



Emotional Intelligence - Positive Psychology: RULER

Dear Parents and Carers,

All St Peter's firmly believe that emotions matter! It is with great excitement that from 2017 onwards the College will be implementing 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:

- **Recognising 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 school environment and provide opportunities for students and all the key adults involved in their education – teachers, administrators and family members – to learn, model and practise these skills.

Presently, the College's RULER consultant Mrs Janelle De Frenza is working collaboratively with our Junior School staff as they undergo their professional development. Mrs De Frenza has already completed presentations to the Board and the P&F and will facilitate a workshop in Term One, 2017 to all interested parties.

With kindest regards,

Graeme Hincksman
Principal

10 January 2017