



**DEER VALLEY**  
*Unified School District*

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DVUSD Parents and Guardians;

As you know, DVUSD schools work hard to provide your student with a strong academic foundation and deliver an excellent academic program to all students. Because academic achievement alone does not make successful children and adults, it is important to also develop the Emotional Intelligence (Emotional Quotient or E.Q.) of students.

E.Q. is often referred to as ***Social and Emotional Learning***.

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL.org).

Research shows that students who acquire these skills have higher academic performance, positive attitudes and positive social behaviors. Also, students who participate in SEL have less behavior problems, emotional distress, and drug use (CASEL.org).

To teach essential E.Q. skills to students, all DVUSD schools will have an SEL program this year covering these topics:

- Coping with Change and Building Resilience
- Promoting Social Connection, Relationships, and Tolerance
- Managing Stress and Anxiety
- Intentional Thinking
- Showing Empathy and Compassion
- Managing Big Emotions
- Motivation and Staying Focused
- Problem Solving and Decision Making
- Self-Care

Please visit [www.dvUSD.org](http://www.dvUSD.org) for more resources as well as your students' school website.

We look forward to helping your students grow academically and emotionally this year.

Sincerely,

Curtis Finch, PhD  
Superintendent

**SUPERINTENDENT**  
Curtis Finch, PhD

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