



Richard McBride Elementary School

richardmcbrideschool.ca 604-517-6090

Dear Families,

At Richard McBride we understand that emotions matter! You are invited to a fun evening to learn about one of the tools which are used daily at our school which would easily translate into your home! This year, we are again excited to be using The Anchors of Emotional Intelligence; the RULER program to support our School Learning Plan. The RULER is an evidence-based approach to social and emotional learning that helps 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:

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

We have been integrating RULER skills into our academic curriculum and providing opportunities for students and all the key adults involved in their education – teachers, administrators, and family members – to learn, model and practice these skills.

You are invited for a fun evening to learn about one of the tools, which are used daily at our school, which would easily translate into your home! The Charter is one of the RULER Anchor tools we use to help build a positive, caring, and compassionate classroom climate – where all members support each other in achieving common goals, the great news is that this tool is easily used in your home. Please join us in the gym on **Tuesday, March 12th** to create your own family charter. Please bring your **whole family**, and your children will be the experts in guiding the creation of your own family charter. If you are able to bring and share a nut-free dessert or finger food that would be most appreciated. We will meet in the gym at **6:30pm**.

We hope you can join us!

Return this slip by Wednesday March 6th to RSVP for the Family Charter Night

Student Name(s): _____

Division(s): _____ Total # of Family Members Attending: _____

I am able to share a nut-free dessert or finger food: _____