



# All Things E.Q.

## The Discovery of You

Hello Parents and Guardians,

Stetson Hills consistently provides students with a strong academic foundation lead by our amazing teachers who work hard to deliver an academic program (Intelligence Quotient or I.Q.) to students. Because I.Q. alone does not make successful children and adults, Stetson Hills is also partnering with All Things E.Q. to develop the Emotional Intelligence (Emotional Quotient or E.Q.) in students.

E.Q. is often referred to as social and emotional learning. To raise a student's E.Q., Stetson Hills will focus on:

- 1) Social and Emotional Skills Each Week
- 2) Building a Positive Community Culture

### **Social and Emotional Skills:**

Each week students will use different tools to increase their self-awareness, empathy, social skills, self-regulation, and motivation. For example, our students will be learning and practicing how to focus on solutions rather than problems, understanding communication skills and body language and learning to value mistakes and confusion as necessary ingredients for learning. Every week, a new skill will be introduced.

### **Development of a Positive Community Culture:**

To create a shared vocabulary between campus and home and because your child's best interest is something, we all have in common, we include parents in brief weekly emails that keep you abreast of the tools your child is learning in school each week. Our insights include ways to incorporate the weekly insights at home. You can sign up for the free weekly insights at [info@allthingseq.com](mailto:info@allthingseq.com).

***"My daughter attends an All Things E.Q. school. I am so appreciative for this wonderful, insightful program. I have thoroughly enjoyed receiving the helpful emails and have saved a number of them for future reference. All Things E.Q. has been the perfect compass for the times when I have needed a little extra guidance in this journey we call Parenthood. I think this is a great program for kids and adults. Thank you, All Things E.Q. for making a positive impact."***

***-Jen, Parent***

Simply send an email to [info@allthingseq.com](mailto:info@allthingseq.com) letting us know your child attends Stetson Hills and which email address you would like us to send your weekly parent insights. When schools and parents work together, we bring the best of all of us to our students.

Sincerely,

*Danna Evans*

Founder, All Things E.Q.  
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