

Wendy V. Yatsenick

Principal

Bethlehem Elementary School

92 East Street, Bethlehem, CT 06751

Tel: (203) 266-7506 | Fax: (203) 288-7876

watsenick@ctreg14.org | www.ctreg14.org

Andy Komar

Principal

Mitchell Elementary School

14 School Street, Woodbury, CT 06798

Tel: (203)263-4314 | Fax: (203) 263-4244

akomar@ctreg14.org | www.ctreg14.org

October 1, 2020

Dear Elementary Parents,

RULER, our approach to social and emotional learning (SEL) that teaches emotional intelligence with the goal of creating a healthier, more equitable, innovative, and compassionate society is well underway at Region 14 elementary schools. For those who wish to learn more, please follow the link:

www.rulerapproach.org/about/what-is-ruler

We wanted to update you on our RULER rollout at BES and MES:

We have asked ourselves the critical question, “how do we want children to feel in school and upon returning to school?” and have concluded that we wish for children to remain positive, happy, and feel safe while still adhering to important, requisite health precautions.

To this end, teachers have been presenting lessons about feeling words, storybooks and the Mood Meter to teach the RULER skills and build “emotions vocabulary.” They will also be integrating conversations about emotions into daily routines. Children in all grades have participated in the first 3 lessons, including creating a classroom charter, learning about the mood meter, and community circle. We have also learned focused breathing, and will continue mood meter and charter check ins. This practical approach has been well received by children, and we wanted to provide you with some family and home resources should you so desire:

www.rulerapproach.org/ruler-resources-for-families

Overall, we wish to thank you for your continued support. The children have been phenomenal; falling into routines and following safety protocols almost as if second nature. They especially seem to be enjoying connecting with friends and teachers and genuinely happy to be back in school. We will remain vigilant and committed to providing a safe and welcoming environment for learning under current circumstances.

Best regards,

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Find out more on our website www.ctreg14.org/ruler