



# Bethanga Primary School

## Emotional Intelligence (EQ) Policy

### Rationale

We are committed to providing our students with an education that affords high achievement and wellbeing in life. To achieve this we incorporate emotional intelligence into our curriculum. Current research supports the notion that cognitive abilities alone are not enough to guarantee success in life. Children need to be given an education in managing and understanding their own and other's emotions. This has been recognised in the Victorian Curriculum. As an education provider, we ensure that we are covering all aspects of the curriculum including Personal and Social Capabilities.

### Aims:

Through our EQ program students will learn to:

- ✓ Recognise emotions in self and others
- ✓ Understand the causes and consequences of emotions
- ✓ Label emotions accurately
- ✓ Express emotions appropriately to the situation and time
- ✓ Regulate emotions and change as needed

### Implementation:

- Emotional Intelligence is taught explicitly in years F-6 with two sessions allocated per week (one game session and one explicit skill session)
- EQ skills are modelled off the RULER program from Yale University of Emotional Intelligence, Smiling Minds and Respectful Relationships.
- Classroom programs include a range of approaches designed to teach the skills of EQ. This includes Cooperative Games (PITW Wilson McCaskill), Class Meeting, Knowledge-based Lessons and Skill-based Lessons.
- Ongoing professional development and training is provided to both new and existing staff members
- Budgets that provide for the needs of the EQ program will be developed each year in consultation with staff and resourced by school council.

### Evaluation:

School Council Approval is not required for this policy however it will be checked for required updates every two years and it will be shared with School Council.

This policy was last reviewed and updated as required February 2021