



All Things E.Q.

The Discovery of You

Hello Parents and Guardians,

As you know, we strive to provide a solid academic foundation at Bright Beginnings and we work hard to develop the (Intelligence Quotient or I.Q.) in our students. Because we realize that I.Q. alone does not make successful children and adults, we also develop the Emotional Intelligence (Emotional Quotient or E.Q.) of our students.

E.Q. is often referred to as social and emotional learning. To raise the E.Q. of our students, we implement All Things, E.Q., which focuses on three key areas:

- 1) Student Leadership Development
- 2) Practice Social and Emotional Skills
- 3) Parent Participation and Inclusion

Student Leadership Development:

Leadership skills are acquired through experience. If you don't have opportunities to lead, then leadership skills are learned slowly, if at all. Therefore, our objective is to provide frequent opportunities for students to practice leadership skills in our E.Q. Ambassador program. The 6th Grade Ambassadors are positive representatives, and champions of school spirit and culture on campus. Their primary role is to practice leadership as mentors to the younger students. We want all students to know that at our school everyone looks out for one another. When students enjoy school and feel safe, they do better academically, and they are more excited to come to school.

Practice Social and Emotional Skills:

Each week students will learn different tools to increase their self-awareness, empathy, social skills, self-regulation, and motivation. For example, our students will be learning and practicing how to focus on solutions rather than problems, understanding communication skills and learning to value mistakes and confusion as necessary ingredients for learning, rather than a reason to give up or quit. Social-emotional skills help students become productive and resilient people who are capable of reaching their full potential.

Parent Participation and Inclusion:

To create a shared vocabulary between campus and home we include parents in brief weekly emails that keep you abreast of the tools your child is learning in school. This way, you can implement the strategies and insights at home if you choose. When schools and parents work together, we bring the best of all of us to our students. To receive the free insights sign up here <https://mailchi.mp/ec79447cd694/bbschl-parents-sign-up> and we will be sure to send you the Parent Updates.

Sincerely,

Danna Evans

Founder, All Things E.Q.