



SEL Connection

Parent or Guardian Letter

Dear Parent or Guardian,

Our class will be engaging in a Social Emotional Curriculum this year. We will be focusing on the core competencies based the research done by the Collaborative for Academic, Social, and Emotional Learning and built on by Catholic Teacher Resources. As Catholic educators, we will be focusing on how these core concepts align with our Catholic faith.

Our curriculum is designed to build positive self-worth and self-esteem, the ability to self-manage and regulate emotions, build empathy, create positive and long lasting relationships with others, and make responsible decisions in our daily lives. All of these competences are founded in a deep and personal relationship with God and His Word.

I want to encourage a thoughtful and respectful two-way partnership between your family and I. This way, we can continue to build on each other's work in your child's day-to-day life. As parents and guardians, you are the foundational educator. You are a model for your student as am I. I would like to work with you to build these core competencies in your student to encourage their personal growth.

Here are some resources that may help with our SEL journey.

1. CASEL Caregiver Guide found at: <https://casel.org/homes-and-communities/>
2. Scholastic Social Emotional Learning articles found at: <https://www.scholastic.com/teachers/articles/18-19/social-emotional-learning-in-k8-classrooms/>
3. Books for Children and Social Emotional Learning found at: <https://shop.scholastic.com/parent-ecommerce/subjects/social-emotional.html>
4. Me! I am able to speak to what our class is working on in the moment.

If, at any time, you have any questions, please contact me. You can also gather more information from casel.org. Thank you for your partnership.

Sincerely,