



All Things E.Q.

The Discovery of You

Hello Parents and Guardians,

We are excited to share All Things E.Q. again with you this year! All Things E.Q. helps our entire school community, teachers, students, parents, and staff work together to create a shared vocabulary and a positive school culture.

As you know, we work hard at Meridian Elementary to develop your child's I.Q. (Intellectual Quotient) by providing a robust academic experience. We partner with All Things E.Q. because it does not take our teacher's time away from this mission. Instead, All Things E.Q. includes our entire community in weekly E.Q. insights because while I.Q. skills are essential, they are not enough. Social-emotional skills and strong communication skills also help our students throughout their school years and prepare them for college and career readiness. This year we will focus on adapting to change, resilience, and building social connectedness, along with our four quarter themes.

HOW AM I SHOWING UP?

- 1 Am I being kind and helpful in this moment?
- 2 Am I using positive self-talk?
- 3 Am I making an honest effort?
- 4 Am I focusing on solutions instead of problems?

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A student's emotional intelligence, such as self-awareness, self-motivation, social skills, and grit, to name a few, are key factors in their future successes and become important habits our students take with them into the world.

To introduce positive habits to our students, we will focus on a new motto each week. Our first motto of the school year is:

My day depends on me.

Knowing the motto each week creates that shared vocabulary between home and school, and when we all work together, we bring the best of all of us to our students and create a supportive, safe environment for everyone. For more information, you can watch the video: [All Things E.Q. – An Introduction!](#)

We look forward to making the 2020-2021 school year the best we can! Thank you for being a part of our school community.

Sincerely,

Danna

Danna Evans
All Things E.Q.