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By Topsfield Town Clerk at 11:13 am, Jan 09, 2023

**Agenda**  
**School Council**  
**1/17/23**  
**8:00am-8:45am**  
**LOCATION: STEWARD SCHOOL**

Members:

Talisa Rafferty-Parent  
Carroll Willa-Principal  
Mindy Swanson-Music Teacher  
Karen Nawoichki-3rd Grade Teacher  
Chelsea Ford-2nd Grade Teacher  
Beth Matthews-Reading Specialist

- \*Welcome and Introductions
- \*3 Platforms-SEL, Inclusive Practices, PBL
- \*4 Quadrants of SEL
- \*Steward Stars
- \*Budget
- \*Goals of School Council
- \*Other

<p style="text-align: center;"><b>Self-Management</b></p> <p>Self-management is the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, delaying gratification, motivating oneself, and setting and working toward personal and academic goals.</p>	<p style="text-align: center;"><b>Self-Efficacy</b></p> <p>Self-Efficacy is the belief in one's ability to succeed in achieving an outcome or reaching a goal. This belief, specific to a task or an area of knowledge or performance, shapes the behaviors and strategies that help one pursue their goal.</p>
<p style="text-align: center;"><b>Social Awareness</b></p> <p><b>Social Awareness</b> is the ability to take the perspective of and empathize with others from diverse backgrounds and cultures; to understand social and ethical norms for behavior; and to recognize family, school, and community resources and supports.</p>	<p style="text-align: center;"><b>Growth Mindset</b></p> <p>Those with a growth mindset believe that ability can change as a result of effort, perseverance, and practice</p>