



# RULER

## AN EVIDENCE-BASED APPROACH TO SOCIAL EMOTIONAL LEARNING

**In case  
you missed it...**

**One more chance  
to learn how to apply  
these RULER skills  
in your home!**

- **The Charter**
- **The Mood Meter**
- **The Meta Moment**
- **The Blueprint**



**Tuesday,  
May 6, 2025**

**6:00-7:30pm**

**in the District Office  
Conference Room  
at Bayside Middle School**

**Kristal Melbye  
District Family  
Engagement Liaison  
[kmelbye@foxbay.org](mailto:kmelbye@foxbay.org)**