



STATE OF NEW JERSEY DEPARTMENT OF EDUCATION

A Memo from the New Jersey Department of Education

Date: February 25, 2026
To: Local Educational Agency Leads
Route To: Principals, Assistant Principals, Directors of Counseling, Directors of Curriculum and Instruction, School Counselors, Anti-Bullying Coordinators, Anti-Bullying Specialists, Student Assistance Coordinators
From: Kim Murray, Director
Division of Educational Services
Register By: March 1, 2026

International Social and Emotional Learning (SEL) Day

Social and emotional learning (SEL) sits at the heart of every thriving school community. It helps both students and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. SEL not only shapes how students learn, but how they connect, collaborate, and grow into individuals prepared to meet challenges with resilience. Furthermore, in a time of ever-increasing digital connectedness, SEL can support youth in cultivating the emotional and social skills required to participate online safely, thoughtfully, and ethically — all the while nurturing their overall well-being.

Research has shown that SEL leads to [beneficial outcomes](#), including improved academic achievement, mental well-being, and safe and supportive school environments. These skills also extend to adults in a school setting, as educators with higher social and emotional competence may experience higher job satisfaction and less burnout.

To support the growth and development of these skills across districts, the New Jersey Department of Education (NJDOE) invites you to join us in celebrating **International SEL Day on March 2, 2026**, by engaging in the following activities:

- [Sign Up](#) for SEL Day to access resources, such as the no-cost International SEL Day Virtual Summit taking place on March 2.
- Visit the [NJDOE Social and Emotional Learning webpage](#) to view New Jersey's SEL Competencies and Sub-Competencies and the NJDOE's various SEL learning opportunities and resources for school leaders and educators.
 - **Resource spotlight:** *Brick by Brick: A Leader's Guide to Building SEL in Schools*.
- Tag the NJDOE on social media ([LinkedIn](#), [Facebook](#), [X](#)) from March 2-5 to share how your school or district is celebrating SEL Day!

Contact Information

For questions, please contact the Office of Student Support Services at SafeSupportiveSchools@doe.nj.gov.