



**For Immediate Release**

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## **NJ Department of Education Highlights Social-Emotional Learning Day on March 26**

**Trenton, NJ** – The New Jersey Department of Education (NJDOE) will join Governor Phil Murphy in celebrating Social and Emotional Learning Day 2021 (SEL Day) on March 26, 2021.

“SEL Day is when we take time to acknowledge the many social-emotional learning strategies that schools have implemented to address students’ needs, which are especially important during the global pandemic,” said Acting Education Commissioner Dr. Angelica Allen-McMillian. “We applaud Governor Murphy for continuing his commitment to supporting the social and emotional needs of students throughout New Jersey.”

Social-emotional learning is the process by which students understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Research has found that sustained and comprehensive SEL programming in schools positively impacts academic achievement, social and emotional well-being, and classroom behavior.

Governor Murphy signed a proclamation declaring March 26, 2021 as SEL Day in New Jersey. In addition, the New Jersey State Board of Education adopted a resolution also recognizing the last Friday in March of this year.

“The social and emotional well-being of all New Jersey students and educators is of paramount importance right now,” said Peggy McDonald, NJDOE Assistant Commissioner for Student Services. “SEL Day gives our schools a chance to pave the road forward by raising awareness of the importance of making social-emotional learning an integral part of the curriculum in every school.”

Visit the NJDOE’s [Social and Emotional Learning webpage](#) for more resources on SEL.

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