



# Valley Stream UFSD Thirteen

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*Constance D. Evelyn, Superintendent of Schools*

September 23, 2016

Dear Families,

Valley Stream UFSD 13 understands that emotions matter and can impact students' engagement and ability to learn. This year, we are excited to introduce 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 show 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 partner with families to support children's emotional development, children not only feel better, they do better.

RULER teaches five skills of emotional intelligence.

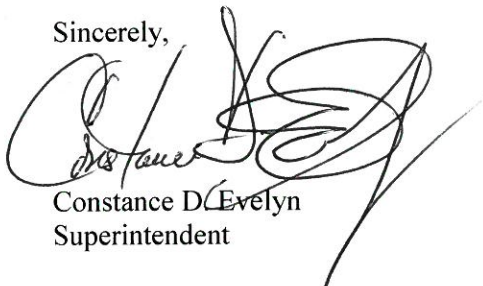
- Recognizing emotions in one's self and others
- Understanding the causes and consequences of emotions
- Labeling emotions accurately
- Expressing emotions appropriately
- Regulating emotions effectively

We will integrate RULER skills into our academic curriculum and provide opportunities for students and educators to learn, model, and practice these skills. We look forward to partnering with you to support our children as they develop and hone these skills.

This work is especially exciting for us this school year as we have increased our efforts to be a more inclusive district. Our sister elementary districts (i.e., Valley Stream 24 and 30) have successfully implemented RULER for many years. This effort will further ensure a shared language among our students and educators regarding emotional intelligence.

During the course of this school year, we look forward to sharing more about the RULER approach. Please keep an eye on our website and newsletters for RULER resources and workshops supporting parents and families.

Sincerely,



Constance D. Evelyn  
Superintendent