

Dear Parents,

At Goosehill Primary School, we are committed to the education of the “whole child.” We know it is just as important to help children learn to manage their emotions and build positive relationships as it is to teach them to read and write. Research has shown that if we want children to lead fulfilling and productive lives, we have to help them develop social and emotional skills like self-regulation and social awareness — skills that are necessary for building friendships and succeeding in school.

To accomplish the goal of developing children’s social-emotional skills, teachers model and reinforce acts of kindness, appropriate interactions, and positive language. Through our district’s Social Emotional Literacy (SEL) program, “*The RULER Approach*,” we teach children to **R**ecognize, **U**nderstand, **L**abel, **E**xpress, and **R**egulate their emotions. While all teachers teach RULER lessons, Mrs. Schmid (our school psychologist) and Mrs. Fuller (district social worker) teach additional lessons in our classrooms. Your child may refer to them as the “Friendship Teachers.”

In addition to the RULER program, our School Improvement Team (SIT) is helping us develop activities to support a school-wide focus on fostering **kindness**. Yesterday, we had an assembly entitled *Force Field for Good*, during which the presenter sang songs and told stories about treating others with kindness and making sure school is a safe and caring place. The children learned about protecting each other, “hitting the pause button” instead of reacting angrily to a situation, and behaving in a way that reflects their “higher self.” Please ask your child to tell you about the “Force Field of Kindness.” At next month’s GPFA meeting, I will be discussing the RULER approach and ways you can support your child’s social-emotional development at home.

Thank you to all parents who attended today’s “Chat with the Principal.” We really had a nice dialogue about children’s development and the school experience at Goosehill. I look forward to our continued conversations.

Warm regards,

Lynn Herschlein