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

SOCIAL EMOTIONAL LEARNING & WELLNESS

Healthy and supportive schools prepare all students to learn and thrive.
Using a Whole Child, Whole School, Whole Community Approach

The Office of Social Emotional Learning and Wellness (SELWELL) plays a critical role in supporting schools in the implementation of the BPS Wellness Policy, a Whole Child, Whole School, Whole Community Approach, which is a national model to link learning and health. As a district, our mission is to actively promote the health and wellness of all students to support both their healthy development and readiness to learn.

Through the BPS Wellness Policy, schools have a framework for how to create an environment where the healthy choice is the easy choice, and all students are educated to make that choice. Using data to inform the development of the Wellness Action Plan schools can address the most important health needs for their students and staff. The Wellness Action Plan then links to the school’s overall plans for academics by being integrated into the Quality School Plan. The departments in the SELWELL Office are committed to supporting schools in their efforts to implement these plans by providing them with Multi-tiered Systems of Supports.

Healthy and supportive schools prepare all students to learn and thrive.
Our goal is that 100% of schools are served using multi-tiered systems of support and interventions;

1. Prevention
2. Targeted Intervention
3. Intensive Intervention
4. Crisis and Trauma Response
The Office of Social Emotional Learning and Wellness (SELWELL) is comprised of the following departments:

- Athletics
- Behavioral Health Services
- BPS Cares
- Health Services
- Health and Wellness Department
  - Physical Education
  - Health Education
  - Wellness Policy
- Opportunity Youth
  - SEL Youth Initiatives
  - Attendance
  - Home & Hospital Tutoring
  - Homeless Resource Network
- Safe & Welcoming Schools
  - Safe & Welcoming Schools
  - Social Emotional Learning
  - Succeed Boston

This booklet outlines the work of each department and the supports available to schools. Our office strives to coordinate policy implementation, communication, data, professional development, school-based supports and partnerships.
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)

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**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

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**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

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**Avery Esdaile, Director**
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B.P.S. CARES

BPS CARES: Boston Public Schools Creating Awareness of Respect, Responsibility, and Resilience to Empower Students

With the support of the Massachusetts Office of Victim Assistance (MOVA) and funding from the Antiterrorism and Emergency Assistance Program (AEAP), Boston Public Schools is launching a multi-tiered approach to foster greater understanding and ability to respond to signs and symptoms of trauma in students, families, and staff.

Initiatives:

⇒ **Building capacity of district staff** (PLs, OLs, SEL and Wellness, Partnerships, Achievement Gap, Equity, Engagement, Turnaround, SPED, and ELL, and others) and partners through professional development to understand the impact of trauma and how trauma-informed practices can support students’ learning and social-emotional growth and technical assistance to promote use of tiered interventions and strategic partnerships to identify and address student needs and foster a positive school climate.

⇒ **Building capacity of 10 schools** to integrate best practices to address the impact of trauma, promote use of tiered interventions and strategic partnerships, and foster a positive school climate through support by Trauma Program Specialists, communities of practice, professional development and technical assistance. Trauma Program Specialists will help build school staff capacity to:
  - establish effective practices and systems for screening and referring students to tiered interventions, identify and integrate appropriate social-emotional curriculum
  - create and integrate positive behavior norms and protocols
  - leverage strategic partnerships to complement school-led interventions.

⇒ **Building capacity of families**: Families across the city will be able to participate in forums and support groups to help them understand the impact of trauma, how to help their children increase their coping skills, and how to access resources.
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
- Professional development:
  - Crisis Prevention Institute (CPI)
  - Second Step Curriculum
  - Positive Behavior Interventions and Support (PBIS)
  - Classroom management
  - Mental health topics
  & much more!

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**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

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Andria Amador, 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 Availability Team to provide access to condoms and reproductive health counseling.

Focus Areas:

⇒ Special health care needs
  - Asthma
  - Diabetes
  - Sexual health
  - Mental health
  - Life-threatening allergies
  - Seizure disorders
  - Breathing ventilators

⇒ 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

Maureen Starck, Assistant Director
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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

### Program Areas

#### Physical Education:
- Standard-based frameworks & curriculum
- Let’s Move in BPS: Comprehensive School Physical Activity Program
- FitnessGram Assessments
- PE Lending Library

#### Physical Activity:
- Wellness Champions Program
- Facilitated active recess
- Before and afterschool PA
- Staff engagement and modeling

#### 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
- Coalition & partnership development
- Wellness councils development and supports
- Youth Risk Behavior Survey

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

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**Jill Carter, Executive Director**

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The Opportunity Youth department builds capacity of schools, inclusive of all youth, but specifically opportunity youth, including but not limited to homeless, home and hospital tutored youth and those with attendance issues. This department provides on-going support, training and professional development to increase staff skills in areas of supervision, evaluation and learning.

**Services:**
- Identification of students in need
- Professional development for schools and parent groups
- Connect schools to best practices, resources, and partnerships, with the support of community leadership
- Referrals to existing educational and social services

**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 Resource Network**
  - Provide support and necessary resources to students and their families who are homeless

- **SEL Youth Initiatives**
SAFE AND WELCOMING SCHOOLS

The BPS Safe and Welcoming Schools (SAWS) department promotes student learning and engagement by supporting schools in developing and maintaining safe, welcoming, nurturing, inclusive and enriching environments. SAWS aims to enhance knowledge and understanding of practices that contribute to positive school climate and pro-social youth development, including prevention of aggression, bullying, dropout and substance use. This department uses data and research to assess needs, assist schools in making strategic decisions, and evaluate progress in the area of school climate and youth development. The SAWS’ approach is focused on prevention and building capacity at the school level through work with their school’s Student Support Teams (SST’s). SAWS will:

⇒ design and evaluate a framework and tools for the district that provide clear policies and practices that build capacity of schools, inclusive of all youth, marginalized or targeted because of race, color, national origin, religion, sex, gender identity, sexual orientation, disability, age, genetics, or active military status.

⇒ provides school climate assessments, professional development, instructional coaching, connections to community partners/resources, access to tools, and consultation on building school climate action plans.

⇒ develop K-12 Social Emotional Learning (SEL) Standards, identify best practice curriculum and build the capacity of schools to integrate SEL into the classroom.

SUCCEED BOSTON
(formerly the CIC)

Succeed Boston, component of SAWS 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

• PEAR Holistic Student Assessment

• provide consultations at the SAWS Center to schools Tuesday and Thursday from 2:15-4:00pm

• offer SAP to provide substance use and abuse services
## Directory

### Social Emotional Learning & Wellness  
617-635-9698

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<thead>
<tr>
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<th>Position</th>
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### Athletics  
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### Behavioral Health Services  
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### Opportunity Youth

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### Safe and Welcoming Schools

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Dr. Tommy Chang, Superintendent, Boston Public Schools

Dr. Karla Estrada, Deputy Superintendent, Student Support Services

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

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.

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