



W.R. Brown Elementary School



Saddled up for achievement and riding to success...

360 Webbs Lane Dover, DE 19904

302-697-2101

www.crk12.org/brown

Principal: Dr. Susan Frampton

susan.frampton@cr.k12.de.us

Assistant Principal: Dr. Ashlee Upp

ashlee.upp@cr.k12.de.us

Caesar Rodney School District

November 2022

Upcoming Dates

Thursday, November 3rd
First Marking Period Ends

Friday, November 4th
Half Day

Tuesday, November 8th
School Closed- Election Day

Friday, November 11th
School Closed-
Veteran's Day

Tuesday, November 15th
Board of Education Meeting
Fifer Middle School
7:00 p.m.

Wednesday, November 16th
Report Cards Issued

WRB Riders Roll at the
Skating Rink

Monday, November 21st
Half Day-
Evening Conferences

Tuesday, November 22nd
Half Day-
Afternoon Conferences

Wednesday, November 23rd
Thursday, November 24th
Friday, November 25th
School Closed-
Thanksgiving Holiday



Dear W. Reily Brown Families,

We had a meaningful October filled with many wonderful events and times to gather as a school community. We want to thank you for your continued support of W. Reily Brown, our students, our educators, and our support staff. We feel blessed to have a school filled with amazing children and we love seeing them work hard and grow each day!

As always, November will be a busy and festive month. We will have a half day on Friday, November 4th. School will be closed for Election Day on Tuesday, November 8th and Veterans Day on Friday, November 11th. Picture make up day is scheduled for Thursday, November 17th and we will have half days on Monday, November 21st and Tuesday, November 22nd for parent teacher conferences.

School will also be closed from Wednesday, November 23rd through Friday, November 25th 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 Thanksgiving holiday with your loved ones. We are truly grateful for you!





Nurse's Corner



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. Keep surfaces clean by wiping with a 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 Wendy
302-697-2101/2102
adwenna.witherell@cr.k12.de.us



October Events

We had many wonderful events in the month of October. Please follow the QR code to the Caesar Rodney School District photo gallery where you can find photos from our National Walk, Bike, and Roll to School event, Ms. Siok honored at the W. Reily Brown Teacher of the Year, the Homecoming Parade, Safety Patrol Installation, and Storybook Character and Career Parade.



Project Thrive

Project THRIVE provides free mental health services to eligible Delaware students. Services are available to students – grades pre-k through 12 – attending Delaware public schools, private schools, parochial schools and homeschools. Project THRIVE services help students who are struggling with traumatic situations, such as physical or emotional abuse, community violence, racism, bullying, and more. Trauma can harm mental and physical health, and limit school success. The Delaware Department of Education (DDOE) developed Project THRIVE to help children receive trauma-informed support from their schools, communities and caregivers.

Project THRIVE services help students

- Process and understand traumatic situations
- Attend school regularly
- Better control emotions and behaviors
- Develop coping skills for managing stress at home and school



DIAL 2-1-1 OR TEXT YOUR ZIP CODE TO 898-211. LET YOUR SPECIALIST KNOW YOU ARE INTERESTED IN LEARNING MORE ABOUT PROJECT THRIVE!

Leader in Me: Habits at Home

W. Reily Brown is a *Leader in Me* school. We promote leadership for everyone through the 7 Habits.



Habit 3: Put First Things First

I spend time on things that are most important. This means I say no to things I know I should not do. I am disciplined and organized.

People who put first things first focus on the important, not just the urgent, act on priorities, plan weekly and act daily. You are putting first things first when you organize your time around the most important things and eliminate the unimportant.

Ways to practice Put First Things First:

- Talk as a family about each person's most important jobs or responsibilities, such as doing homework, making the bed, or taking out the garbage.
- Do your chores before being asked.
- Do the hardest part of your homework first.
- Think of something you have been putting off for a long time, like cleaning up your room or pumping up the flat tire on your bike. Go do it right now!



Habit 4: Think Win-Win

I spend time on things that are most important. This means I say no to things I know I should not do. I am disciplined and organized.

People who think win-win believe that there is plenty for everybody and that one person's success is not achieved at the expense of others - win-lose.

Ways to practice Think Win-Win:

- Ask an older person what the golden rule is. After you know, try it out on someone.
- Try to go one whole day without sulking, pouting, or feeling sorry for yourself.
- The next time you want to argue or fight with someone about who should get the best toy, ask, "How can I make you happy too?"
- Make a "wish poster". Start by drawing a line down the middle. On one side, cut and paste magazine pictures of things you want (like an ant farm). On the other side, cut and paste pictures of things your caregivers want (like a clean room). Together, look at your "wish poster". See how you can work with each other to make both your wishes and your caregiver's wishes come true.

Counselor's Corner: Managing Strong Emotions with The Zones of Regulation

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).

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 |

| | |
|--|--|
| <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center;"> Blue Zone Tools: Rest Stop </div> <ul style="list-style-type: none"> Take a break. Think happy thoughts. Talk about your feelings. Ask for a hug. Draw a picture | <div style="background-color: #00B050; color: white; padding: 5px; text-align: center;"> Green Zone Tools: Go Time </div> <ul style="list-style-type: none"> Complete your work. Listen to the teacher. Remember your daily goal. Think happy thoughts. Help others. |
| <div style="background-color: #FFD700; color: black; padding: 5px; text-align: center;"> Yellow Zone Tools: Slow Down </div> <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. | <div style="background-color: #FF0000; color: white; padding: 5px; text-align: center;"> Red Zone Tools: Stop </div> <ul style="list-style-type: none"> Take a break. Squeeze my stress ball. Take three deep breaths. Count to ten. Talk about my problem. |

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!