



The Northstar, November 2017

Families,

I am excited to share that Ross Elementary has a Food Pantry called **Food for Friends**. The pantry was named in honor of Ms. Kelly Friend, a Ross 1st grade teacher who passed away a few years ago. The pantry actually began as a small idea started by a few staff members and has grown over the last several years. The food pantry is used to support our families at Ross and over the last two years there has been a growing need to add more food to the pantry. We will start to partner with the community at large and begin having food drives in order to grow the pantry. We will have a large container in the main hallway for families that want to donate canned goods and non-perishables between food drives. If you have any questions about our pantry, please reach out to one of our school counselors, Mrs. Stacey Besand or Mrs. Sarah Wade.



National School of Character

UPCOMING DATES

- 11/08 Choir 8am
- 11/09 Chess Club 8:10-8:50 am
- 11/10 Veteran's Day Celebration 9:35
- 11/13 Choir 8am
- 11/14 OPEN PTO Meeting 7:00 pm
- 11/15 **Picture Re-takes**
- Progress Reports are available on the Parent Portal**
- Parkway Board Meeting 7:00 pm**
- 11/16 Chess Club 8:10-8:50 am
- 11/20 Choir 8:00 am
- Project Parkway West High 6:30 pm**
- 11/22 thru 11/24 Thanksgiving Break**
- 11/27 Choir 8am
- 11/30 Chess Club 8:10-8:50 am
- 12/01 3rd Grade Magic House
- 12/06 Late Start- School begins at 11:05 am

Veteran's Day Celebration

We hope to see many of our families for the celebration this Friday, November 10th at 9:35 am in the gym. To honor our veterans, we are asking our students to dress in red, white and blue. Grade levels have been assigned colors so that we have red, white and blue represented.

K and 3rd grade RED

1st and 4th grade White

2nd and 5th grade BLUE



WHAT DO I DO IF MY CHILD NEEDS A RETAKE?

November 15th is Picture Retake Day. If you want your child's picture retaken, return the original picture package to school on the 15th and the photographer will retake your child's picture. The picture packages will be delivered to the school in a few short weeks. *On a Side Note:* If you received a class picture with your original order, please keep it. They will not be included in the new picture package.

Our Ross School Counselors, Stacey Besand and Sarah Aton-Wade, are in the process of conducting several classroom guidance lessons using a curriculum called **Zones of Regulation**. The goal of the curriculum is to teach children about self-regulation and how to strengthen their self-regulation skills. Self-regulation can go by many names, such as self-control, self-management, and impulse control. Self-regulation is an essential skill in life, and in all learning environments. The lessons will also help students learn to understand and regulate their emotions. Children who can regulate their own emotion and attention are better ready to learn and thrive.

The Zones of Regulation encompass the way that children feel and act in four “Zones”.

Blue Zone—when your body is running slowly, such as when you are tired, sick, sad or bored.

Green Zone—when you are ready and “good to go.” In this zone you feel happy, calm and focused.

Yellow Zone—when you feel your engine running high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.

Red Zone—is when you have lost control of regulating your emotions. You have extreme feelings such as terror, uncontrolled anger, aggression, or elation.

The first half of the curriculum, children learn about how their emotions, body language, and actions are connected. Students learn how to recognize emotions in themselves and classmates. They learn that they move through their Zones throughout the day, and can improve their control over their Zones through practice. The second half of the curriculum teaches about tools for changing from one Zone to another, and encourages each child to create a toolbox of accessible strategies for each zone. The goal of the curriculum is for children to gradually become more able to call upon their toolkit, rather than needing adults to help regulate them.

It is very important to know that everyone experiences all **Zones at some point**. As the curriculum progresses, children learn how to support the feelings in the Zone to better match their levels of alertness and emotions to their situation. If you would like to use the Zones of Regulation vocabulary at home, please use neutral language.

Example- “I notice you are in the Blue Zone. What is your plan for moving to the Green Zone?”

“The Yellow Zone is great for playing outside, but right now we are getting ready for dinner.”

“Can you tell me what Zone would be a better match for getting ready for bed?”

“I can see you are in the Red Zone. It is hard to solve problems when you are in the Red Zone. Do you need help, so you can be in the Yellow or the Green Zone?”

Ask your child to explain what they have learned about the Zones of Regulation at home. Kindergarten through Fifth grade students should have a basic understanding of the four Zones and will be learning the tools for those Zones by the end of November. If you have further questions, feel free to ask your child's classroom teacher or grade level counselor for more information.