Shawnee Heights High School Site Council
Minutes
December 5, 2019


Call to Order: Ed called the meeting to order at 11:03am.

Ed West gave an opportunity for members to discuss the recent physical altercation situations which were on the rise for a few short weeks during the Fall Semester. There was clarification on some of the social media misrepresentations that had been a part of the stories run by local media outlets. Consensus of the group was that the sharp upturn was while yet alarming, had already subsided and that our students had responded well to increased hallway supervision.

The agenda continued the discussion of the high school social-emotional learning (SEL) initiative. Attendees were asked to review the following in preparation for the meeting:

https://www.youtube.com/watch?v=TFbv757kup4
A fifteen-minute TED talk by Amy Morin, licensed clinical social worker turned author and presenter. The premise of this video is that we must not only create good mental habits, but also eliminate unhealthy mental habits. The video also gives us a chance to get to know Amy’s story a bit more as we measure the potential for her impact on our work.

https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201711/10-reasons-teens-have-so-much-anxiety-today?fbclid=IwAR19daWBS2mGgRl6DpmtLrMYsRTRkJp60EuQBRHncIRnbYnDnR919vHO
This article is helpful to consider Amy’s beliefs on why so many teenagers struggle with anxiety today. The article focuses on both teenage anxiety and parent contributions toward such anxiety. For the purposes of our work, I ask that you focus your reading on becoming more familiar with potential reasons why our kids feel anxiety rather than any proposed shortcoming of parents.

This is a link to one of Amy’s most popular books. If you know how to manipulate the site, you can access the Table of Contents to see a listing of the Amy’s list of thirteen things mentally strong people don’t do. I will provide the list below the link as well.
https://www.amazon.com/Things-Mentally-Strong-People-Dont/dp/0062358308
1. They don’t waste time feeling sorry for themselves.
2. They don’t give away their power.
3. They don’t shy away from change.
4. They don’t focus on things they can’t control.
5. They don’t worry about pleasing everyone.
6. They don’t fear taking calculated risks.
7. They don’t dwell on the past.
8. They don’t make the same mistakes over and over.
9. They don’t resent other people’s success.
10. They don’t give up after the first failure.
11. They don’t fear alone time.
12. They don’t feel the world owes them anything.
13. They don’t expect immediate results.

Meeting Notes: Amy Morin TED Talk

Envy leads to depression as it robs us of our ability to find joy in our own situation. We have to find positive ways to combat the following beliefs:

Unhealthy beliefs about ourselves – Self-pity.
Unhealthy beliefs about others – Gives away power when we compare ourselves.
Unhealthy beliefs about the world. We want the world to be fair even though it is not.

One or two small habit can hold you back. Morin suggests asking what bad mental habits are holding you back? What unhealthy beliefs are keeping you from being as mentally strong as you could be? What is one small step that you could take today?

The last link is to a website from an organization commonly known as CASEL (Collaborative for Academic, Social, and Emotional Learning). We are using this organization’s protocol and research for our school’s work.
https://casel.org/

Shannon O’Connor, instructional coach, joined us to present some of our school’s activities thus far this year. Shannon’s presentation highlighted much of CASEL’s impact on our efforts thus far.

Members felt they are the ‘soft skills’ that people must develop to live in the ‘real world’ Examples are learning to regulate emotions and how to interact with others while not only considering one’s self.

Foundation of good schooling: All learning is social; all learning is emotional. Students must make connections in order to learn.

The Kansas Department of Education State Standards address Social, Emotional, Character Development Science links SEL to improved academic gains. Shawnee Heights has already added programs like JAG-K, AVID, Counselor/Admin Teams that meet with students and an additional social worker. Student groups have formed such as T-Birds Together, 7Cups and the use of a ‘Quiet Room’.

The team has determined it is necessary to be proactive and that direct SEL Instruction needs to be included in all content areas for all students.

CASEL was what they found to be the framework or process to bring it into all of our content areas.

Social Emotional Learning (SEL) Slideshow Presentation Notes:

-SEL DEFINED:
The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
All of our kids need the skills.

CASEL 5 Competencies – This is a process that involves everyone - Parents, students, Staff and Community.

Steps: 1) Organize SEL Team. 2) Build ourselves Up – Adults through Professional Development 3) Promote SEL for Students 4) Practice Continuous Improvement

The Building SEL Committee is set to utilize Panorama which provides measurable benchmarks and surveys that allow results to be evaluated both nationally and regionally. The District is in the process of making the final arrangements to use this model. More information will follow as this process builds throughout the implementation of the Committee’s plans.

Next Meeting: The next meeting is Thursday, January 30, 2020, at 11:00am in the T-Bird Room.

Adjourn: The meeting adjourned at 12:09pm.