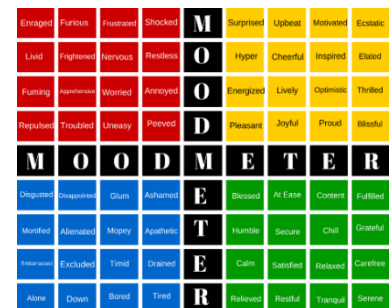


Welcome to the New Year! As we enter the second half of the school year I would like to provide you with some SEL (social emotional learning) updates and how we are continuing to grow as a school community.

Students have been exploring ways in which to manage their emotions better by identifying their feelings and engaging with the RULER program (recognize, understand, label, express, and regulate) anchor tools. These tools provide students with a variety of strategies to help them manage their emotions so that they can be more receptive to learning. Some strategies include a daily check-in calendar for students to keep track of their emotions on a weekly basis, reflection journals where students jot down their feelings/experiences, and morning/afternoon class share-out meetings where students can share their feelings and receive teacher and peer support.

One new strategy that has been incorporated into the classroom is the Meta-Moment. The Meta-Moment helps children gain emotional self-control and take effective action in difficult moments. By pausing to observe and manage their own reactions, children are better able to respond effectively to challenges and be their best selves. Students have also created “strategy walls” that they can use should they find themselves in a confrontation or challenging situation.

Another aspect of our SEL work is getting to know student’s perspective and thoughts about their understanding of their emotions in relation to learning. To this end, we invite students in grades 2-5 to respond to two SRL (student reflection on learning) prompts on a bi-monthly basis. It is one of the highlights of our work; to hear from children about what SEL means to them, how SEL helps them be better able to learn in school, and why it’s important to maintain a positive attitude in school and in life. In response to one of our SRL prompts about the Mood Meter, here’s what a student said, “I like the mood meter. In my class, we have journals where we write down how we feel and what color we are in. I think the mood meter is good for us so we can learn about emotions and how we can best handle them.”



Please continue to support your children at home to develop self-awareness and self-management skills essential to success in school and in life. For more information please see:

<https://www.youtube.com/watch?v=qj6AIczzDhg>

mood meter explanation

<https://www.youtube.com/watch?v=RfX1NefGeRQ>

metamoment explanation



Sincerely,  
  
KAREN SCOTT-PIAZZA  
Principal