



ST. STEPHEN ELEMENTARY SCHOOL



PARENT NEWSLETTER

MAY 20, 2020



FROM THE Administration...

We were able to get student belongings out to most children. Many thanks to families for making arrangements to visit the school for this. If you were unable to pick up their items, please contact their teachers as another opportunity to do that may arise. Last week, most students needing technology were provided with the necessary devices to do their home learning. The home learning options will be provided well into the month of June. If you are running into any problems with the work being provided, please be sure to contact your child's teacher.

We are making arrangements for alternatives for transitioning children to Kindergarten and Grade 6. Stay tuned for upcoming information about these options.

Take care and stay safe.

~Mrs. Colleen Winchester; Principal

~Mrs. Courtney Parsons; Vice Principal

FROM THE Guidance Counselor...

The Zones of Regulation

All students who attend SSES have been learning about the Zones of Regulation. The Zones of Regulation uses four colors to help children self-identify how they're feeling and categorize it based on color. The Zones of Regulation also helps children better understand their emotions, sensory needs, and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which color zone they're in.

The Blue Zone is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

Talk about the Zones of Regulation at home and identify coping strategies for each Zone.

Visit this page for printable activities: <https://hes-extraordinary.com/zones-of-regulation-activities>

~Mrs. Jessica Bellis, Guidance Counselor



FROM THE Community Schools' Coordinator...

We'd like to acknowledge the **PC Children's Charity** for their ongoing support of the breakfast program at SSES and particularly for allowing us to use the remainder of our School Nutrition Grant to support our families during these unprecedented times.

The impacts of COVID-19 may have us in personal situations that we never expected, a loss of hours, loss of jobs, extra household costs or having the kids home all day. During times like this, we may need to reach out to each other for support and rely on the strength in our communities. Being part of a community means that sometimes we help and sometimes we need to ask for help, and that's okay. If you and your family need a little extra help with food right now, please reach-out. You can reach me at *Catriona.mclanaghan@nbed.nb.ca*. If you are not comfortable writing send me a phone number and I can give you a call.

~**Catriona McLanaghan; Community Schools' Coordinator**

FROM THE Resource Teachers...

Staying home due to the coronavirus might mean that children have more down time than they are used to having. It can be a challenge to keep children engaged while juggling many new responsibilities. Setting up an activity schedule for your child is one way to provide structure and engage them in a routine. Activity schedules promote independence and can offer a sense of accomplishment for your child when they see their schedule completed. This resource is available in both pdf format and video.

EECD: Teaching your child how to complete activities independently:

Guide: https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/promo/learning_at_home/ALP_IndependentActivitySchedule_EN.pdf

Video: <https://www.youtube.com/watch?v=F93xGvcmc3Q>

~ **Tara Scott, Lindsay Russell-Samways, Amy Mann, Lisa McAllen; EST-Resource Teaching Team**

