



Portland Public Schools BOE Curriculum Subcommittee Meeting September 10, 2024 @ 3:30pm

Meeting Minutes

Virtual Meeting via Google Meet: meet.google.com/ggv-sgvg-hoi

I. Meeting called to order at 3:34pm

Members in attendance: Kim Nagy-Maruschock, Laurel Steinhauser, and Director of Curriculum, Instruction and Technology Eric Martin

Also in attendance: PHS Principal Kate Lawson, and Julie McGarry and Jessica Hoffman from the Yale Center for Emotional Intelligence

II. High School SEL Curriculum Research Study Opportunity

Presentation by Julie McGarry and Jessica Hoffman from the Yale Center for Emotional Intelligence about the RULER curriculum for high school students and a research study that PHS could potentially participate in. RULER curriculum has been available for use in high schools for several years, and focuses on recognizing, understanding, labeling, expressing and regulating emotions with the goal of building individual emotional intelligence and a positive school climate. The Yale Center for Emotional Intelligence has received a large federal grant to study the benefits of the RULER curriculum on high school students over a pilot of 60-80 schools nationwide. Currently PHS utilizes School Connect but Kate Lawson has not been thrilled with it and there is no evidence that it is changing school culture.

The 2 year study will be randomized with half of the districts beginning implementation of the curriculum immediately and the other half waiting to start implementation 2 years later. The districts who are waiting will continue to use whatever SEL curriculum they are currently using, and will participate in survey and data collection. The survey burden is as light as possible and includes 30 minute student and staff online surveys at 3 different time points (fall of 1st year, spring of 1st year, end of 2nd year). In addition, administration will be asked to gather data on attendance, office referrals, grades, etc. Data will correspond to individual survey participation, but all data will be anonymized for research purposes.

Each district will identify a 5 person implementation team who will receive training either in person or virtually from Julie and Jessica on how to implement the RULER curriculum. This is a “train the trainer” model where this team will bring the information and resources back to the district. The first year is exclusively spent working with adults, and the staff training schedule will be determined by the implementation team to utilize staff meetings, PD days, etc. The second year is when teachers begin implementing the curriculum with students. The curriculum consists of 80 45-minute lessons to be conducted across four years, 20 per year commonly implemented during advisory periods.

Currently, any district can choose RULER and purchase a 2 year training package with training and coaching staff for \$8000, with the option to purchase an additional “membership” annually for \$1000 for districts that want continued hands on coaching and support. This training package is designed for districts to own the curriculum and be able to implement it independently after 2 years.

Aside from free access to the RULER curriculum, the major benefit to participation in the research study is that this cohort will be only high school participants versus the K-12 groups typical in training sessions. The research curriculum is an enhanced package and includes an initial training at RULER Institute, lots of ongoing support with RULER trainers, quarterly trainings with cohort schools, data collection to inform implementation, an administrative stipend of \$1,000 to be used in support of the process, and an additional \$1,000 per year for the waitlisted groups.

Kate Lawson is very excited about this opportunity and the sustainability of the RULER curriculum. The Curriculum Committee supports moving forward with this and recommends the presentation be made to the Policy Committee to discuss the logistics of participation in a research study, before it is brought to the full Board.

III. Adjourned at 4:33pm

Next Meeting: Date TBA

Respectfully submitted,

Laurel Steinhauser
Portland BOE, Chairperson