



Excellence. For each and every student.

BOARD OF EDUCATION

Working Meeting - Monday, October 24, 2022 - 4:15 PM
Wayzata Public Schools District Office
210 County Road 101 North
Plymouth, Minnesota 55447

Minutes of Work Session Meeting

A Work Session Meeting of the Board of Education of Wayzata Public Schools was held Monday, October 24, 2022, beginning at 4:15 PM in the Wayzata Public Schools District Office
210 County Road 101 North
Plymouth, Minnesota 55447.

1. **ROLL CALL/CALL TO ORDER**
2. **Human Resource Services Reports**
 - A. **Sabbatical Presentations**
3. **ADJOURN**

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Social Emotional Learning (SEL)

Shelly Mozey

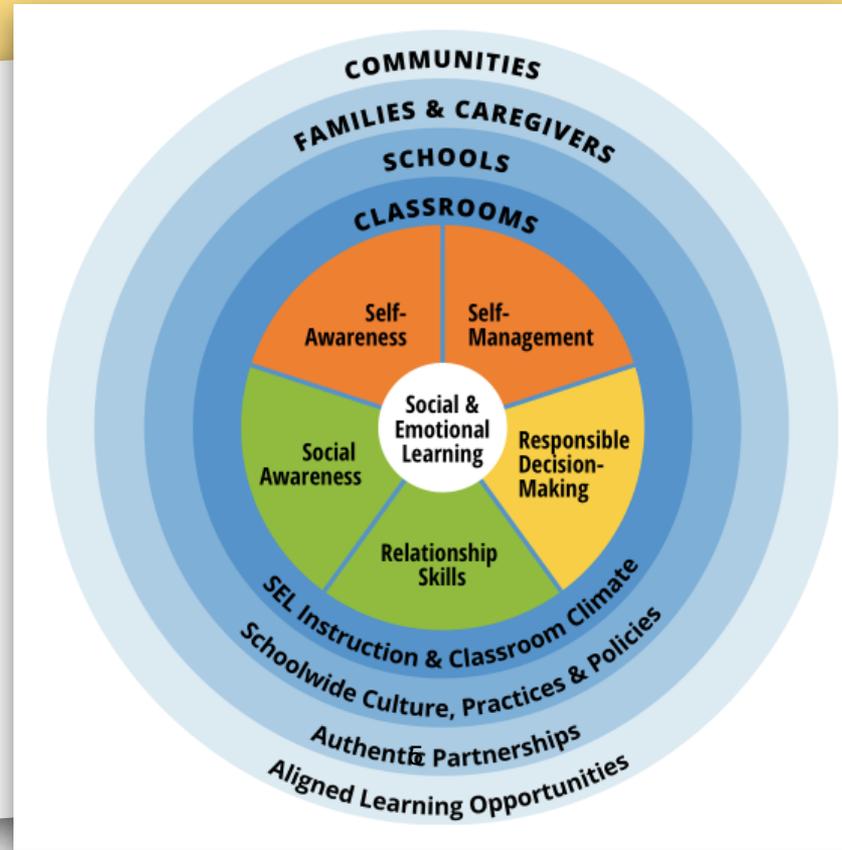
SEL is defined as an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal goals, feel and show empathy for others, establish healthy supportive relationships and make responsible and caring decisions.

Why SEL matters...

Social-emotional learning seeks to develop the connection between the mind and body. In Physical Education, all students, regardless of physical fitness levels or abilities, can have an enriching experience when SEL is integrated. It also makes perfect sense to add SEL elements to Physical Education classes to ensure success for all students.

"WE'RE ALL IN"

Five Competencies of Social Emotional Learning



Self-Awareness

Emotion Identification

Emotion Expression

Mindfulness

Self-Confidence

Strength Regulation

Self-Management

Emotional Management

Resilience

Stress Management

Impulse Control

Self-Motivation

Social-Awareness

Empathy
Discovering Differences
Diversity Appreciation
Civic Engagement
Respect for Others

Relationship Skills

Resolving Conflicts

Active Listening

Cooperation

Teamwork

Communication

Responsible Decision Making

Identifying Problems

Solving Problems

Thinking Critically

Setting Goals

Leadership Skills

What is SEL Curriculum?

SEL curriculum describes the mindsets, skills, attitudes and feelings to help students succeed in school, career and life. At its core, SEL focuses on students basic needs for motivation, social connectedness and self regulation as the basic fundamentals of learning.

Benefits of SEL in Physical Education

~A core practice in SEL is to strengthen the mind-body connection. This makes perfect sense to implement SEL into PE curriculum as we strive to strengthen the mind-body connection and center mental, social and emotional health along with physical health.

~ Authentic situations to practice social and emotional skills in PE class, lends itself naturally to experience

Improving Class Climate

- Learn to transfer skills to different environments
 - Benefits students throughout the day
 - More self aware, collaborative environments
 - Working with others and recognizing strengths
 - Focused and productive throughout the day
- Movement improves the brain's ability to learn and retain information

Strengthening the mind-body connection:

Emotions! Called feelings because we feel them

How we feel- our thoughts, attitudes and beliefs- can impact our physical body

Your body gives us clues when we need to care for ourselves socially, emotionally, physically or mentally

Students listening to their bodies to notice stress & anxiety and how they can manage it

Elementary Themes (K-5)

Cooperation

Honesty

Perseverance

Respect

Kindness

Courage

Empathy

Gratitude

Responsibility

Our Values

SERVICE: We lead with heart. We champion community.

PASSION: We love what we do. It fuels our purpose.

INTEGRITY: We do what we promise. We own our actions and decisions.

RESPECT: We earn by giving it. Everyone deserves it.

INNOVATION: We never stop trying to be better. For ourselves
and our community.

TRANSPARENCY: We are committed to openness and honesty in
everything we do.

Applying what I've learned with students~

- Building awareness of others
- How physical & mental health impact each other
- Learning how to navigate failures & successes
- Working on a team with peers
- Recognizing emotions in our bodies
- Mindfulness strategies

Professional Growth

Continuing Education
University of Concordia, St. Paul
Health Degree

"Believe In You" Program (Gr. 3-5)

Move this World Organization (Gr. K-5)

Happiness Challenge (Gr. K-2)

Thank you!

I am very grateful for the experience and support Wayzata has provided me during this fulfilling opportunity.