



MILL CREEK ACADEMY

Social Emotional Learning & Life Skills (S.E.L.L.S) Course Information

Purpose of SELLS

SELLS is a program developed by the heart of educators who feel the importance of teaching our middle school students how to navigate the social, emotional, and life skills they will encounter during this developmental stage. With decades of adolescent experience, our team will provide a safe, directed, and intentional opportunity for young students to share and discuss ways to discover their own best success. SELLS supports Mill Creek Academy's initiative to developing a holistic child.

Program Description:

The curriculum is designed to support middle school students by easing them through the changes and transitions that come with being a teenager. Providing students with a toolkit of strategies they can use to cope with difficult situations, navigating challenging conversations with peers and teachers, arming them with study and life skills, this course will add value to your child's character and confidence.

Instructor's Background:

Ms. Hill comes from a wealth of experience teaching English and Leadership at one of our local middle schools. Outside the academic rigor, she has a passion for wellness and teaching to the whole child. Graduated from an organization called Breathe for Change in Fall 2018, she became a certified yoga teacher and wellness champion for her community. Breathe for Change provides educators with the training and experience to bring social justice and peace to their classroom and school through meditation, mindful movement, wellness practices, and stress management techniques. With her instruction, coupled with guest speakers through our course, Ms. Hill is excited to meet her young students and take them through our SELLS curriculum.



MILL CREEK ACADEMY

Social Emotional Learning & Life Skills (S.E.L.L.S) Course Information

Schedule

The program will kick off in Fall 2019 with an ice cream social at Mill Creek Academy. Students will meet in person at Mill Creek once per quarter where the instructor will introduce the lesson, strategies and tools, and provide a safe and comfortable environment for discussion based learning. Each quarterly meeting will have a different topic of discussion.

During the non-quarterly months, students will be meeting on Zoom, a secure online platform, where they will have an opportunity to report their progress based upon specific assignments they will be receiving.

Meeting Dates

Session 1: Friday, September 13 @ Mill Creek Academy @ 6:00 – 7:30pm

Session 2: Tuesday, October 15 @ Zoom @ 7:00 – 7:45pm

Session 3: Friday, November 15 @ Mill Creek Academy @ 6:00 – 7:30pm

Session 4: Tuesday, January 14 @ Zoom @ 7:00 – 7:45pm

Session 5: Friday, February 21 @ Mill Creek Academy @ 6:00 – 7:30pm

Session 6: Tuesday, March 24 @ Zoom @ 7:00 – 7:45pm

Session 7: Friday, May 1 @ Mill Creek Academy @ 6:00 – 7:30pm

Sample Meeting Topics

Implementing mindfulness

Managing time and stress management

Developing social skills

Evaluating decision making moments

Assessing peer pressure

Much more...