August 5, 2024

Dear Families,

Portage Area School District will continue to support our students’ social emotional needs and mental health using the video-based social emotional learning (SEL) curriculum from last year called Move This World.

Social emotional learning is how students learn to process and manage emotions as well as important social skills. It includes everything from goal setting to stress management, and it provides both children and adults with tools they can use to express themselves authentically and safely. SEL helps students build healthy relationships, communicate effectively, and live a meaningful life. Parents are able to access the curriculum from home by going to the link: <http://sel.movethisworld.com/>

 Username:  portage\_elem.family    Username:  portage\_secon.family

 Password:  movethisworld

New to this year, grades 3-12 will be offered a program called Pulse. Pulse is an app that students can use to check in with their mental, social, and physical well-being. It takes approximately 60 seconds once a week but can be used at any time to reach out for help. Pulse is a universal screener that identifies at risk students early for proactive interventions. It connects our student body with supports when they need it and will reach out to those who may not ask for help otherwise. We hope this is another tool to support our students and make them feel supported in our district.

Please contact Ashley Shaffer, School Social Worker at 814-736-9636 ext. 1620 if you have any questions or concerns.

Sincerely,

Ashley Shaffer, LSW

Portage Area School Social Worker