



*December
Principal Tea
Time
December 10, 2024*

Agenda

- Check In
- CRASEL Parent Session
 - Upcoming Events
 - Parent Feedback



How are you feeling today?



Cómo te sientes hoy?

Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled
Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
Alienated	Misrable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Despair	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene

LOW PLEASANTNESS ← | → HIGH PLEASANTNESS

← HIGH ENERGY | LOW ENERGY →

¿Cómo te sientes?

Alto N I V E L D E E N E R G Í A	RABIOSO	EN PÁNICO	ESTRESADO	AGITADO	CONMOCIONADO	SORPRENDIDO	ALENTADO	FESTIVO	REGOCIJADO	EXTASIADO
	COLÉRICO	FURIOSO	FRUSTRADO	TENSO	ATURDIDO	HIPERACTIVO	JOVIAL	MOTIVADO	INSPIRADO	EXALTADO
	ECHANDO HUMO	ATEMORIZADO	ENOJADO	NERVIOSO	INQUIETO	ENERGÉTICO	ANIMADO	ENTUSIASMADO	OPTIMISTA	EXCITADO
	ANSIOSO	APRENSIVO	PREOCUPADO	IRRITADO	MOLESTO	COMPLACIDO	FELIZ	ENFOCADO	ORGULLOSO	EMOCIONADO
	REPULSIVO	EMPROBLEMADO	INTRANQUILO	DIFÍCIL	ENFURECIDO	AGRADABLE	ALEGRE	ESPERANZADO	JUGUETÓN	DICHOSO
	DISGUSTADO	SOMBRIO	DESEPCIONADO	ABATIDO	APÁTICO	A GUSTO	ACOMODADIZO	CONTENTO	AMOROSO	REALIZADO
	PESIMISTA	MALHUMORADO	DESANIMADO	TRISTE	ABURRIDO	CALMADO	SEGURO	SATISFECHO	AGRADECIDO	CONNMOVIDO
	ENAJENADO	MISERABLE	SOLITARIO	DESCORAZONADO	CANSADO	RELAJADO	FRESCO	DESCANSADO	BENDECIDO	EQUILIBRADO
	DESALENTADO	DEPRIMIDO	HOSCO	EXHAUSTO	FATIGADO	SUAVE	PENSATIVO	EN PAZ	CÓMODO	DESPREOCUPADO
	DESESPERADO	DESESPERANZADO	DESOLADO	AGOTADO	DRENADO	SOÑOLIENTO	COMPLACIENTE	TRANQUILO	ACOGEDOR	SERENO

CRASEL Presentation - Mr. Williams

- Why Develop Emotional Intelligence?
- Teachers & Parents are like Farmers...
- Helping parents and caregivers better recognize, understand, accept, and manage their own and their children's emotions.
Practice the R.U.L.E.R approach



R.U.L.E.R

Recognizing emotions in oneself and others

Understanding the causes and
consequences of emotions

Labeling emotions with a nuanced
vocabulary

Expressing emotions in accordance with
cultural norms and social context

Regulating emotions with helpful strategies



RULER skills help people of all ages to use their emotions wisely, opening opportunities for us to succeed in school, at work, and in life. These skills are both personal and social, such that a network emerges with positive changes reinforced.

For Example: What would you say is the norm when we encounter a challenging situation?
Do we Respond or React?



Allow me to show you two brief videos that will explain:

(1) What R.U.L.E.R Is (share video)

(2) How R.U.L.E.R Works (share video)

I'd like to conclude with the following 11 tips
But I need your help in reading them...



School Wide Updates

- K-2 & Standard Aligned focuses with 2 week reassessment schedule
 - Keke Palmer & Disney recording featured on ABC Good Morning America - PSMS161 students shine
 - Young Audiences - Drumming for 5th Grade
 - NDI Presentations for 4th Grade 12/16
 - College & Career Surveys for MS students
 - Winter Wishes Gifts- K-8 - Stay tuned for more information



School Wide Updates

- Harlem You - Mr. Williams - D5 initiative
- Scholastic Book Fair
- Math Night coming in January
- MTSS - Instructional Tier 1, 2, 3 Support
 - Tier 1- NY State Partnership
 - Tier 2 and 3 - D5 Pilot
 - Tracking specific students who need support
- MSK/MBK - beginning this Friday 12/13/2024



*Let us Hear from
YOU*

