



Nutley Public Schools

371 Franklin Avenue
Nutley, New Jersey 07110

#SELday

March 6, 2023

Dear Nutley Learning Community,

The Nutley Public School District is proud to participate with communities around the globe in celebrating the importance of social-emotional learning (SEL) on the third annual International SEL Day this Friday, March 10, 2023.

Social emotional learning is defined as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Studies show that SEL provides many benefits to students including improved well-being and academic outcomes. SEL Day is an opportunity to spread awareness about the importance and impact of social-emotional learning.

This year, in addition to continuing the delivery of our [Competent Kids, Caring Communities](#) SEL curriculum in grades PK-5, our grades 6-12 staff are being trained in RULER, an evidence-based approach to social and emotional learning developed at the Yale Center for Emotional Intelligence. RULER is an acronym for the skills of emotional intelligence: recognizing, understanding, labeling, expressing and regulating emotions. To learn more about why emotions matter, visit here www.rulerapproach.org.

Adult learning is a core component of the RULER approach. We, as a staff, are spending this year building our own skills of emotional intelligence by becoming proficient with the RULER skills and tools during dedicated professional development days. Our goal is to begin introducing RULER in the classroom for the 2023-2024 academic year.

RULER helps students, and the adults in their lives, to learn about and manage their emotions. This is important for success in nearly every aspect of our lives—for attention, memory, and learning, for making and keeping friends, for healthy decision-making, and for our overall well being. Please review the attached [Family Brochure](#) and [Family Tip Sheet](#) to become familiar with the RULER approach.

We will be celebrating SEL day across the district in each of our seven buildings. At NHS, students will enjoy the good vibes of our resilience playlist throughout the day and are invited to stop by the counseling or SAC office for a free stress ball! All students will be attending an interactive assembly program that promotes the importance of identifying and regulating their inner voices and external influences to build their emotional intelligence and make good decisions.

Nutley Public Schools is pleased to announce a Wellness Weekend to follow SEL Day! This means that no tests, quizzes or project due dates are scheduled for Monday, March 13th to allow students to have the early dismissal day, Friday March 10, 2023 (SEL Day), and the weekend that follows to unwind and focus on wellness and togetherness. The PSAT at JHWMS will proceed as scheduled. Here are some SEL based activities for [elementary](#) and [secondary](#) families to enjoy together.

In Partnership,

Nutley Public Schools