Dear [insert school name] families,

[School Name] is committed to helping students excel academically, build stronger relationships, and lead happier, healthier, more fulfilling lives. To support this goal, [School Name] will be implementing [SEL Program] this school year. Supporting the social and emotional wellness of students has proven to help students perform better academically and achieve their highest potential.

Encouraging the social and emotional wellness of all students aligns with our school's mission and vision. Social and emotional wellness is often taught through social and emotional learning curriculums. Our school has selected to use the [insert SEL program name]. Social-emotional learning (SEL) is defined as the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The ways to describe SEL practices and activities vary greatly by context and purpose (i.e., student age, school, community, etc.). SEL can be a set aside classroom time/period, a specific curriculum or an orientation that is integrated throughout a school’s policies, practices and programs.

{For younger students (grades K-5), SEL may be described as activities, lessons or programs that increase positive attitudes, commitment to learning, emotional and intellectual curiosity, social competencies, and positive identity.}

-or-

{For older students (grades 6-12), SEL may be described as activities, lessons or programs that increase 21st century skills, work life skills, national and global civic identity, commitment to equality and justice and much more.}

While we provide a few examples, please note that this is not an exhaustive list and may look or sound different in each classroom. Additional resources and opportunities will be shared throughout the school year to help reinforce social and emotional wellness across both home and school settings. In the meantime, if you’d like to explore [SEL Program] more, please visit: [link to SEL Program resources for parents].

We welcome your feedback and encourage you to reach out if you would like additional information.

Sincerely,
[Principal or Teacher’s Name]