



# Dr. A.T. LEATHERBARROW PRIMARY



## Dream Achieve Teach Learn



Be Kind

Be Safe

Be Responsible

Be Respectful

### Important Dates to Remember

- Thursday, March 12—Make-up date for Frozen 2 Theatre Thursday
- Monday, March 16—PSSC meeting @ 6 pm
- Tuesday, March 17—Home & School meeting @ 5:30
- Week of March 16– Wellness Surveys sent home
- Friday, March 20—DATL Choir sings O'Canada at Sea Dogs game
- Monday, March 23 —Hot lunch forms go home
- Thursday, March 26 —Hot Lunch Orders due
- Thursday, March 26—Art Richard performs
- Thursday, March 26—Mad Science starts



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832-6022 (Office)  
**1-833-219-9065 (Safe Arrival)**  
1-855-535-7669 (SNOW)  
<http://asd-s.nbed.nb.ca>  
<http://leatherbarrow.nbed.nb.ca>

Follow us on Twitter  
@LeatherbarrowPS



### 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!



### Lunch with the Principal

Our Code of Conduct is to **be kind, be safe, be responsible and be respectful**. For February, our focus was on being kind. All students who demonstrated kindness in the halls, on the bus, in the classroom, on the playground, etc. had their names entered into their classroom buckets as "Bucket Fillers." Students whose names were drawn from their classroom buckets had lunch with Mrs. Jardine!





# WHY ATTENDANCE MATTERS



Being present and on time has a positive impact on learning from K-12.

## Stay on Track

It is difficult to "catch up" when time is missed. Starting the day late can impact your child's entire day and affects the whole classroom.



## Reduce Anxiety

Your child will feel connected academically and socially when they have good attendance.



## Build Confidence

Good school attendance helps to build habits that will last a lifetime and transfer to life beyond public school



### Home & School Meeting

Tuesday, March 17

5:30 pm

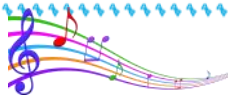
New members welcome!

PSSC Meeting

Monday, March 16

6:00 pm, DATL Staff Room

All parents welcome!



## Art Richard

(bilingual performance)

Performing Thursday,  
March 26 at 12:40 PM

<https://www.artrichard.com/>

## 2019/20 N.B. Elementary Wellness Survey

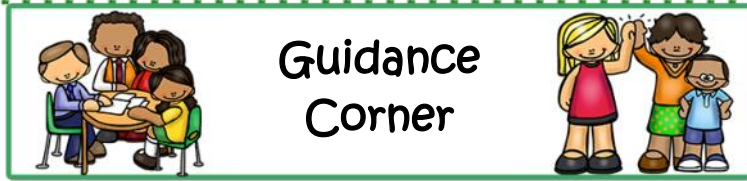
The *New Brunswick Elementary Student Wellness Survey* is a provincial initiative of the Department of Social Development – Wellness Branch, in partnership with the Department of Education and Early Childhood Development and the New Brunswick Health Council (NBHC). It began in 2007-2008 and was repeated every three years since. The survey gathers information from **students** in grades 4 and 5 and **parents/guardians** of students in grades K to 5. It surveys attitudes and behaviours regarding healthy eating, mental fitness, bullying, physical activity and tobacco use.

By taking the time to complete this survey, students and parents can contribute to their school's improvement plans and student wellness activities. During the week of March 16, our school will send home this survey, as we aim to improve the health and wellness of children in our community. If you would like more information on this survey, please call the New Brunswick Health Council at 1-877-225-2521.

Participation by students and parents is anonymous and voluntary. Participants are encouraged to answer honestly; the information will remain confidential.

Participating schools will receive a Feedback Report summarizing their results. In the past, information from the survey has been used for planning by schools and school districts. Information from the survey has also been used by other government departments to develop strategies and programs, as well as by local groups to support healthier communities.





Hello everyone!

In February, the guidance lessons focused on perspective taking, as well as the difference between optimistic and pessimistic thinking. Within these lessons, students learned how to read non-verbal cues, and the importance of understanding other peoples' emotions. Students also learned how being optimistic towards difficult situations can help calm their amygdala, and give more control to their prefrontal cortex. For the month of March, we will be discussing the importance of appreciating happy thoughts and expressing gratitude.

In February's newsletter, I explained what the Zones of Regulation are, and why we use it. For this month's newsletter, I will introduce the blue zone and different tools that you can encourage your child to use in hopes of helping them manage their emotions within this zone.

Blue Zone:

Invite your child to identify their emotions. Examples of emotions that your child may feel when they are in the blue zone are: sick, sad, tired, exhausted, hurt, and bored. Students who find themselves in the blue zone are generally moving slowly.

Tools to help manage emotions within the blue zone?

Invite your child to choose a tool to help them manage their emotions. The tools found below can be categorized as either a sensory support, a thinking strategy or a calming strategy. Examples of tools that your child can use while in the blue zone are: taking a break, journaling, colouring, asking for a hug, and talking to an adult. Limit the number of available tools when inviting your child to choose a tool to help them manage their emotions.



1. Take a break
2. Journal/colour
3. Ask for a hug
4. Talk to an adult

Thank you.

Cynthia Veniot B.Ed., M.Ed., Counselling and Psychotherapy  
Guidance Counsellor



# CIRCLE OF SECURITY

## RELATIONSHIP BASED PARENTING

**Do you want to learn ways to:**

- Support your child's exploration of the world
- Delight in your child
- Help your child organize their feelings
- Understand what your child's behaviour is telling you
- Read and respond to your child's cues
- Promote a secure relationship with your child



**Register Today Space is limited**

**A FREE 7-week group for parents of children birth to 6 years of age**

**Held at**

**St Paul's Presbyterian Church Hall  
978 Main Street  
Hampton, New Brunswick**

**Thursday mornings from 10am until 11:30am  
March 12, 19, 26 and April 2, 9, 16, 23**



**Call or email Jenna at 567-7879 or [jgregg@facenb.ca](mailto:jgregg@facenb.ca) to Register**

**CHILD MINDING IS AVAILABLE**