



# Goosehill Primary School

Weekly Notes- October 28, 2016



Dear Parents,

Our Social-Emotional Literacy Program, **The Ruler Approach**, includes important components that help us support our students' developing skills in the areas of self-regulation, empathy, and self-advocacy. The first component is the **Charter**, which provides guidelines for behavior that contribute to the safety and well-being of all of members of our school community. Here are the questions the children respond to when creating our **School Charter**, and the answers which form our school-wide guidelines for behavior:

### Goosehill Primary School Charter

**How do we want to feel in our classrooms, in the lunchroom, on the playground and bus, and in our hallways?** *Good, happy, excited, included, safe*

**What will we do to make sure we all feel this way?** *Keep hands, feet, and body to ourselves, Respect personal space ("Don't pop people's bubbles!"), Include people-invite them to play and sit with you, Share, Use nice words, Talk in a calm voice*

**What should we do if someone doesn't live by our charter?** (If someone is mean, or hurts us with words or actions...) *Never do it back, Give him/her an "I message," ("I don't like it when you do that. Please stop!"), Walk away, Tell a grown-up*

**If someone doesn't learn and breaks the charter again... What should we do?** (What are the consequences for "hurtful choices"?) *The teacher/principal will call parents, S/he will lose a privilege, write a sorry note, do something extra nice for the person (make amends)*

Our students are very capable of expressing their needs and establishing guidelines for conduct. I have shared the Charter with you so that you can use some of the same language with your child at home. A consistent approach benefits children in so many ways. In the coming weeks, I will share with you some of the other components of The Ruler Approach and the self-regulation strategies we teach our students. I will be providing an overview of the total program at the next **GPFA meeting on November 9<sup>th</sup>**.

The most important idea we share with the children is that our job is to teach them to be their "**best selves**"--- *the very best people they can be*. They may make mistakes along the way, but we will support and guide them so that they don't make the same mistakes twice. Also, it is the job of adults to ensure that all children are safe, comfortable, and happy at school, but children have a voice and can stand up for themselves and for each other.

At Goosehill, we are committed to helping children learn to manage their emotions and build positive relationships. We appreciate being able to work in partnership with parents to ensure that all children are safe, happy, and comfortable at school. Please don't hesitate to call your child's teacher or me if you have a concern to share.

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

Warm regards,  
Lynn Herschlein

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### Important Dates

**November 4<sup>th</sup>** Lunch-Recess Parent Volunteer Training – 9:00-9:30 (final opportunity until January)