



Dr. A.T. LEATHERBARROW PRIMARY



Dream Achieve Teach Learn



Be Kind

Be Safe

Be Responsible

Be Respectful

Important Dates to Remember

- Monday, March 1—March break Begins
- Wednesday, March 10—Picture Retake Day
- Friday, March 19—No School for Students Professional Learning Day
- Monday, March 22—2 Week Challenge for Heart Healthy School
- Monday, March 22 —Hot lunch forms go home
- Thursday, March 25 —Hot Lunch Orders due
- Wednesday, March 31—Report cards go home



Kindness Week





EXPERIENCE THE TRAIL IN A NEW WAY WITH THE
Dutch Point Self-Guided Nature Walk

February 24-March 10

Show us your favourite sign!
@NatureNB



Staff Appreciation

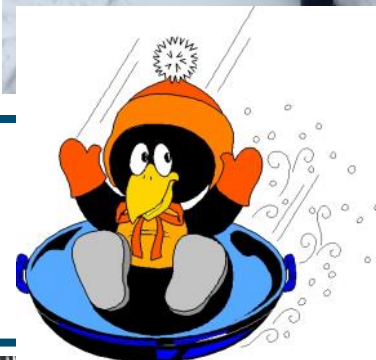
We were overwhelmed with your generosity during Staff Appreciation Week. Thank you for your well wishes, kind notes, lunches, and treats all week. We are passionate in our work every day with your children, and your expression of appreciation exemplifies your heartfelt support of education!



DATL - enjoying Outdoor Learning



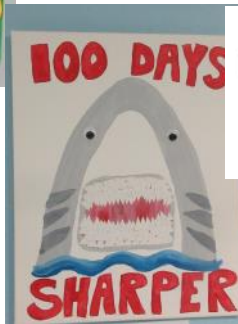
WINTER FUN!



February 19th we celebrated our 100th Day of School



Awesome Work!!!



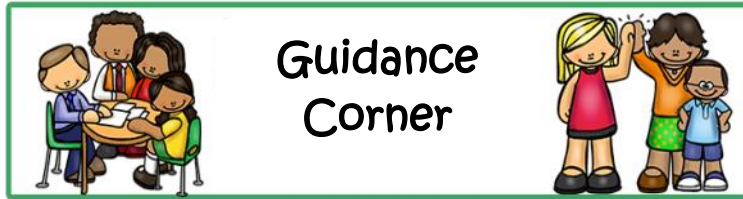
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Heart Healthy School Program



Our 2nd challenge week for the Heart Healthy School Program will take place March 22 to 26. The challenge this week is for students and staff to eat a minimum of 5 fruits and vegetables each and every day. We encourage families to send at least 1 fruit and 1 vegetable to school in your child's lunch box. Morning announcements will include information about why eating fruits and vegetables are important, and students will have the opportunity to select a piece of fruit to try as well during that week. Join us in eating the rainbow each and every day!



Guidance Corner

Hello DATL families,

During guidance lessons in February, I was glad to hear the students use the vocabulary learned during our Zones of Regulation lessons to help describe their feelings. I encourage you to continue reinforcing our guidance lessons, by asking your child what zone they are in, and what feelings they are experiencing. I have once again included a summary of key emotions found within each zone.

Students learned that experiencing feelings in each zone is ok, and that they have the ability and control to emotionally self-regulate. In February, we explored the Green Zone toolbox. This included teaching students the strategies to help foster the feelings associated with the Green Zone. These tools included: deep breathing, journaling, talking to a friend or adult, and positive visualization. I encourage you to remind your child to use these strategies at home. Looking ahead to March, I will continue to work with students as they learn to emotionally self-regulate by building their own toolboxes.

DATL celebrated kindness during the last week of February, as well as Pink Shirt Day on Wednesday, February 24th. My guidance lessons during this past week focused on the concept of empathy. Empathy has been shown to help increase self-confidence and self-esteem in children, improve mental health, promote social harmony, and reduce instances of bullying. Empathic children can develop deeper and more meaningful connections with friends, family, peers, and teachers. I will continue teaching about and promoting empathy in future guidance lessons.

I wish you all a wonderful and safe March Break.

The ZONES of Regulation®

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