

**Portland Board of Education**  
**Policy Committee**  
**10/9/2024**  
**Minutes**

**The Portland Board of Education Policy Subcommittee meeting was held via Google Meet.**

Committee Members: Meg Scata, Laurel Steinhauser, Tim Lavoy,  
Administrators: Charles Britton, Kate Lawson, Chuck Hershon, Brionna Johnson  
Yale Emotional Intelligence Research Team:  
Julia McGarry and Jessica Hoffman

Call to Order Meeting was called to order at 1:03PM

New Business

A. RULER Research Study

Mrs. Lawson discussed how she became interested in the RULER for High School students and spoke highly of what her colleagues in other high schools are saying about RULER. RULER develops emotional intelligence with a curriculum that has been available for Middle Schools and Elementary Schools for some years.

The Yale team presented an overview of RULER curriculum which is available for 9 – 12 grades. The team spent time explaining the research process, the selection of schools and what is offered as part of the program. The Research project is funded by a generous grant and included the curriculum and support, training, surveys, data collection. The program runs for two years and would begin in 2025-26. Participants are selected randomly, and the Group selected for RULER would start in 2025-26 and 2026-27. The first year is training for adult staff members and the second year is for the students. The final analysis will be done by an independent research organization to make sure there is no bias. If we are not selected then we would continue to do what we are doing with emotional intelligence curricula. In 2027, we would be given the full program for two years with all of the support and training as if we had been selected in the 2025-27 cohort.

Policy Committee is not recommending action on the policy at this time. Follow up from the meeting includes:

- Check with our attorney about **parents opting out as opposed to approving their student participation.**
- All materials will be sent to Kate Lawson for committee to review. Request for survey and curricula was requested as well as the opt Out Form for Parents’
- Policy committee will review information from the attorney and update, or policy as needed.
- A presentation to the full board of RULER and the Research Project should be scheduled.
- Further information with this link [RULER < Child Study Center \(yale.edu\)](https://childstudycenter.yale.edu/ruler)

The timeline of about 6 weeks because the decision to participate should be made by December

The other items on our October 9, 2024, Agenda should be placed on the next Policy Committee meeting scheduled for November 13, 2024, at 1:00pm

Meeting adjourned at 2:18pm

Respectfully submitted,

Meg Scata  
Chair of the Policy Committee