



Goosehill Primary School

Dear Parents,

Our school district is committed to providing a high quality, well balanced education for our students. We know that it is important to educate “the whole child,” which means we attend to our students’ social-emotional learning as well as their academic needs.

Our social-emotional literacy (SEL) curriculum is based on the work of Dr. Mark Brackett of Yale University. The program is called “The Ruler Approach.” Ruler is an acronym for the skills we teach children about managing emotions. We teach them to: **R**ecognize, **U**nderstand, **L**abel, **E**xpress, and **R**egulate their emotions so that they are able to build positive relationships, manage stress, and learn at high levels.

At the beginning of the school year, we focus on the first three “tools” of the Ruler Approach: the **Charter**, the **Mood Meter**, and the **Metamoment** strategy.

Classroom Charters have been developed in all classrooms and a **School Charter** is being developed with all of the students at a series of assemblies this month. Charters answer the questions: “*How do we want to feel in school? What should we do to make sure all of us feel that way?*” and serve as anchors in our discussions with children about appropriate behavior, making helpful choices, and engaging in positive interactions with all members of our school community. I will share our School Charter with you once it is completed.

The Mood Meter is a tool we use to help children recognize how they are feeling at a particular time. It is a chart with colored quadrants (red, yellow, blue, and green) each representing a range of feelings (unpleasant to pleasant) and energy levels (low to high). Using the Mood Meter, children learn to recognize how their emotions impact their decision-making, peer relationships, and school performance. Then we teach them strategies to regulate their emotions so that they can be available for learning and respond to social situations in positive and productive ways.

One self-regulation strategy we teach students is called “*taking a metamoment.*” A **metamoment** is a moment in time when, instead of reacting with anger or frustration, a person takes a more positive action such as counting to ten, taking a deep (“triangle”) breath, thinking a positive thought, walking away from a situation, telling someone “*I don’t like when you do that. Please stop,*” and/or asking for help from an adult.

At next week’s GPFA meeting (**Wednesday, 10/10 at 9:30 a.m.**), Mrs. Fuller, our school social worker, and I will present information about the language and tools of the Ruler Approach so that you can support your child by using them at home.

Have wonderful three-day weekend!

Lynn Herschlein, Principal