



Newark Public Schools

SEL & Mental Health

PLC Series



RethinkEd
Together We Power Potential



Get Started

Sessions will be hosted by Rethink Ed Professionals on the Zoom conferencing application.

Rethink Ed SEL, Mental Health, and Care Program Refresher & Updates

In this session participants will learn about the SEL and Mental Health Professional Development and student curriculum on Rethink Ed as well as Rethink Care, a research-based program and part of the Rethink Ed suite of comprehensive solutions developed for all adults to help improve mental wellbeing, performance, relationships, and sleep. Participants will also learn about new enhancements to the Rethink Ed Platform.

Tuesday, December 6th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Thursday, December 8th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Trauma Awareness

Participants will learn how trauma can affect a student's function and ability to learn, as well as understand the outcomes that are associated with adverse childhood experiences. Additionally, information will be provided on how administrators and staff can establish a school-wide climate of trauma-sensitivity.

Tuesday, December 13th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Thursday, December 15th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

SEL Equity and Inclusion

Participants will learn how the five core CASEL competencies can be utilized to promote educational equity, understand strategies for identifying their own biases, as well as practices for staying mindful of biases. Participants will learn how developing the five core CASEL competencies can lead to promoting educational equity, along with learning strategies to recognize their own personal biases and interrupt inequitable practices in their classrooms.

Tuesday, January 3rd 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Thursday, January 5th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Social Skills – Relationships and Conflict Resolution

Participants will learn about relationships through the CASEL Competency area of Social Skills. Participants will identify various kinds of relationships and strategies to build and sustain healthy relationships. When two or more people get together there is potential for conflict. Conflict resolution involves communication – owning one's perspective and listening to the perspective of others. Most conflicts can be resolved through positive communication, but sometimes people just disagree. In this session, we will discuss strategies for negotiating a solution that allows everyone to feel good about the resolution.

Tuesday, January 10th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Thursday, January 12th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Mental Health – Self Care

Participants will increase their awareness of mental wellness and learn strategies to promote their own personal mental wellness. Participants will also be able to Identify signs that indicate a student is struggling with mental wellness and identify a course of action when they notice signs of struggle within their students.

Tuesday, January 17th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)

Thursday, January 19th 4:00 – 5:00 PM

[Click Here to Register through Whetstone](#)