

# Tomsett Elementary Week at a Glance - April 10-14, 2023

**Monday April 10 - Easter Monday - No School**

**Tuesday April 11 - Toonie Tuesday Weekly PAC Fundraiser**

**Wednesday April 12 - Honour Band practice 2:45-3:30 (every Wednesday)  
- Track Attack starts (grades 4-7, all students)**

**Thursday April 13 - PAC Hot Lunch  
-Div 1 Egg Day**



**Friday April 14 -**

## Upcoming Events

-Pro-D Day - No School

-April 21

-Dancers of

Damelahamid - April 28

-Track Meet - May 9

-PAC Meeting - May 17

-Pro-D Day - May 19

Happy Ramadan Mubarek,  
Happy Passover, and Happy  
Easter for all of our families  
celebrating at this time of year!

## Spring Lunches for Students!

Spring MunchaLunch is NOW OPEN for ordering! Please consider ordering your child a lunch EVERY THURSDAY in Term 3! This supports our PAC and our school, and it's a nice treat for you and your child!

## For More Information:

@TomsettSchool (Twitter)  
tomsett.sd38.bc.ca (Website)



# Celebrations of Ramadan, Passover, and Easter!



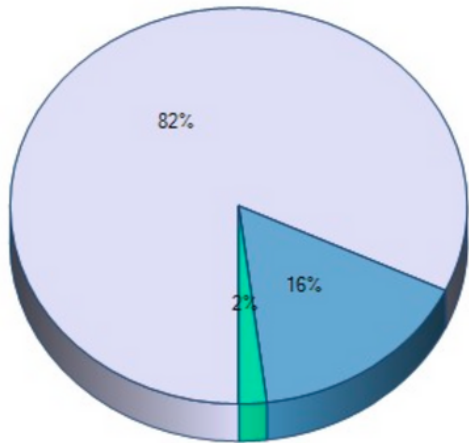
Happy Ramadan Mubarek! The month of Ramadan began on March 23.  
Happy Passover! Celebrations may be April 5-13.  
Happy Easter. Special days include April 7, 9, and 10.



# Zones of Regulation Student Survey data

## 1.

I know the Zones of Regulation program, including the **colours and emotions**.

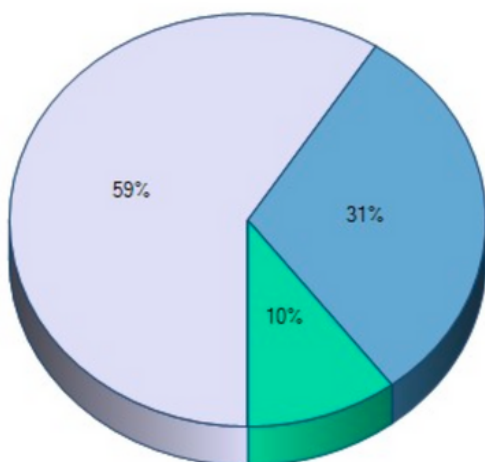


	Response Total	Response Percent
Yes	292	82%
A little	57	16%
No	7	2%
<b>Total Respondents (skipped this question)</b>	<b>356</b>	<b>165</b>

Our students completed a survey telling us about the Zones of Regulation mindset at school. 82% of our students know the program well, and 16% know it a little! We are also pleased that 59% of our students can use Zones strategies independently at school, while others require some adult support!

## 3.

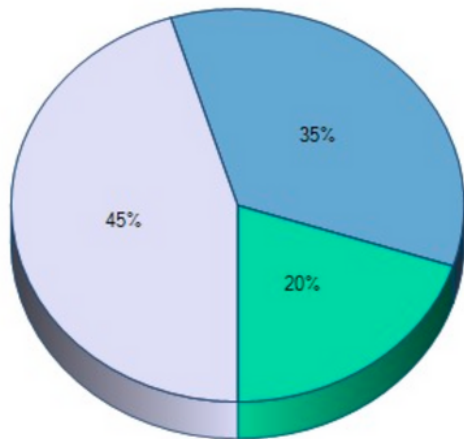
I can use the Zones of Regulation **strategies** at school on my own (independently).



	Response Total	Response Percent
Yes	206	59%
A little	107	31%
No	36	10%
<b>Total Respondents (skipped this question)</b>	<b>349</b>	<b>172</b>

# Zones of Regulation Student Survey data


5. I use the Zones of Regulation **strategies** at home (with or without an adult helping me).





	Response Total	Response Percent
Yes	156	45%
A little	120	35%
No	69	20%
<b>Total Respondents (skipped this question)</b>	<b>345</b>	176


However, when we asked the students if they used the Zones strategies at home, only 45% said yes, and 35% said a little, while 20% said no. We would like to ask families to continue trying to the Zones of Regulation strategies and language at home to help build continuity between school and home. Thank you!

















## What zone am I in?

























<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">sad </div> <div style="width: 45%;">tired </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">calm </div> <div style="width: 45%;">ready to learn </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">silly or wiggly </div> <div style="width: 45%;">frustrated </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">mad </div> <div style="width: 45%;">angry </div> </div>	
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">sick </div> <div style="width: 45%;">bored </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">happy </div> <div style="width: 45%;">okay </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">hyper </div> <div style="width: 45%;">upset </div> </div>		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">yelling </div> <div style="width: 45%;">hitting </div> </div>	

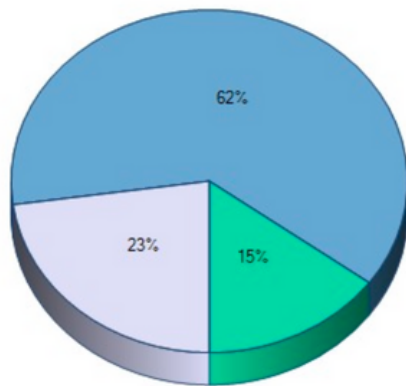
**Use tools to get in the green zone.**

# Zones of Regulation Parent Survey data

3.

I talk about the Zones of Regulation at home with my child.

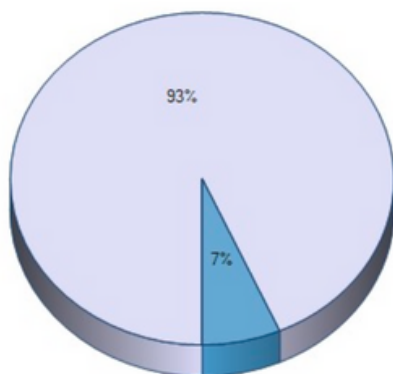


	Response Total	Response Percent
□ A lot	26	23%
■ A little	71	62%
■ Never	17	15%
<b>Total Respondents (skipped this question)</b>	<b>114</b>	<b>239</b>

**\*Please keep your Zones Magnet on your fridge!!!**

Out of our parents/guardians who completed the Zones of Regulation survey, we were pleased that 23% talk about Zones a lot at home, and 62% a little! Thank you for your involvement! And, 93% of respondents thought that Zones was helpful for their child!

5. Do you think that the Zones of Regulation have been helpful for your child?



	Response Total	Response Percent
□ Yes	99	93%
■ No	7	7%
<b>Total Respondents (skipped this question)</b>	<b>106</b>	<b>247</b>

*Thank you!*