

# RULER

Dear Families,

At Prairie Hills we understand that emotions matter! This year, we are excited to be using RULER, an evidence-based approach to social and emotional learning that helps school communities integrate the practice of emotional intelligence into daily life.

Why do we care about social and emotional skills? Decades of research shows that emotional intelligence is essential to effective teaching and learning, sound decision making, physical and mental health, and success in school and beyond. Research also shows that when schools and homes partner to support children's emotional development, children not only feel better, but they do better.

RULER teaches five key skills of emotional intelligence:

- R**ecognizing emotions in one's self and others.
- U**nderstanding the causes and consequences of emotions.
- L**abeling emotions accurately.
- E**xpressing emotions appropriately.
- R**egulating emotions effectively.

We will integrate RULER skills into our academic curriculum and provide opportunities for students and all the key adults involved in their education – teachers, administrators, and family members – to learn, model and practice these skills.

Over the school year, we look forward to partnering with you and sharing more about this approach. Please keep an eye on the school calendar and newsletter for RULER resources and workshops in support of parents and families.

Respectfully,

Vicki Axford  
Principal

Beth Dowdy  
Assistant Principal