



# Meadow Brook

## Elementary School

### THE PRINCIPAL'S PERSPECTIVE: STRONG PARTNERSHIP = STRONG KIDS

Dear Meadow Brook Partners,

Last week we came together for curriculum night. It was great to welcome families into school to share time in classrooms and build bonds with teachers and staff!

Every school year comes along with many opportunities to celebrate triumphs and face challenges together. Raising and educating children is a patient and thoughtful endeavor that requires teamwork. It truly does take a village!

One of my greatest points of pride about the Meadow Brook community is that we take home/school partnerships very seriously. Communication is key to that important core value.

Please never hesitate to reach out to your student's teacher, to me or to our wonderful support staff. When we engage in conversations, both around triumphs and challenges, we carve positive pathways for students' safety, wellbeing and achievement.

Please continue to connect anytime as we head into another joyful week of learning and fun!

### SAVE THE DATE

Monday, September 18th: I-Ready Progress Monitoring Assessment (Nichols and Noronha)

Tuesday, September 19th: I-Ready Progress Monitoring Assessment (Sherban)

Wednesday, September 20th: I-Ready Progress Monitoring Assessment (1st Grade)

Wednesday, September 20th: Mumkins Sale Ends

Thursday, September 21st: I-Ready Progress Monitoring Assessment (Kubik, 1st Grade, and Beier)

Thursday, September 21st: MBE PTA International Peace Festival (6 - 9 pm, MBE Gym and Outdoors)

Friday, September 22nd: I-Ready Progress Monitoring Assessment (Jennings and Suarez)

Friday, September 22nd: Free Popcorn Friday!

**FOOD FOR THOUGHT:**

We use the *Zones of Regulation* (or *Color Zones*) at Meadow Brook to teach students what they can say and what they can do to regulate their emotions as needed.

We help student understand that all of us feel a range of emotions, including: sad, happy, worried, silly, and angry.

We tell them that emotions are connected to energy, including: slow, focused and ready to learn, fast, and out of control.

We remind them that it's natural to feel any of those emotions and to experience any type of energy within that range, at different times.

The *Color Zones* helps us provide emotional regulation tools and strategies for when they find themselves outside of the *Green Zone* (focus and ready to learn), which is the optimal zone for learning at school. We give them space and time to practice, as developing the ability to effectively regulate our emotions is a lifelong pursuit.

Stay tuned for more information about the *Color Zones*, and reach out to your child's teacher with thoughts, ideas or questions.

In the meantime, you can click on the following link to explore on your own: [Zones of Regulation](#)

Thank you for your patience and your partnership...in it together for the kids!

Seth