

# The Scroll

the Middle School student newspaper

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## RULER program implemented in advisory

Isabella Hetzler  
Scroll Editor

This year a new program, Recognize Understand, Label, Express, and Regulate, better known as RULER has been implemented in the middle school to help students better acknowledge and deal with their emotions. The core point of the program is for students to understand their emotions and learn how to deal with them in healthy ways, which is an important step to take in a learning environment where well-being is key for overall happiness.

RULER is still in its early stages of development so each grade level is receiving more of an introduction to the program. Next

year, the goal is to go into further depth and personalize the program for each grade level, to make RULER more relevant to them. Mr. Bullard, the Director of Student Life, said, “I like the RULER program a lot. It has helped me in terms of conversations I have with kids and it allows them to better express how they feel and what caused them to make that decision.”

From the research that’s been done, not only does this type of social-emotional learning help students communicate how they feel, it also can impact their grades and class behavior. When kids feel like their emotions are being understood by their community, it makes them

**See RULER program, page 2**



Photo by Emily Iannazzo

*Eighth-grade advisor Ms. Shivik explains how to categorize words on a Mood Meter. This is one of the many activities that take place during RULER lessons.*

## New homework policy introduced to grades seven, eight

Gabriella Marcotti  
Scroll Editor

This semester, a new homework policy has been introduced to seventh and eighth-graders, requiring them to attend an after-school homework completion session if

they don’t complete their homework on time. Teachers and administrators created this policy to tackle the growing issue of students not finishing homework on time. However, some students feel the homework policy needs to be revised.

The new homework policy

states that if students don’t submit their homework on time, they can complete it by 8:00 am the next morning; otherwise, they must attend a mandatory homework completion session after school the next day.

Before winter break, seventh and eighth-grade teachers came together to discuss possible strategies to make students do their homework on time.

The grade level leaders then passed on the best ideas to the middle school administration, who, in the end, chose an idea from eighth-grade English teacher Ms. Karisti Cormier’s previous school, where students had to attend an after-school session to complete the assignment. Middle school Director of Student Life Mr. Payson Bullard, said “We thought about different ways to help students be more accountable for their homework, and we chose this new system because we thought it would be a fair and useful system to put in place.”

Seventh-grade English teacher,

Mr. Talim Arab, agreed and thinks that the homework policy will benefit students. “It acts as a reminder to students and helps them organize themselves by using solid deadlines.”

However, only some think that the policy is fair towards students. Seventh-grader Cosmo Kendall-Yoon, said, “I feel like it motivates students to finish the homework, but I also think that students have a lot of stress already with other activities, and this adds a bit too much stress.”

Eighth-grader Sophie Yeliseev has mixed views about the new policy. “I think it’s a good way to create discipline and to get people ready for high school. However, I also think there should be more exceptions for after-school activities or doctor’s appointments.”

The middle school administration does offer some exceptions if students have pre-arranged appointments that cannot be easily cancelled. However, a homework completion session does take prior-

ity over ASPs or athletics.

Even if some people don’t see the homework policy as fair, most agree with its necessity. “I know some people were slacking off a bit, and I think it might help people focus more on their schoolwork again,” seventh-grader Gemma Andreasson said.

Ms. Cormier has already seen an improvement in students completing their work due to the homework policy. “I’ve noticed very few of my students don’t have their notes, which means that they can fully engage in their book club discussions the next day.”

At the end of the school year, the middle school administration, with the help of teacher feedback, will reconsider whether or not it is still necessary to have after-school homework completion sessions. They will also see if the middle school administration should make any changes; as Mr Arab said, “All we can do now is see if it works and reassess the situation when necessary.”

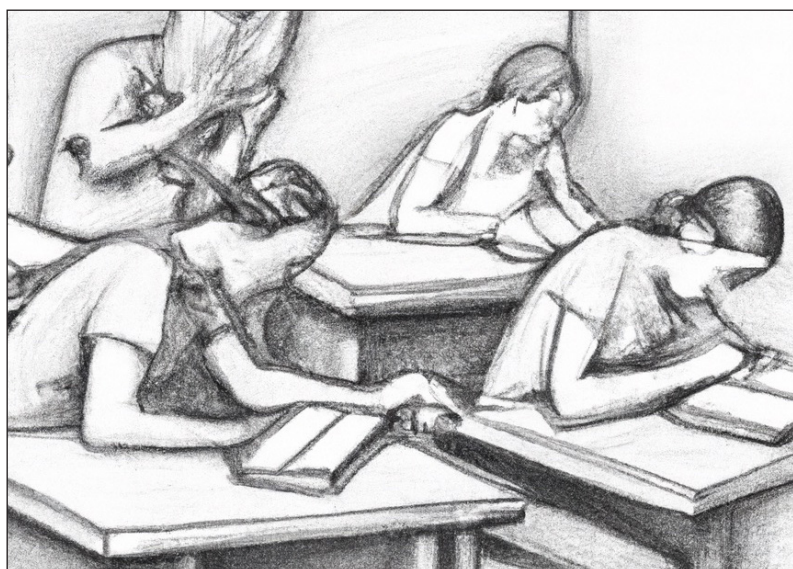


Illustration created by DALL-E

*If homework is overdue, a one day extension is provided. If by 8:05 the next morning it’s still not complete, it’s required to attend homework completion.*

**INSIDE**



*Read more about the cookies from Blondie’s Kitchen in Selfridges. Turn to Features on page 3.*



*The Lunar New Year festival was held on January 23. Should there be more cultural celebrations? Read more in Opinions, page 8.*



*New rom-com movie recently released, ‘What’s love got to do with it?’ Read the review in Arts on page 10.*



*Eighth-grader Nora Von Bulow is a national champion for show jumping. Read more about her in Sports, page 12.*