



SEL Approach

SEL is integrated throughout the school day.

One 45-minute formal, topic-focused period a week in which students will be introduced to concepts and strategies such as:

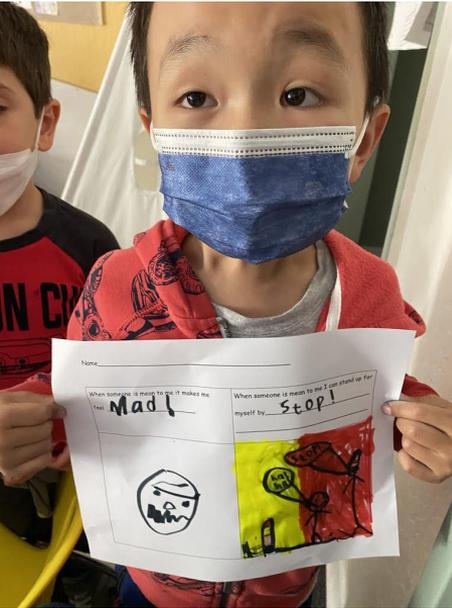
- Zones of Regulation
- growth mindset
- size of the problem
- Digital citizenship

Our curriculum is based on a combination of Fly 5, Zones of Regulation, and Common Sense Media.



How We Prepare Students

- Students learn to label and manage feelings as well as problem solve.
- Students will also be taught different tools to regulate their emotions and communication skills.



Navigation

