlightenment
  - Open discussions for continued support
- **Students given a voice**
  - Student leadership team created
  - Student led SEL activities
  - Continuous opportunities



## **Biggest Takeaway From The Week**

- Starts with STAFF**
- The impact of SEL activities on the brain and how it directly impacts learning**
- As adults, WE have to be able to do the work ourselves to effectively teach model for students**
- It is the best investment of our time**

# Biggest Takeaway(s) From the Week

Practice, revisit, be authentic.

Mental health IS important.

Being selfish isn't selfish.

Incorporating SEL in school is a marathon! It takes time.

We have grown! Individually and collectively!

We as a whole are only as good as all are individually.







# Signal Hill

Kelly Bohnenstiehl, LaSandra Chism, Stephanie Ferguson, Jennifer Krause, Amy Little, Susan Parker, Teyonna Simmons, and Kim Young





# Project Overview

**2 Sentence Project Summary:** Our mission is to help our school community to better understand their thoughts and emotions, to become self-aware and build relationships. Through this mission we hope to build and foster agency skills staff and students.

**The Focus Area(s) of your SEL Plan:**

Educate Staff on Social and Emotional Competences (SEC)

- a. Self Awareness, Self- Management, and Social Awareness

**WHY:**

Our why is to educate staff about who our students are. First we will focus on educating the adults on self- awareness.

# Biggest Takeaway From the Week

- We truly are beginning to understand what SEL is, what we need to do to implement it, and that we want our school to incorporate it!
- We also know that it is going to be a long slow process, it will not happen overnight, but we will get there!





# Brussels

Pam, Kaye, Jen, Trish,  
Megan, & Jeanne



# Project Overview

- BCUSD will educate all staff about staff self-care and the impact it has on others. By developing self-awareness & self-management skills at the staff level we will then be able to reach our students and community.
- The Focus Areas
  - Year 1: Goal #1- Develop self-awareness & self-management skills to achieve school and life success.
  - Year 2: Goal #2- Use social-awareness and interpersonal skills to establish & maintain positive relationships.
  - Year 3: Goal #3- Demonstrate decision-making skills & responsible behaviors in personal, school, & community contexts.



# Biggest Takeaway From the Week

Our biggest takeaways are that SEL looks differently for everyone but the core basics are still there and that even though we make a plan it will always be changing and evolving.



# Triad



Sandra Padak, Susan Bohnenstiehl, Stacey Matz, Bridget Winters,  
Emily Pingsterhaus, Jessica Bracamontes, Abby Van Asch, Cindy  
Langston, Chris Schomber



# Project Overview



- To implement SEL as a mindset through professional development and staff support. We will model and promote self awareness and self regulation for ourselves (staff) and our students through the theme of “Connections Before Consequences”
- Our goal is to foster connections at all levels within the Triad Community
- We are going to foster classroom, school and district wide connections to maximize learning opportunities in the classroom.



# Biggest Takeaways From the Week

Social/Emotional Learning is not a curriculum, it is a mindset. It is a long term process to encourage and foster healthy students, staff and communities. It is about “intentionality”

“It’s not a track meet, it’s a marathon”.

We have the time. We can incorporate this through the natural course of the day.

# Altamont Community Unit School District 10



Peggy  
Kris  
Amy  
Kathy  
Johanna  
Robin  
Steve  
Jenna



# Project Overview

2023-2024



- Energize and support our staff to build relationships.
- Take the pulse of students and staff to guide what needs need to be met.
- Use SEL language and terms.
- Host monthly activities.
- Implement Class Catalyst.
- Invite more SEL team members.



## **Biggest Takeaway From the Week:**

**School staff needs to practice self care because SEL is a process not a program.**