



Ellington Public Schools

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June 8, 2022

Dear Ellington Family -

In Ellington, we know that academics matter to you and your family. Our goal as a school system is to ensure we create school cultures that challenge and inspire students, set high standards for academic rigor, and support students in reaching their full potential. In order for students to succeed academically, we need to sometimes help them learn strategies to respond to both emotional and social situations.

The [EPS' Framework for Emotional Intelligence \(EI\)](#) will provide our teachers the training and resources to help our students learn to regulate their emotions better, learn strategies to reduce stress, and learn how to respectfully resolve conflicts. In essence, it connects the [Seeds of Civility](#) to the skills students need to develop such as, listening and respecting others, so they can engage in respectful conversations and stay focused on learning.

At the [May 25th Board of Education meeting](#), Principals Jenn Hill (Windermere) and Michele Murray (EMS) presented the framework to the Board. During the 2022-2023 school year, the majority of our elementary and secondary teachers and staff will receive professional development in EI strategies. Our Windermere teachers, who received training in the 2021-2022 school year, will begin implementing tools and strategies such as the mood meter for identifying your emotions, the class charter for setting expectations for a positive class and school climate, and the blueprint for effective conflict resolution.

Ultimately, the *Framework for Emotional Intelligence* will help ensure our students are exceptional learners and contributing members of our community. This Fall, we will be launching a website with a variety of resources to ensure all parents and students have full access to the information.

Please do not hesitate to contact me if you have any questions.

Regards,

Dr. Scott Nicol, Superintendent