



September 25, 2018

33130 Bevan Road, Abbotsford, BC V2S 1T6 604.853.8374 godson@abbyschools.ca

Principal: Mr. Steve Laird

Vice-Principal: Mrs. Debbie Stapleton

Dates to Remember:

Thursday, September 27th- PAC meeting @ 7:00PM

Friday, September 28th- Theme Day - Orange Shirt Day

Monday, October 8th – Thanksgiving Day

Tuesday, October 16th – Individual and Class Photo Day

Wednesday & Thursday, October 17th & 18th – 1-hour early dismissal (1:28 dismissal)

Friday, October 19th – Non-Instructional Day (no school for students)

Friday, October 26th – Theme Day – Mustache Day

Monday, November 12th – Remembrance Day Holiday

First PAC Meeting – This Thursday @ 7:00 – All Parents Welcome!

All parents are invited to attend monthly PAC meetings. These meetings are a great way to learn about Godson programs and activities. They also provide opportunities for parents to get involved in the education of their child, and/or assist in raising funds to provide great resources for the school, and to provide enrichment programs for all students. Research indicates that the more involved the parent is in their child's education, the better the child will do academically and socially. Please consider attending, and assisting in practical, but important ways.

Terry Fox Run – Update

Last Thursday, our students from Gr. 1 to 5 participated in our Annual Terry Fox Run. We started with an assembly, designed to learn more about who Terry Fox was, and the amazing courage and hope he provided to all Canadians, as he ran his Marathon of Hope, back in 1980. Following the assembly, we moved in to our walk/run. The Grade 4 and 5 students did a lap over at Mill Lake, and our grade 1-3 students circled the school field.

The purpose of our assembly and run is to create an awareness of cancer research as well as to support cancer research. All students and staff are asked to **bring a TOONIE for TERRY**. Our school goal is \$500.00. All fundraising proceeds will be donated to the Terry Fox Foundation.

Social Emotional Learning

One of our school goals is Social Emotional Learning. Social Emotion learning is an important part of development of the whole child. The staff is implementing and continuing to implement a variety of programs to teach our students and/or assist our students with self-regulation skills. All staff are implementing the MindUp Program, our School-Wide Positive Behaviour Support (PBS) Program and the Zones of Regulation Program.

What are The Zones of Regulation?

The Zones is a systematic, cognitive behavior approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs and improving their ability to problem solve conflicts.

The Four Zones:

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

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some 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 **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. This is the zone where optimal learning occurs.

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 Zones can be compared to traffic signs. When given a green light or when in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is the Red Zone, this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are expected at one time or another, but the curriculum focuses on teaching students how to manage their Zone based on the environment and people around them.

Blessing in a Backpack

Clearbrook Rotary Club is offering backpacks filled with food for the weekend. If a backpack would be helpful for your family, and you have not received a request form, please contact the office.

Time

We started the school year with many students arriving late to school. It is IMPORTANT for ALL students to arrive to school on time. Students with poor attendance (either late or absence) often find themselves stressed, anxious, disorganized as they miss important instruction. All students are to arrive at school by 8:30am. Let's start Monday with ALL students on time.