



# RCSD Supports for Students' and Families' Social & Emotional Well-Being

As the Rochester City School District begins a new school year under the remote learning model, we want to provide information on the different levels of support available to our students and families. We recognize the social and emotional well-being of our students and their families is critically important, especially during these unprecedented times. The District has resources available to address the mental health and emotional needs of our students as we continue to work together, supporting each other and fostering resiliency.

Resources for parents and caregivers can be found on the Student Support Services website: [www.rcsdk12.org/studentsupport](http://www.rcsdk12.org/studentsupport). In addition, families can contact the Office of Parent Engagement for additional support and information on community resources at (585) 324-9999 or by email at [parentcenter@rcsdk12.org](mailto:parentcenter@rcsdk12.org). On the Student Support Services website, school resources are organized in two levels – Tier 1 and Tier 2.



## Tier 1 Social and Emotional Learning (SEL) Support in the Classroom

Each school day begins with dedicated time to provide students with Tier 1 SEL supports. During the first 15 -20 minutes, students will participate in different activities facilitated by teachers, such as virtual check-ins, to support their social and emotional wellness. If students are struggling during this time, they can be referred to the building's support team, the Center for Youth Virtual Help Zones, and the school's building administrator for Tier 2 supports. Parents and caregivers can also contact their school counselor, social worker, or administrator if they feel their child is in need of social and/or emotional support.



## Tier 2 Support at a Building Level

Sometimes students need more than virtual check-ins. Each building has a support team that is available to provide additional support to students, in groups or individually. Building support teams can provide skill-based workshops, evidence-based curriculums, and mediation opportunities. Parents and caregivers can also contact their school counselor, social worker, or administrator if they feel their child needs social, and/or emotional support any time.

## Additional Support

Starting on September 14, an **SEL Hotline** will be available for students and families to contact if they need additional social and emotional support. The hotline will be available from **8:00 am – 3:00 pm** at **585-262-8333**. Families can also contact the Center for Youth 24-Hour Hotline at 585- 271-7670.

Please continue to visit the District's Student Support Services website at [www.rcsdk12.org/studentsupport](http://www.rcsdk12.org/studentsupport) for additional information and updated resources and materials.