

SEL SPOTLIGHT

SEPTEMBER 2024

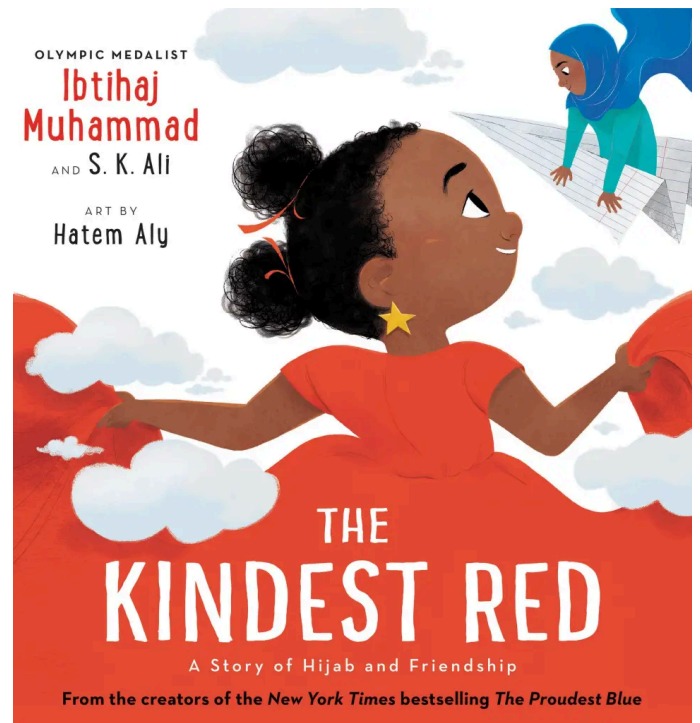


ETHICAL HABIT OF THE MONTH:

Kindness

Kindness: noun. noun. /'kaɪndnəs/ 1. the quality of being generous, helpful, and caring about other people.

BOOK OF THE MONTH:



WELCOME BACK ANNE HUTCHINSON SCHOOL!

We have gotten to the end of our first month back at school! As always, we started this school year focusing on KINDNESS as our ethical habit. Our classes read "The Kindest Red," by Ibtihaj Muhammad to help foster discussions about kindness in the school community.

At our first Kick Off HEART Assembly we talked about what Kindness looks like and how it makes us feel. We also got students excited for our next school wide initiative where students will be Caught Being Kind. We're excited to see our kind acts create a chain long enough to fill the front entryway of our building. Keep an eye out for all of the kind acts and recognitions over the next few weeks!

With Heart,

the SEL Team

From the creators of the New York Times bestselling *The Proudest Blue*



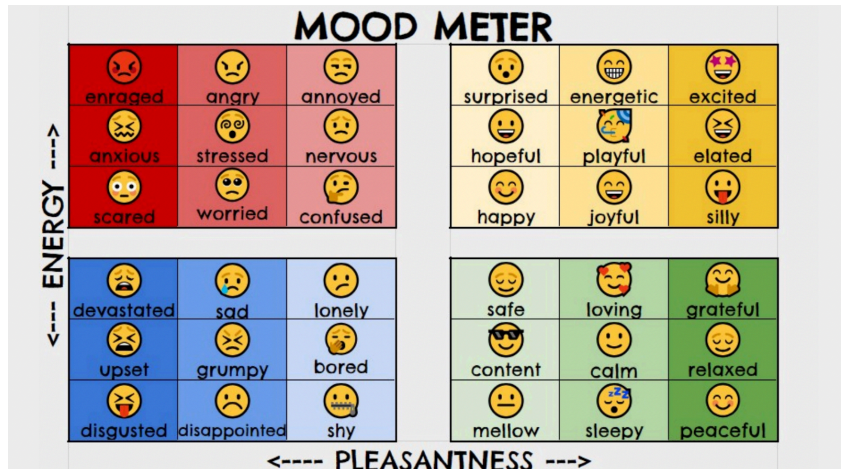
Social Emotional Learning: RULER

We are so excited to introduce Anne Hutch students to RULER, a social-emotional learning framework developed by Marc Brackett at Yale University. The idea behind RULER is quite simple, emotions matter. In fact, all emotions matter. By learning to connect with those emotions and having words to describe them, we are better able, whether as adults or kids, to interact with the world all around us. Over the course of the year, students won't just get a chance to learn a whole new language around emotions, but they will also learn about tools like the Mood Meter, the Meta-Moment, the Charter, and the Blueprint. Each of these tools will help them over the course of this year and beyond in their school journey. We will also share more about each of these over the course of the year with you through our newsletter. For now though, trust that your child will walk away from this year with the support and ability to be their best selves each and every day.



The Charter

What is it? The Classroom Charter is a tool that can help us create the positive, supportive, social-emotional environments that we know are best for learning. The Charter is like a promise we make to one another, or an agreement. How it Works: The Charter describes how we want to feel at school and what we can do to ensure that everyone has those feelings more consistently. Everyone has a voice in its reaction and plays an active role in bringing it to life.



We want to extend a big Anne Hutch “thank you” to all of our Heart Helpers who have already been helping spread Kindness and Heart in our Community. We also want to extend a welcome to all of our new Heart Helpers. This month we had a great time doing art projects and team building activities. We are looking forward to the next month of catching all of our students being kind!

