

## School Social Worker Information and Tier 2 Support Consent

### Dear Parent/Guardian:

Social Workers within Dysart Unified School District will provide social and emotional learning (SEL) skills, provide resources for students, peers, families, and community, advocate for students and families, and will assist students with establishing healthy relationship skills. Social workers will utilize whole group instruction, small group instruction, and provide individual support to students in a prevention and intervention manner. Tier 1 skills are provided to all students in a classroom setting by either the classroom teacher or social worker, and examples include important life skills such as problem solving, decision making, and conflict resolution.

During the course of the 2020/2021 school year, your child may be referred for Tier 2 group instruction and support. Tier 2 instruction and support provides additional instruction in a smaller setting (4-8 students) in areas that may assist students in improving their social-emotional and academic success. Referrals are made by teachers, school staff, parents/guardians and at times, by the students themselves. Tier 2 group instruction and support meet once a week for 4-8 weeks, rotating class periods each week, depending on the needs of the student. Tier 2 small group instruction will be led by the social worker with support from additional teachers, social work interns and staff. Social-emotional skills are associated with increased academic success and includes skills that will benefit your child for years to come. During remote learning, electronic communication allows the Social Worker to provide alternative means of communication for students needing support (check-in/check-out, small group, etc). Electronic communication allows, at a minimum, the use of audio and video equipment for two-way, real-time interactive communication between the student (at the school/originating site) and the provider (at the remote/distant site).

Tier 2 instruction and support groups are skills group, not therapy groups or counseling. There are multiple group themes being offered throughout the year. Subject matter for the groups include the following:

- Self-Awareness (confidence, self-esteem, positive self-talk, social skills, goal setting, growth mindset)
- Self- Management (emotion regulation, anger, anxiety, depression, concentration/focus, relaxation skills, perseverance, stress management)
- Responsible Decisions (decision making, problem solving, well-being of self and others)
- Relationship Skills (healthy relationships, communication skills, peer relationships, cooperation, peer pressure, conflict resolution, family issues,)
- Social Awareness (empathy, acceptance, respect, acceptable behavior, accountability)

Students are responsible for completing all homework and assignments that they miss in their scheduled class when attending Tier 2 groups. Exams and testing may require students to remain in class.