



2017-2018



**BPS Office Of
Social Emotional
Learning & Wellness**



CONTENTS

The Office of Social Emotional Learning and Wellness (SELWell) is comprised of the following departments. This booklet outlines the work of the office and the supports available to schools. Our office strives to coordinate policy implementation, communication, data, professional development, school-based supports and partnerships.

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OFFICE OF SOCIAL EMOTIONAL

VISION

Healthy and supportive schools prepare all students to learn and thrive.

MISSION

Our mission is to build equity and capacity of schools to improve all students’ social, emotional, and physical wellness, knowledge, and skills, resulting in their healthy development, learning, and preparedness for life.

Healthy students are better learners. The Boston Public Schools aims to actively promote the social, emotional and physical health and wellness of all students to advance both their healthy development and readiness to learn. BPS strives to be one of the healthiest school districts in the country.

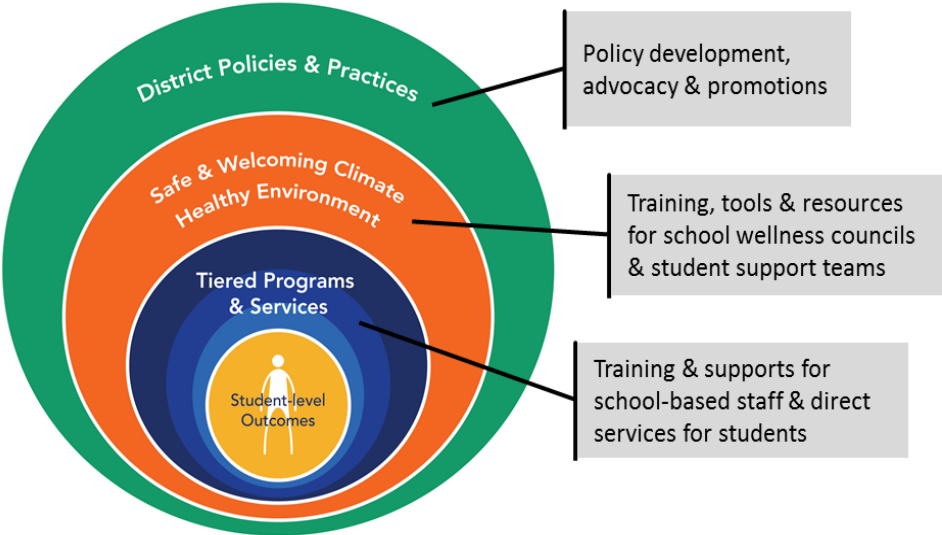


The Office of Social Emotional Learning and Wellness (SELWell) works to create safe, healthy, and welcoming school environments that foster each child’s cognitive, physical, social, and emotional development. Our efforts target health inequities that interfere with learning, an essential strategy for closing opportunity and achievement gaps that impact BPS students. This work ensures that all students can learn and thrive throughout their lifetime.

SELWell uses the Whole School, Whole Child, Whole Community model (WSCC), an ecological approach that is directed at the whole school, with the school in turn drawing its resources and influences from the whole community and serving to address the needs of the whole child. The BPS District Wellness Policy is drawn from the WSCC Model and is the roadmap to achieve the goals of the District and SELWell.

LEARNING AND WELLNESS

SELWell departments collaborate to build the Multi-tiered System of Supports (MTSS) that schools need in order to implement health-related policies, create safe, healthy and welcoming school environments, and deliver high-quality instruction, programs and services to students and families.



SERVING THE WHOLE CHILD

SELWell leads the Districts’ efforts to address the needs of the whole child through prevention, intervention and intensive response. Collectively, the departments of SELWell will transform the District’s capacity to meet the health needs of all BPS students.

ATHLETICS

The basis of the **Athletics** program is to provide opportunities for physical, mental, social and emotional growth where coaches and athletes put forth their best performance in the arena of athletic competition. Commitment, dedication, and responsibility are the major ingredients to the success of the athletic program. It is critical that this department works closely with Headmasters, Principals, and members of the Boston Public Schools community to develop and maintain these programs.

SERVICES:

- Organization and administration of the Middle School and High School Athletic programs and experiential athletic opportunities
- Assistance with access to City of Boston Fields
- Active participating member of the MIAA

PARTNERS & PROGRAMS:

- Boston Scholar Athletes
- Play Ball! Foundation - Provides opportunities for Middle School students to participate in sports
- Boston Centers for Youth and Families (BCYF)

HIGH SCHOOL	
FALL	Cheerleading Cross Country Football Girls & Boys' Soccer Girls' Volleyball
WINTER	Boys'/Girls' Basketball Indoor Track Boys'/Girls' Ice Hockey Swimming Wrestling
SPRING	Baseball Outdoor Track Softball Boys' Volleyball
MIDDLE SCHOOL	
FALL	Football (Play Ball!) Girls' Volleyball (Play Ball!) Cross Country (BPS, BCYF, BAA)
WINTER	Boys'/Girls' Basketball Double Dutch (Play Ball!)
SPRING	Baseball (Play Ball!) Boys'/Girls' Soccer (Play Ball!) Outdoor Track

Avery Esdaile, Senior Director

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HEALTH SERVICES

The **Health Services Department** removes the health obstacles to learning by ensuring students are physically, socially and emotionally well.

SERVICES:

Central services provided to schools:

- Continuing education for BPS school nurses on topics including human trafficking, psychotropic medications for children, asthma, diabetes, vision screening, and DESE evaluation for the school nurse
- Program development and coordination of medical services for students with special health care needs
- Data collection and reporting
- Partnership development and collaboration
- Policy and compliance
- Staffing and sub-coverage
- Screening supports

School-based services:

- Nursing services available in most schools include:
 - evaluating and managing the health needs of all students.
 - identifying and managing students with special health needs.
 - working with other school-based groups to provide safe and healthy environments.
 - monitoring and administering medications and medical procedures as prescribed by a student's primary care provider or medical specialist.
 - providing first aid and emergency care.
 - helping families to get health insurance and find a health care provider.
 - managing the control of communicable diseases.
- Coordinate health related programming and health fairs (in conjunction with BPS Health & Wellness Department and the Boston Public Health Commission)
- Participate on student support teams and wellness councils and in high schools, lead the Condom Accessibility Team to provide access to condoms and reproductive health counseling.

FOCUS AREAS

Special health care needs

- Asthma
- Diabetes
- Sexual health
- Mental health
- Seizure disorders
- Breathing ventilators
- Life-threatening allergies

Free vision screenings & glasses

Collaborate with community partners:

- New England School of Optometry
- The 20/20 Program
- Pearl Vision Center
- The National Association of School Nurses

Health Services

443 Warren Street | Dorchester, MA 02121
617-635-6788 | www.bpshealthservices.org

HEALTH & WELLNESS

PROGRAM AREAS

Physical Education:

- Standard- based frameworks & curriculum
- Comprehensive School Physical Activity Program
- FitnessGram Assessments
- PE Lending Library

Physical Activity:

- Staff engagement and modeling
- Facilitated active recess
- Before and afterschool PA

Health Education:

- Comprehensive standards-based frameworks
- Evidence & skills-based curricula:
 - *Nutrition education & physical activity partners*
 - *Sexuality education*
 - *Tobacco, alcohol & substance abuse education*

Policy & Advocacy:

- Policy development
- Partnership development
- Wellness councils development and supports
- Youth Risk Behavior Survey
- Wellness Champion Program

Wellness Promotions:

- School-wide wellness events
- Social marketing: *Improving school culture around healthy behaviors*
- District-wide health promotions
- Staff wellness & programming

The **Health & Wellness Department** aims to actively promote the health and wellness of all BPS students to advance both their healthy development and readiness to learn. Our goal is to improve the quality, increase the quantity, and ensure equity of health and wellness services across BPS. We collaborate across Academics, Student Supports, and Operations to provide an array of interdisciplinary services and supports to schools.

SERVICES:

- Professional development
- Evidence-based curriculum
- Tiered instructional coaching
- Assessment & data
- Program evaluation support
- Resource development & selection
- Technical assistance/implementation
- Marketing & communications
- Family engagement
- Community partnership brokering & development

Jill Carter, Senior Executive Director

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OPPORTUNITY YOUTH

PROGRAM AREAS

Attendance

School support to reduce attendance related issues

Communication between schools and juvenile probation officers

Home & Hospital Tutoring

Coordinating tutoring services for homebound and hospitalized students

Homeless Education Resource Network

Provide support and necessary resources to students and their families who are experiencing homelessness

SEL Youth Initiatives

Target solutions that close the achievement gap

Engage students involved in the juvenile justice system

Spearheading programs that disrupt the school to prison pipeline

- Becoming a Man (BAM)
- SEL Ambassadors

The **Opportunity Youth Department** builds the capacity of schools, inclusive of some of our most vulnerable youth (i.e., students experiencing homelessness, home and hospital tutored youth and students with attendance issues). The Opportunity Youth Department provides ongoing support, training and professional development to increase staff skills in creating and maintaining safe, healthy and welcoming school environments for ALL students.

SERVICES:

- Identification of students in need
- Professional development for schools and parent groups
- Connecting schools to best practices, resources, and partnerships, with the support of community leadership
- Referrals to existing educational and social services
- Prevention campaigns (e.g. "I'm In" and "Stay in School" Attendance Campaigns)

BEHAVIORAL HEALTH SERVICES

Every Child Deserves a Safe and Supportive School

Using a Multi-tiered Systems of Support (MTSS) services are provided across tiers:

Tier I Services *are preventative and proactive in nature. Examples of Tier I services are:*

- Second Step
- PBIS
- Trauma sensitive schools
- Signs of Suicide
- Suicide prevention curriculum
- Breaking Free from Depression
- Executive functioning skills training

Tier II Services *are designed to meet the needs of particular groups that do not respond to Tier I services. Examples of Tier II services are:*

- Solution focused counseling
- Check-In/ Check-Out
- Behavior Intervention Plan (BIP)

Tier III Services *are intensive/ individual interventions based on the individual assessment of the student, and tailored to the individual student's unique needs and strengths. Examples of Tier III services are:*

- Individual counseling
- Case management
- Functional Behavior Assessment
- (FBA)/Behavior Intervention Plan (BIP)
- Suicide assessment
- Check and Connect
- Threat assessment

The Behavioral Health Services Department aims to create safe and supportive schools by building the capacity of schools to address the needs of students. Using the Comprehensive Behavioral Health Model (CBHM), a multi-tiered framework of research based supports and interventions, Behavioral Health Services is able to provide prevention, at-risk, and intensive services.

SERVICES:

- Consultation
- Professional development of school staff
- District crisis team services
- Coaching of school staff
- Direct services to students
- Bridges to community partners
 - Crisis Prevention Institute (CPI)
 - Second Step Curriculum
 - Positive Behavior Interventions and Support (PBIS)
 - Classroom management
 - Mental health topics
 - & much more!

Andria Amador, Senior Director

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617-635-9676 | www.cbhmboston.com

GUIDANCE SERVICES

BPS school guidance counselors are located in high schools and some middle and K-8 schools. They are educators with masters' degrees or higher, and are licensed by the Massachusetts Department of Elementary and Secondary Education. School counselors meet students starting at orientation, and work with all students in the school to:

- remove barriers to learning by addressing students' academic skills and concerns.
- explore career awareness and post-high school options.
- develop personal & social skills that help in school, community & life.

In partnerships with families, teachers, administrators, community and community partners, school counselors design, implement and manage comprehensive, developmental, results-based school counseling programs that promote and enhance student success and align with the educational mission and goals of their schools.

COUNSELORS HELP STUDENTS:

- create an academic plan for their education to prepare for successful careers after graduation;
- develop the necessary skills, such as organizational, time management, and study skills;
- overcome obstacles that may form barriers to learning by helping students respond to developmental issues typical in childhood and adolescence, as well as issues such as divorce or death in their family, etc.
- learn skills to address issues such as peer pressure, friendship problems, cyber safety, depression or anxiety, alcohol and substance use and other issues;
- engage in small counseling groups meeting the needs of special populations such as males, females, or students who are LGBTQ;
- connect with BPS Home & Hospital Tutoring or the school nurses;
- access the district's summer learning opportunities, Summer Scholars, Twilight School, and online/blended credit recovery options (if the high school students are off track or behind in academics); and
- manage the process of exploring college and career, apply for scholarships and financial aid, and prepare for and take college admissions testing such as PSAT, SAT, ACT, and TOEFL.

SEL INSTRUCTION

SAFE & WELCOMING SCHOOLS PROGRAM

Social Emotional Learning (SEL) Instruction promotes student learning and engagement by supporting schools in developing safe, inclusive and enriching learning environments for all students. The knowledge and practice of social emotional learning competencies enhances our abilities to connect and relate to others across race, class, culture, language, gender identity, sexual orientation, and learning needs.

SEL Instruction Services

- Standards-based frameworks & curriculum
 - Second Step curriculum
 - Open Circle curriculum
 - Restorative practices
 - Mindfulness
- Professional development
- Tiered instructional coaching
- Assessment & data



Safe and Welcoming Schools (SAWS) Program

The Safe & Welcoming Schools Program is focused on prevention and building capacity at the school level through Student Support Teams (SST's) and professional development.

SAWS Services:

- design and evaluate policies, practices and tools
- provide school climate assessments, professional development, coaching and school climate action plan development
- broker community partnerships and resources
- Help schools to assess their needs using school climate and suspension data

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SUCCEED BOSTON

Formerly the Counseling and Intervention Center (CIC)

Succeed Boston is a unique, short-term, non-residential, intervention program that teaches developmentally appropriate decision-making skills and supports all students who have committed infractions which violate the Boston Public Schools' Code of Conduct (possession of a weapon, possession or distribution of a controlled substance, assault and battery) or who have been charged with other expellable offenses may be referred to the program. Succeed Boston uses a multi-disciplinary team approach to teach students appropriate decision-making and social emotional skills to assist in making future decisions that will impact them in a positive way; and to identify and address non-educational and emotional problems that impact student's success in school. The team will provide referring schools with recommendations for follow-up intervention and prevention to address school- related issues and concerns.

SUCCEED BOSTON WILL:

- provide tier 3 intervention and supports to students who have violated the most serious offenses in the Code of Conduct
- help students identify and learn SEL skills necessary to return to school and make better decisions
- provide transition plan to home school for re-entry of student
- provide PEAR Holistic Student Assessments
- provide consultations at the Succeed Boston Center to schools Tuesday and Thursday from 2:15-4:00pm
- offer SAP to provide substance use and abuse services

Directory

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SEL Instruction & Support Services

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Dr. Tommy Chang, Superintendent, Boston Public Schools

Dr. Karla Estrada, Deputy Superintendent, Student Support Services

Dr. Amalio Nieves, Assistant Superintendent, Office of Social Emotional Learning & Wellness

OFFICE OF SOCIAL EMOTIONAL LEARNING & WELLNESS

Healthy and supportive schools prepare all students to learn and thrive.

As the birthplace of public education in this nation, the Boston Public Schools is committed to transforming the lives of all children through exemplary teaching in a world-class system of innovative, welcoming schools. We partner with the community, families, and students to develop within every learner the knowledge, skill, and character to excel in college, career, and life.

The Boston Public Schools, in accordance with its nondiscrimination policies, does not discriminate in its programs, facilities, or employment or educational opportunities on the basis of race, color, age, criminal record (inquiries only), disability, homelessness, sex/gender, gender identity, religion, national origin, ancestry, sexual orientation, genetics or military status, and does not tolerate any form of retaliation, or bias-based intimidation, threat or harassment that demeans individuals' dignity or interferes with their ability to learn or work.