

Happenings

January 5 , 2023

Be In the Know!

RULER Skills Overview for Families

RULER is an acronym for the five key skills of emotional intelligence.



Recognizing emotions

Identifying emotions in oneself and others by reading facial expressions, body language, tone of voice, and paying attention signals in our bodies



Understanding emotions

Knowing the causes of emotions and how emotions influence our thoughts, actions and decisions



Labeling emotions

Connecting an emotional experience to specific feeling words to describe it



Expressing emotions

Knowing how and when to display or show our emotions, depending on who we are with, where we are and what we are doing



Regulating emotions

Knowing and using effective strategies to manage our emotions



Yale Center for Emotional Intelligence

Your child (and their teacher!) has certainly mentioned RULER or one of it's various tools, such as the Mood Meter or Meta Moment. Wondering what all of this means?

RULER is a curricular approach that addresses social-emotional learning. Being able to identify, understand and manage one's emotions is the basis of several core competencies: self-awareness, self-management, relationship skills, social awareness and responsible decision-making.

Common language and a shared approach can help us strengthen your child's success. Check out more information about the program in the additional attachments.



Follow us @EssexES1



Breakfast Club

Starting Monday, Jan. 9, the cafeteria will be open every day at 7:45am for any student interested in eating breakfast at school. Both hot and cold breakfast choices will be available. Students will be supervised in the cafe until school begins.

Monday, Jan 9 Student Leadership Council
(Must have permission slips submitted!)

Tuesday, Jan 12 Gr 5 Play-speaking solo auditions

Friday, Jan 13 **11:45am Early Release**
Staff Professional Collaboration

Monday, Jan 16 **No School- Martin Luther King Jr. Day**

Last chance!

Starbooks

OUR NEW AFTERSCHOOL OPPORTUNITIES FOR STUDENTS CONTINUE WITH THE NEXT EXCITING OFFERING!



WEEK OF JAN 9-13

MONDAY:

Mini Corn Dog w/ Sweet Potato Fries
Turkey & Cheese Pinwheel
Sunbutter Dipper Fun Lunch

TUESDAY:

Chicken Nugget & Mozzarella Stick Combo
Chicken Taco Salad
Sunbutter Dipper Fun Lunch

WEDNESDAY:

French Toast Sticks, Sausage, Tots
Hummus Fun Lunch
Yogurt & Granola Bento Box

THURSDAY:

Pizza
Buffalo Chicken Wrap
Yogurt & Granola Bento Box

FRIDAY:

11:45am Early Release
Breakfast served only

Have you ever heard your student say?

- I can't find a good book.
- I don't like to read.
- I like this book. (as they pick up the same book they always have)
- I'm want something new or different to read.
- I don't know what I want to read.

Miss Kelley and Mrs. C have a solution for them!

Join us on Tuesdays from 3-4pm

1/17/23 4th & 5th graders

1/24/23 4th & 5th graders

1/31/23 3rd graders

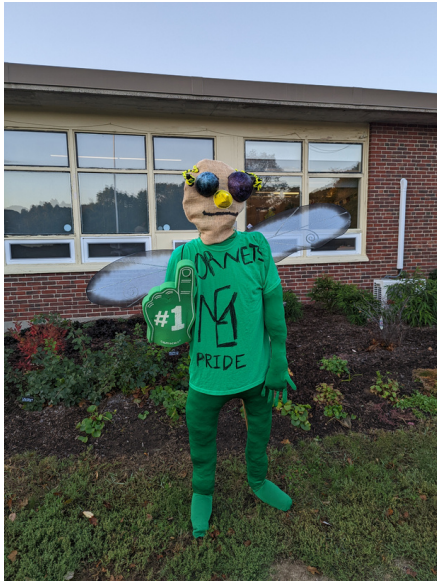
2/7/23 3rd graders

2/14/23 Check in for all. Drop in to return books, chat, or find something new!

Students will be selected through a lottery.

Email Notifications will be sent out confirming the spots.

Click [HERE](#) to sign up!



Community News

Once again, we're excited to announce that registration for the spring 2023 season is now OPEN. Follow the link below to complete the registration on the new website. You can pay a portion of the registration fees now and the balance can be paid later.

https://capeann.demosphere-secure.com/_registration_login?to=https%3A%2F%2Fcapeann.demosphere-secure.com%2F_registration

The schedule for the free indoor lacrosse sessions that we'll be hosting at the Essex Sports Center located at 15 Manning Road in Middleton MA is located below. The sessions are free and open to those who have registered on the website. If you have not registered, your child cannot participate until registration has been completed. The attached schedule is finalized as there was initially some confusion about the dates/time we had reserved indoor space.

We hope you all have a great winter and think spring! Lacrosse is right around the corner!

CAYL Board

		Time	Group
Week 1	Wednesday, January 11, 2023	4:30 - 5:45	Girls Grade K-4
		5:45 - 7:00	Girls Grade 5-8
Week 2	Wednesday, January 18, 2023	4:30 - 5:45	Boys Grade K-4
		5:45 - 7:00	Boys Grade 5-8
Week 3	Wednesday, January 25, 2023	4:30 - 5:30	Open for all Girls Age groups
		5:45 - 7:00	Girls Select Tryout (5/6 or 7/8, still TBD)
Week 4	Wednesday, February 1, 2023	4:30 - 5:45	Boys Grade K-4
		5:45 - 7:00	Boys Grade 5-8
Week 5	Wednesday, February 8, 2023	4:30 - 5:30	Open for all Girls Age groups
		5:45 - 7:00	Girls Select Tryout (5/6 or 7/8, still TBD)
Week 6	Wednesday, February 15, 2023	4:30 - 5:45	Boys Grade K-4
		5:45 - 7:00	Boys Grade 5-8
Week 7	Wednesday, February 22, 2023		TBD