



Dear Parents,

At today’s GPFA meeting, I provided parents with an overview of our approach to Social-Emotional Learning (SEL). At Goosehill, we focus on SEL because we know how important it is. Numerous studies demonstrate that students whose schools emphasize social-emotional learning are more successful academically. SEL also improves students’ behavior, reduces stress and anxiety, and fosters positive peer interactions. All of these factors help children feel more comfortable and happy in school, making them more “available” for learning.

The goals of our SEL program are to help children acquire the knowledge, attitudes, and skills necessary to **understand** and **regulate** their emotions, feel and show **empathy** for others, establish and maintain **positive relationships**, and make **responsible decisions**. Everything we do is rooted in these goals, including the way we help children solve conflicts and how we approach discipline.

At Goosehill Primary School, we are mindful of the fact that the Latin root of the word **discipline means “to teach.”** Young children need explicit teaching about emotions—what triggers them and ways to manage them. They are learning the vocabulary of feelings to help them understand and express what they are experiencing in their minds and hearts. Every conflict, disappointment, outburst, or impulsive act is an opportunity to teach a child a skill that will help him/her make better decisions and handle conflict more successfully in the future.

At next month’s GPFA meeting, our school psychologist, Mrs. Schmid and I will be discussing discipline strategies, and how we connect SEL and discipline at Goosehill Primary School. We will share the ways we foster a school-wide culture of respect, prevent potential bullying behaviors, address infractions, and work with parents to support their children at home. We will also discuss some of the mistakes we all make as adults in our attempts to correct children’s behavior. It will be an interesting discussion! I hope you will join us.

The children have been learning many lessons in Social Studies the past few weeks, including lessons about democracy, the presidency, the election process, and Veterans’ Day. Our focus is on being proud to be an American, the freedoms our flag represents, and gratitude for those who serve our country. Please take some time tomorrow to talk with your child about some of these concepts. They are at the age when they are becoming interested in the “bigger world” around them and how it works.



Have a wonderful weekend,

Lynn Herschlein

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