How important is the role of adults?

SEL isn’t only about young people. There is a strong link between the learning lives and emotional lives of young people and that of the key adults (e.g., parents, staff, other community members) in their lives. Young people learn from adults. In other words, the beliefs, values, attitudes, and actions of adults are what most strongly influence the beliefs, values, attitudes and actions of young people.

Home, school and the community each contribute to, and share responsibility for, the development of young people. Furthermore, the relationships and collaboration between adults have been validated by research as producing the richest insights, biggest impacts, and best outcomes in the well-being of young people.

The SEL Strategy regards the promotion of adults as ‘living models’, and the nurturing of quality relationships between adults, as imperative.

What can parents do?

For thirty years of research has proven without dispute the positive connection between parent involvement and student success and resilience. Caring adults in children’s lives can create a loving and safe environment that encourages children to develop at their best. This secure base is strengthened when parents help children to handle their inner world and relationships. This in turn helps young people to become better learners.

Parents play a key role in their child’s life. They are the first teacher and are often the longest-lasting influence on their children.

Family practices that contribute to the learning and well-being of young people include:

- Positive parent-child relationships
- Communicating high expectations for achievement and behaviour
- Providing children with special responsibilities and involvement in decisions making
- Providing children with activities that accommodate their interests
- Parents being interested and involved in education
- Parents utilizing motivational methods
- Communicating and modelling positive attitudes, values and social-emotional-mental capabilities

The SEL Strategy in Catholic Schools

A process for helping individuals and communities develop the fundamental knowledge, skills and values that are necessary for learner wellbeing and life effectiveness has developed within the Cairns Diocese into a comprehensive SEL strategy involving and impacting students, staff, and parents.

The SEL Strategy is a direct, intentional and systematic approach to integrating learning, nurturing wellbeing, building relationship quality and connectivity, and strengthening the effectiveness of the processes, procedures and practices of the system within which people work, learn and live.

The SEL strategy is preventative and interventionist in nature and guided school communities to effectively influence achievement and wellbeing.

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Where can I find out more?

Catholic school SEL Coordinators can provide you with further information and assistance.

You can also visit Catholic Education’s website at www.cedcatholic.edu.au or phone Catholic Education Services: SEL Education Office on 1300 3700 3152.

Informed by Dr Sue Robey

In Catholic Schools

Emotional Literacy for WellBeing

SEL STRATEGY

Emotional Literacy (SEL)

Healthy Relationships

Better Behaviour

Increased Resilience

More effective learning environment

Caring Communities

Wellbeing for All (living relationships)

Informed by Dr Sue Robey

“...and have it to the full.”

John 10:10

Catholic Education - Diocese of Cairns Learning with Faith and Love

IN CATHOLIC SCHOOLS
Social and Emotional Learning (SEL) is a process for helping people develop the fundamental skills that are necessary for well-being and, therefore, for their effectiveness. SEL develops the skills to recognize and manage emotions, set and achieve positive goals, take the perspective of others, establish and maintain positive relationships, and make responsible decisions. These strategies work together to improve social skills, increase self-regulation, improve academic performance, and promote pro-social behavior and reduce aggression, bullying, depression, and anxiety. SEL involves a three-part model that includes instruction, practice through real-life experiences, and ongoing assessment. SEL is essential for building a better person and a better community.