



Livingston PUBLIC SCHOOLS

Sinéad Crews
Director of School Counseling
11 Foxcroft Drive
Livingston, New Jersey 07039
973.535.8000 ext. 8137
SCrews@livingston.org
[Livingston Public Schools](http://LivingstonPublicSchools.org)

March 4, 2022

Dear LPS Families,

Livingston Public Schools is proud to participate in **International Social and Emotional Learning (SEL) Day on March 11, 2022!** SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

We take this opportunity to recognize our continued focus on SEL and supporting students' development of these skills while embracing this year's SEL Day theme: *Finding Common Ground, Pursuing Common Good*. SEL skills can support positive mental health; however, it is important to note that SEL differs from mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. SEL is the skillset that is developed and taught over time, throughout a child's K-12 educational experience here in Livingston Public Schools.

An important part of our SEL Day is giving families tools and resources to practice this at home. [Here](#) is a valuable article that gives strategies for parents at home, which reinforces our Tier 1 supports in our schools. As a family, we encourage you to reflect on the following SEL skills together at home, which are promoted by the Social Emotional Learning Alliance for New Jersey:

- **Self-Awareness**—My recognition of who I am, what I need and how I feel relative to the world around me.
- **Self-Management**—My ability to manage my emotions and behaviors, to complete a task or succeed in a challenging situation.
- **Social Awareness**—My demonstration of consideration for others and a desire to positively contribute to my community.
- **Relationship Skills**—My ability to use positive communication and social skills to interact effectively with others.
- **Decision Making**—My approach to problem solving that involves learning from others, from past experiences and using my values to guide my action and accepting responsibility for my decisions.

Additionally, we encourage you to utilize our available online resources to support SEL with your children:

- [LPS Virtual Calming Room!](#)

- [LPS Social and Emotional Supports for Families website](#)
- [LPS School Counseling website](#)

If you are interested in more ways to participate in National SEL Day at home with your child, [please click here](#). We look forward to recognizing National SEL Day together as a LPS community. If you have any questions, please contact your child's school counselor.

#SELday

Sincerely,

A handwritten signature in black ink that reads "Sinéad Crews". The signature is written in a cursive style with a large initial 'S'.

Sinéad Crews
Director of School Counseling