



# All Things E.Q.

## The Discovery of You

Hello, Families of Bellair Traditional Academy,

As you know, Bellaire Traditional Academy strives to deliver a strong academic foundation and works hard to deliver an academic program (Intelligence Quotient or I.Q.) to students. Because I.Q. alone does not make successful children and adults, Bellaire will also provide opportunities to learn communication skills (Emotional Quotient or E.Q.) for students.

We will be implementing All Things E.Q. (ATEQ) because their insights support, rather than interfere with academic instruction. A four-year comparative study was done to determine the effect of All Things E.Q. You may read about the study [here](#).

All Things E.Q. encourages critical thinking and focuses on four questions:

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?*

Each week students are introduced to different skills. For example, our students will be learning and practicing how to work through confusion, learn from mistakes, listen with understanding, and be kind to one another and themselves.

To create a shared vocabulary between campus and home, we include parents in weekly updates that keep you abreast of the tools your child is learning in school so you can implement them at home.

If you would like to receive the free weekly insights, you can do so here: <https://mailchi.mp/allthingseq/allbellair-traditional-dvUSD-parents>.

Thank you for being a part of our school community. When we all work together, we bring the best of all of us to our students.

Feel free to email me at [danna@allthingseq.com](mailto:danna@allthingseq.com) with any questions. We look forward to a fantastic school year!

Sincerely,

*Danna Evans*  
Founder, All Things E.Q.