

I have exciting news to share with our GSA Community! During this summer session, three Good Shepherd Academy Members, Mrs. Jennifer D'Arco, Mr. Adam Jadran, and Ms. Michelle Truffin will complete RULER Institute Online Training. After their training, these three members will be known as GSA's *RULER Implementation Team*. I was trained in this approach last summer at Yale University. I would like to take this opportunity to share with you a bit more about RULER.

RULER is an evidence-based approach to social and emotional learning (SEL) developed at Yale University's *Center for Emotional Intelligence*. This Program helps students and educators develop the emotional intelligence skills needed to make sound decisions, foster healthy relationships, enhance well-being, and achieve desired outcomes at school.

RULER supports the entire school community in: (1) Understanding the value of emotions; (2) Building the skills of emotional intelligence; (3) Creating and maintaining a positive school climate.

In order to manage one's emotions to successfully negotiate life experiences, the acronym, **RULER**, promotes five key skills of emotional intelligence: (1) **R**ecognizing emotions in ourselves and others; (2) **U**nderstanding the causes and consequences of emotions; (3) **L**abeling emotions accurately; (4) **E**xpressing emotions in accordance with cultural norms and social context; and (5) **R**egulating emotions effectively.

Our Implementation Team will learn how to integrate RULER into our school community, starting with how they will train the rest of our staff. Furthermore, our Team would like to conduct monthly professional development meetings. One aspect of RULER that differentiates it from other school-based initiatives is that it focuses first on developing adults in the school, both personally and professionally, so they can be role models and knowledgeable implementers of the skill-based instruction for their students. After the adults in our school community have adopted RULER and can serve as role models to the students, they will then introduce RULER to GSA Students. Student learning content follows the Understanding by Design Framework and aligns with social and emotional learning and academic standards. My hope is that RULER will improve student achievement and social skills, and help classrooms become more supportive and student-centered.

We are excited to implement this new program to help our community continue to grow as we stay on the cutting edge of the latest research that leads to high achievement of all students.