

RULER

Social Emotional Learning at Rye Neck Middle School

Social Emotional Learning

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If a child can do advanced math, speak 3 languages, or receive top grades, but can't manage their emotions, practice conflict resolution, or handle stress, none of that other stuff is really going to matter.

EI Schools = Better Outcomes

For educators:

- Greater sensitivity and empathy
- Rated as more effective/receive higher performance ratings
- Develop higher performing teams
- Build more positive emotional school climates
- More engaging and supportive
- Positive climate

For students:

- Less anxious and depressed
- More developed emotional skills
- Fewer attention problems
- Better academic performance
- Greater leadership skills
- Less bullying

New York State SEL Benchmarks

- Develop self-awareness and self-management skills essential to success in school and life
- Use social awareness and interpersonal skills to establish and maintain positive relationships
- Demonstrate ethical decision-making skills and responsible behaviors in personal, school and community contexts



Dr. Marc Brackett's Ruler Approach

Recognizing

Understanding

Labeling

Expressing

Regulating

Yale

Center for
Emotional Intelligence

RULER in RNMS

TIMELINE

2018–2019

- “Ruler Team”
- RNMS Staff

2019–2020

- RNMS Staff
- Students
- Families

Anchors of the RULER program

- Charter
- Mood Meter
- Meta Moment (Best Self)
- Blueprint (to resolve conflicts)

The Charter:

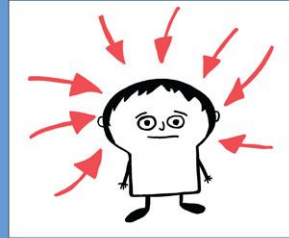
- helps schools establish supportive and productive learning environments
- members of the community create it
- outlines how they aspire to treat each other and feel at school
- specifies the behaviors that foster those feelings
- establishes common goals
- encourages members to hold each other accountable for creating the positive climate they envision



The Meta Moment:

- helps students and educators handle strong emotions so that they make better decisions for themselves and their community
- a brief step back from the situation when we pause and think before acting
- ask, "how would my "best self" react in this situation? What strategy can I use so that my actions reflect my best self?"
- replace ineffective responses with productive and empowering responses to challenging situations
- make better choices, build healthier relationships, and experience greater well-being

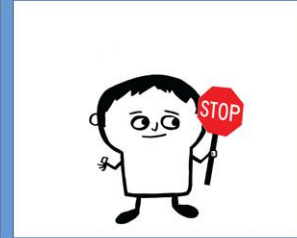
TAKE A META-MOMENT



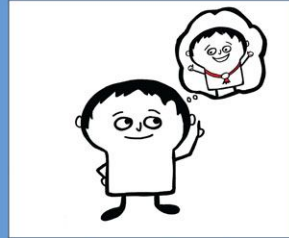
1. Something happens



2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!

The Blueprint:

- helps students and educators manage conflict effectively
- children and adults consider a disagreement from the other person's perspective, as well as their own
- they develop empathy by considering each other's feelings and working collaboratively to identify healthy solutions to conflicts
- helps repair relationships and restore climates, creating safer and more productive schools where students can learn and thrive

Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ____ feel?
Understand	What caused my feelings?	What caused ____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

Next Steps

Complete RULER training with
BOCES

Implement Meta-Moment and
Blueprint with Staff

Introduce RULER to Students
and Parents 2019-2020

F.E. Bellows begins their
two-year training 2019-2020

*If you have any questions, feel free to
contact any member of the Rye Neck
Middle School RULER Team:*

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and Cathy Toolan*