



## **Meadow School PTA School of Excellence Highlights 2022**

- Meadow School PTA continues to strengthen the family-school connection specifically for parents to gain more insights on resources and information on mental health strategies at home
- Normalize discussions on mental health in school and at home, and strengthen the family-school connection
- Hosted a virtual Mental Health presentation on Coping with Covid
- Meadow's School Psychologist, Dr. Guarton hosted a supportive Parent Circle
- Baldwin UFSD's enrichment program at home offers activities and stories to foster enrichment in academics and promote social-emotional development
- Meadow's Social Worker, Ms. Naggar, and School Psychologist, Dr. Guarton gave a presentation on the RULER system that Meadow will be adapting next school year. During the presentation, our school community learned about what Social Emotional Learning will look like at Meadow. During our workshop, we shared information on the RULER approach to SEL and how the staff at Meadow will work together to build our students' emotional intelligence. Our community also learned tips and strategies on how to nurture SEL at home.
- RULER is an evidence-based approach to social and emotional learning (SEL) developed at the Yale Center for Emotional Intelligence. RULER supports entire school communities in understanding the value of emotions, building the skills of emotional intelligence, and creating and maintaining a positive school climate. It aims to infuse the principles of emotional intelligence into the immune system of schools, enhancing how students learn, teachers teach, families parent, and leaders lead.
- Meadow's Community Problem Solvers, a group of fourth and fifth-grade students, are working hard to better understand the issue of access and use of social media by elementary students. They have surveyed all 3rd-5th grade students about their use of social media and found that 76% of students have a smartphone or tablet. In addition, 50% of students surveyed stated that they spend an hour or more a day on their device. The Community Problem Solvers have identified two goals based on their survey:
  - Educate elementary students on how to safely use social media.
  - Educate parents on how they can help their children navigate social media safely.
  - To best educate parents on social media safety, the team is interested in how parents monitor the social media use of their elementary students. The team has created a brief survey for parents to complete. With the information from this survey, the team will develop tools and suggestions to support parents in addressing the safety of their children on social media.
  - Here is the website they created where additional resources are shared:  
<https://sites.google.com/baldwinschools.org/smarts/home>