What is SEL?

Why do you need to know about it?

Social and emotional learning (SEL) is 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.”

– *The Collaborative for Academic, Social, and Emotional Learning (CASEL)*

SEL stands for *Social Emotional Learning*, and we believe it matters! Talking about your child’s feelings, positive ways to communicate with them and their needs, is a vital tool in the world today. By doing so, your child can learn to process their emotional state and well being in order to help problem solve in the future. You can find more on the subject of Social Emotional Learning on our SEL Department page <https://www.lowell.k12.ma.us/Domain/2702>.

LPS is Launching **#WellnessWednesdays!** Come learn interactively about topics such as understanding Covid-19 virus- how to talk to kids about it, hygiene games, importance of staying in tune with you and your child’s mental health, structure-how much do they need. Weekly topics and videos to be shared.

Looking for a Daily SEL Activity? We’ve got you covered!

Practice mindfulness, staying active, and ways to help you and your child stay in a positive and healthy mind frame during this time. Be on the look out for our SEL daily emails that have a quick and fun activity for you and your family to try at home.

We want to make sure we reach our students... Are you getting our Connect Ed messages?

Parents/Guardians please contact the **Family Resource Center (978-674-4321) and or your child's school** if you have not updated your contact number and or email address. By doing so it will ensure you are receiving the most up to date information. As always the Lowell Public Schools website includes many of these updates, resources and Enrichments packets located all in one place, [lowell.k12.ma.us/homelearning](https://www.lowell.k12.ma.us/homelearning)​.

Questions? Need to talk to Someone?

During this time of need, Lowell Public Schools staff are making themselves available to provide assistance to you with any questions and/or concerns you may have. You may access this assistance by calling the Lowell Public Schools Family Resource Center at **978 674-4321.** It is our goal to help you connect with community programs, support hotlines, and district support staff that specialize in mental health and social emotional needs for you and your child.

