



# Wakefield Elementary

## Hiking into a New Adventure!



Monday, August 31, 2020

### Important Dates:

Friday, Sept. 4 Picture Day  
Sept. 7 Labor Day No school  
Sept. 8th Linson Live (Virtual Coffee with the Principal-link will be emailed)  
Oct. 9 - No school  
Oct. 30- No school

**Has your phone or email changed? Please let the front office know. It is important for us to be able to reach you in case of an emergency.**

Welcome to the 2020-2021 school year! This year's theme is Hiking into a New Adventure and we look forward to providing many new learning adventures for our students. Our focus is on helping each student reach their potential as we work to develop academic, behavioral, and social emotional skills to ensure student growth and success. Virtual and Face-to-face teachers are working together to create lessons that focus on high impact standards. Morning class meetings focus on a proactive approach to behavior by teaching positive behavioral expectations and strategies and work on practicing social skills like giving compliments. It has been a great start to the year and we are looking forward to continuing as we are Hiking into a New Adventure.

Eartha Linson, Principal



### Important to note:

Arrival- Doors open at 7:20 for drop off.  
Class meetings begin at 7:40.  
Make sure your child is wearing their mask when you drop them off. [How to wear a mask.](#)  
Grab and Go Breakfasts are available at no cost to any student who would like one as they enter their hallways or classrooms.



Dismissal: Thank you for your patience as we practice social distancing by dismissing students from their classrooms.  
Please have your blue card with student name and number visible for our callers.  
If you do not have a blue card with your child's name and a number please let your child's teacher or the office know.

### MAVS

Make good choices  
Act Responsibly  
Value Myself & Others  
Strive for Success

Contact us: 903-891-6595



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### Getting back into the routine:

Check bags for notes or homework as soon as possible. This avoids finding out about a project due tomorrow at bedtime.

Plan ahead-check backpacks, place by the door, and get out clothes as part of the bedtime routine, don't forget to set out your mask.

Review morning expectations: Wash your face, brush your teeth, get dressed, fill your water bottle.

Plan a bedtime routine, for example:

Take a bath/shower

Brush Teeth

Put on PJ's

Read a book (put away electronics)

Set an alarm

Lights out, sleep

In the morning use the same routine daily:

Wash your face

Brush your teeth

Get dressed

Fill water bottle

Have breakfast if eating at home

Plan extra time for those unexpected events-coming in late starts the day stressed and makes it harder to focus.



### Zones of Regulation:

You may hear your student talk about needing to be in the green zone and wonder what they are talking about. As a way to help our students learn to identify emotions and learn problem solving skills, we are using the Zones of regulation color charts. The "zones" use four colors to help students identify how they are feeling. The big idea is that when we recognize we are upset, angry, frustrated, and are not ready to learn, we can do what works for us to get back to the "Green" zone where we are ready to learn.

### ZONES OF REGULATION

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
tired, sad, sick, moving slowly, disappointed, lonely	happy, calm, focused, content, read proud, excited, relaxed, feeling settled	frustrated, worried, overexcited, loss of some control, anxious, confused, stressed, distracted	angry, annoyed, jealous, terrified, yelling/hitting, elated, out of control
Use the calming corner Take 5 jumping jacks Lion's Breath Continue using my toolbox	Be a leader Help others Be a positive role model Help a teacher Continue using my toolbox	Roller coaster breaths C-A-T-M Rock Pose Tell someone about my concerns	Lion's Breath Rock Pose Use the calming corner Get a drink Take a walk

