



Nurturing and Engaging Hearts and Minds in Challenging Learning Every Day

AUGUST 2017 ISSUE

# Welcome Back to School

We are so excited for the 2017-2018 school year to begin! The motto of Discovery Canyon Elementary school is, "Nurturing and engaging hearts and minds in challenging learning every day." It is our daily goal to support students in their academic learning, to make them smile, to excite children about challenges, and help all know their own worth and potential. We are your partners in growing your children to be all that they can be.

This year you will continue to hear about our RULER program that supports the social and emotional health and learning of all in our DCC community. Research tells us that our emotions greatly influence our attention, memory, learning, decision making, judgement, relationship quality, physical and mental health, and everyday effectiveness at home and in the classroom. At DCCE, we will continue to learn how to understand and express our emotions in a productive and healthy way so that we can always be our best selves.

New this year, we will be learning what it means to be a responsible digital citizen. We are calling our initiative One to the World. This day and age, all children interact with technology on some level. We want to help children learn how to be safe, healthy, kind, and wise when utilizing technology. Included in future Monthly Rumbles, we will be sharing tips and information about how families can utilize technology at home to support balance and health for all members of the family. We believe technology is an amazing tool that can help us connect with the world, inspire inquiry and learning, and it can give us the means to create and explore. We also believe in going outside, reading a book, writing with a pencil, and face-to-face conversations. We can't wait to do it all!

We hope you had a wonderful summer and are as excited as we are for August 14! See you at our Open House on August 10, 3:30 to 5:00.

Andie Ruskin, Principal &  
Jamie Lester, Assistant Principal



## What is R.U.L.E.R.?

RULER is an acronym that stands for the five key skills of emotional intelligence.

- R - Recognizing**
- U - Understanding**
- L - Labeling**
- E - Expressing**
- R - Regulating**

This year at DCC Elementary, we will continue to learn more about how we can best understand and express ourselves in order to feel good and find success in school and our lives.

## One to the World



Stay tuned for healthy-use technology tips and information!