

September 30, 2022

Dear parents and guardians,

This year QRMHS is implementing Social Emotional and Executive functioning lessons for all students in grades 6-12 during our Flex Block time on Wednesdays. The curriculum that we are using is called Ripple Effects. It is an online platform that allows teachers to do a small group lesson and then students are able to respond and practice different scenarios. The lessons that we have chosen to use this year all focus on skills needed to find success in school such as staying organized and how to ask for help. Additionally, we are focusing on lessons to support students in learning how to manage their own feelings and emotions and recognize them in others.

The decision to implement this curriculum with all students comes from a working team of QRSD educators who reviewed student data for attendance, academics, and responses to a social emotional survey that was administered last year. Our goal for the work this year is to have all students participate in these lessons and to decrease the rate of absenteeism and increase the rate of student engagement and feeling connected to school.

The themes that we have chosen for the year are as follows:

September - Building Relationships and Work Habits

- Learning Styles
- Effort
- Organization

October - Relationship Skills

- Identifying Feelings (Grades 6-8), Resilience (Grades 9-12)
- Attendance

November - Acceptance and Social Awareness

- Empathy
- Cultural Awareness

December - Planning Forward

- Setting Goals
- Communication Skills

January - Who Am I and What Do I Need

- Knowing Yourself
- Self Confidence
- Agency

February - Creating Connections

- Perspective Taking
- Connecting with Others
- Getting Support

March - Responsible Decision Making

- Resisting Pressure (Grades 6-8), Decisions (Grades 9-12)
- Controlling Impulses
- Managing Stress

April - What's Your Mindset

- Growth Mindset

May - Finishing Strong

- Your Strengths
- Perseverance

Feel free to discuss these pertinent topics at home as well. Should you have any questions or concerns in regards to this program, please do not hesitate to reach out to your child's administrator. Thank you for your support!

Regards,

Ms. DeMorais, QRMHS Principal