



### Resolution in Recognition of Social and Emotional Learning Day In New Jersey

**Whereas**, the second Friday in March has been designated internationally as the fifth annual Social Emotional Learning (SEL) Day by SEL4US and the Urban Assembly; and

**Whereas**, social and emotional learning is the process through which all young people and adults understand and manage emotions, set and achieve personal and collective goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions; and

**Whereas**, SEL competencies develop throughout people's lives – from early childhood, through adolescence, and throughout adulthood– and are essential to success in schools, workplaces, homes, and communities; and

**Whereas**, SEL develops important protective factors that defend against mental health risks by promoting responsive relationships, emotionally safe environments, and skill development; and

**Whereas**, research indicates developing students' social-emotional skills leads to an increased ability to manage stress and depression and maintain better attitudes about themselves, others, and school; and

**Whereas**, building SEL skills, such as self-regulation, positive relationships, and problem-solving, is an essential component to cultivating trauma-informed learning environments, which can help mitigate the impact of trauma, as well as promote protective factors for students to support them in their academic success; and

**Whereas**, a stronger and fairer New Jersey that continually moves forward relies on citizens who exhibit the knowledge and skills encompassed in New Jersey's SEL competencies and sub-competencies, which include self-awareness, self-management, social awareness, responsible decision-making, and relationship skills; and

**Whereas**, schools, families, and the wider community must be engaged to enhance the strength, depth, and pace of acquisition of SEL competencies; and

**Whereas**, the New Jersey State Board of Education and the Acting Commissioner of Education continue to recommend school districts implement the *New Jersey Social and Emotional Learning Competencies* to promote safe, supportive, and rigorous learning environments in schools; and

**Whereas**, the SEL competencies enhance educators' capacities to navigate stressors, foster positive learning environments, and develop meaningful connections with colleagues and students; and

**Whereas**, SEL advances school-family-community partnerships to establish learning environments and experiences that feature trusting, caring, and collaborative relationships, meaningful instruction, and reflective evaluation; and

**Whereas**, SEL can be incorporated into different subject matters and seamlessly embedded throughout everyday instruction; now, therefore, be it

**Resolved**, that the New Jersey State Board of Education and the Acting Commissioner of Education hereby recognize March 8, 2024, as Social Emotional Learning Day in New Jersey.

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Kevin Dehmer, Acting Commissioner  
Acting Secretary, N.J. State Board of Education

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Kathy Goldenberg, President  
N.J. State Board of Education