

W.R. Brown Elementary School



Saddled up for achievement and riding to success...

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Caesar Rodney School District

November 2021



Upcoming Dates

Wednesday, November 10th
1st Marking Period Report Cards

Thursday, November 11th
No School
Veteran's Day

Thursday, November 12th
No School
First Marking Period Ends

Tuesday, November 16th
CR School Board Meeting
Fifer Middle School
7:00 p.m.

Thursday, November 18th
Picture Make up Day

Monday, November 22nd
Half Day
Parent/Teacher Conferences

Tuesday, November 23rd
Half Day
Parent/Teacher Conferences

Wednesday - Friday,
November 24th - 26th
Thanksgiving Break

Week of November 29th
Secret Santa Shop



Dear W. R. Brown Families,

We are so happy to have all our students back in the building full time and have quickly settled back into the routine of in-person school. We want to thank you for your continued support of W. Reily Brown and our teachers. We have an amazing school filled with your amazing children!

As always, November will be a busy and festive month. School will be closed for Veteran's Day on Thursday November 11th and Friday, November 12th. Picture make up day is on Thursday, November 18th and we will have half days on Monday, November 22nd and Tuesday, November 23rd for parent teacher conferences.

School will also be closed from Wednesday, November 24th through Friday, November 26th for the Thanksgiving Holiday.

Please note that when students return from Thanksgiving break we will be hosting a Secret Santa Shop for students to do their holiday shopping.

We hope you have a wonderful holiday with your loved ones.



**PTO
MEETING**

Please join us for our next PTO meeting on Thursday, November 4th at 5:30 p.m. via zoom. You can find our zoom link on our school webpage.

The Leader in Me[®]

great happens here

The Power of a Gratitude Attitude



What if? What would it feel like if everyone paused at the end of the day to give thanks to someone: your teacher, your parents, the mailman, the bus driver? It may seem like a bit of a dream but it can be real. Be intentional! Be proactive! Adopting a gratitude attitude makes others get that warm, fuzzy feeling and it boomerangs back to you in personal satisfaction and reciprocated appreciation. How cool is that?

Personal Practices

- Journaling – take five minutes at the end of the day to write down three to five things for which you're grateful that day. Here's the challenge: Can you make the list different each day?
- Gratitude Jar – decorate a small jar to represent you. Each day think of at least three things you are grateful for. It can be something as small as a cheery hello from the bus driver to something as grade as time spent with a dear friend. Write them down each day on slips of paper and place in the jar. Over time you will see that you have a jar full of things to be grateful for.
- Gratitude collage – collect pictures of things you are grateful for and paste in a frame or on a board. Reflect at all the things you have.

ACTS OF KINDNESS

Take up the challenge to perform 100 acts of kindness over a two-week period. As you complete them, you can list them each on a small heart to create a display to visually display the positive impact they've had on others.

- Help a neighbor with chores
- Bake cookies for someone
- Leave money on a vending machine for someone
- Hand out flowers to random people
- Pick up trash in your neighborhood or school
- Buy someone a cup of coffee
- Write letters to soldiers
- Give a stranger a compliment
- Spend time reading to a younger child
- Write a letter to someone telling them how you appreciate them

Be Proactive You're in Charge	Begin with the End in Mind Have a Plan	Put First Things First Work First, Then Play	Think Win-Win Everyone Can Win	Seek First to Understand, Then to Be Understood Listen Before You Talk	Synergize Together Is Better	Sharper the Saw Balance Feels Best



Flu Season

It is that time of year again for the Flu virus to strike our families. How can you protect yourself and your loved ones?

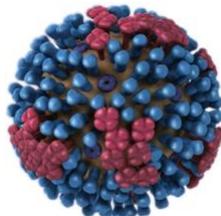
1. Wash your hands often with soap and water or hand sanitizer.
2. Get the flu vaccine. Available at your family doctor or local drug stores for a minimal fee.
3. Cover coughs and sneezes with a tissue. Throw away after use. Do not re-use the same tissue.
4. Avoid touching your eyes, nose and mouth.
5. Surfaces-keep clean by wiping with household disinfectant.

Keep your child home if they are sick, please.

If your child receives the flu vaccine, send documentation to the nurse to help cover the Flu vaccine poster with our shields of protection.

Thank you for helping us keep our school well.

☺ Nurse Witherell ☺





Managing Strong Emotions

Children can have the same big feelings that we do. The difference for adults, though, is that we have more life experience to know how to deal with difficult emotions. When our children feel fear, anxiety, or anger, they need our help to learn how to cope. Here are some tips:

Name the feeling(s):

Help your child figure out which feeling they are having/were having. Putting a name (or zone) to it can help validate their experience. Having a feelings poster or reading children's books about feelings can be helpful to identify their own feelings.

Normalize the feeling(s):

It can be confusing for a child whose feelings take over and lead to behaviors they may not usually have. Explain that all people have these feelings sometimes, and we all have to learn how to manage them.

Regulation:

Deep breathing can be incredibly helpful and is one of the easiest ways to calm down. Doing deep belly breathing helps one to slow down, think, and feel better. Another way to relax when possible is doing some you or your child enjoys. Some ideas include taking a walk, drawing, exercise, reading, and even a video game (limited time of course).



At W. Reily Brown we use the Zones of Regulation to identify emotions

While all Zones are okay, it is important to be in the right zone at the right time. For instance at recess, we should be excited and having fun in the Yellow Zone! Once, we return to class we have to find ways to get back to the Green Zone, which is the best Zone for learning.

Here are some ways to help you get back to the Green Zone!

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

While all Zones are okay, it is important to be in the right zone at the right time. For instance at recess, we should be excited and having fun in the Yellow Zone! Once we return to class we have to find ways to get back to the Green Zone, which is the best Zone for learning.

Here are some ways to help you get back to the Green Zone!

 <p>Blue Zone <u>Tools:</u> Rest Stop</p> <ul style="list-style-type: none"> • Take a break. • Think happy thoughts. • Talk about your feelings. • Ask for a hug. • Draw a picture 	 <p>Green Zone <u>Tools:</u> Go Time</p> <ul style="list-style-type: none"> • Complete your work. • Listen to the teacher. • Remember your daily goal. • Think happy thoughts. • Help others.
 <p>Yellow Zone <u>Tools:</u> Slow Down</p> <ul style="list-style-type: none"> • Take a break. • Talk to the teacher. • Squeeze my stress ball. • Go for a walk. • Take three deep breaths. 	 <p>Red Zone <u>Tools:</u> stop</p> <ul style="list-style-type: none"> • Take a break. • Squeeze my stress ball. • Take three deep breaths. • Count to ten. • Talk about my problem.