



ACE

Social and Emotional Learning

NEWSLETTER

Spring, 2020

Welcome to the Spring Issue of 2020!

Hello, Friends!

These are deeply challenging times for our communities across the state, the country, and the globe. I hope that you and the people you love are finding what you need to take care and to get through. I want you to know that we at ACE are working diligently to ensure that our efforts to support social, emotional, and mental health continue on.

My motto throughout this crisis, both personally and professionally, has been "Identify what you would be doing normally that can still be done and do that first. Then, get creative on finding solutions for new and novel challenges." With that in mind and in heart, the ACE team has ramped up our use of social media and email to disseminate SEL resources. We have also created a resource blog and are working to turn our website into a hub of SEL resources for you to utilize. We are communicating with schools and community partners to assess the most pressing needs of our communities and we will be announcing concrete action steps for how to move forward in the coming weeks and months.

In this time of uncertainty and grief, it is more important than ever that we recognize the social and emotional needs of ourselves and each other. Please reach out if you have ideas of how you can be a part of the effort. I am always here to listen.

With much gratitude and hope,

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In This Issue:

- *Program Updates*

Find out what we've been up to in the LSE, Culture Coach, and Professional Development programs.

- *Resource Blog*

Check out the link to our new Resource Blog where you can find SEL resources for parents and educators. You can also find AlaQuest Wellness Resources from our very own Linda Coogan.

- *Life Skills Library*

Quick life skills tips and lessons for everyday life.





Program Updates



We had a great time connecting with leaders in Barbour County and exploring pathways to support SEL in their communities. We are grateful for our partnership with the Eufaula Barbour County Chamber of Commerce and excited to begin the journey of SEL integration with these amazing folks!

Barbour County Community Workshop



Offender Alumni Association SEL Foundations Workshop



Offender Alumni Association (OAA) is an incredible network of former offenders who inspire each other to reduce recidivism, develop healthy relationships within their communities, and provide opportunities for social, economic, and civic empowerment. We partnered with OAA to support their efforts to incorporate SEL in the work they do with at-risk youth.

Thanks to a powerful partnership between Children's of Alabama, The University of Alabama, and Infinite Chances, ACE has been working to support SEL integration in Pickens County. We began with a community workshop where leaders from the Aliceville community came together to explore opportunities for engagement. In early March we conducted the first SEL Walkthrough and Collaborative Inquiry Session with Aliceville Elementary School. We can't wait to see what the Pickens County team will accomplish next!

Pickens County Community Workshop and SEL Walkthrough



Life Skills Education Program

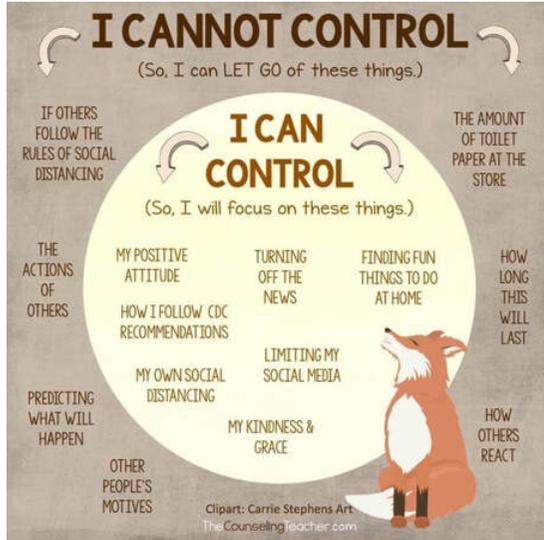


This photo features Kwan McConico, a dedicated LSE volunteer, facilitating a conflict resolution lesson to a group of 4th grade students. Though in-school programming has ceased due to the COVID-19 outbreak, ACE is working diligently to ensure that these important lessons are still delivered to the over 1,500 students we serve through the LSE program.





Resource Blog



We're extremely excited to be able to provide you with consistent resources with our new Resource Blog located on our website.

Currently the blog has resources for educators, parents, and everyone who is enduring social isolating during the pandemic.

Our Co-Founder, Linda Coogan, also has a wellness blog and Community Resources for Alabama and Barbour County.

[Click here for ACE's blog](#)

[Click here for AlaQuest Wellness' Community Resources](#)

[Click here for AlaQuest Wellness' COVID-19 Tips Blog](#)





Life Skills Library:

Practicing Empathy



Because of the COVID-19 Pandemic, some of these suggestions may have to be modified to fit the current situation.

Talk to new people

Start conversations with strangers, colleagues, neighbors. Go beyond small talk and ask them how they're doing. Listen.

Don't just imagine what it would be like to be in someone else's shoes, do it

Attend someone else's church, mosque, synagogue, or other house of worship. Spend time in a new neighborhood. Start a conversation with someone experiencing homelessness.

Volunteer in your community or a different community

Actually seeing how others live in your community or one near you can minimize differences that divide people, and decrease implicit biases.

Read Books

Reading books by authors of different races, backgrounds, religions, and countries can increase your knowledge of other cultures. Reading the thoughts of diverse narrators breaks down barriers.

Teach Your Children Empathy

Ask children what they think characters in books or plays are feeling, as well help your children to name their own emotions.

Express your own emotions to model this.

Volunteer with your children.

Read books about diverse people to them.

Don't be afraid to have the hard discussions about bias & stereotypes.

Learn to Listen

One of the biggest lessons to learn in life is that we must listen with an open mind, fully and without blame.

We may not know if a person in a conflict was trying to hurt our feelings or not. Asking what they were thinking, what they were feeling, and then listening to understand is the most important way to resolve conflicts and increase our understanding.

Tips based on NY Times Article: How to Be More Empathetic



Join as a Volunteer

Volunteers are essential for the work we do at ACE. We have a wide range of service opportunities including office administrative tasks, event planning and support, committee service, in-class program facilitation, and more. Join today to stay up to date on how you can make a difference!



Support While You Shop

You can support ACE while you shop for the holidays. Add ACE as your chosen charity on AmazonSmile, and download the Planet Fundraiser app which allows you to raise funds for free by simply linking your debit card and shopping at many local businesses as usual.



Contribute

Your contributions make ACE possible. Social and Emotional Learning has proven to make a positive difference in communities all over the world and now is the time to bring those positive outcomes home. Join us by donating now. No amount is too big or too small.

Click the links below to access our social media!

