

Tomsett Elementary Week at a Glance - Feb 13-17, 2023

Monday February 13 -High Tech High Touch Div 13 in-school field trip

Tuesday February 14 - Toonie Tuesday Weekly PAC Fundraiser
-Family Teams Activity! 11am

Wednesday February 15 - 1:45pm Early Dismissal
Parent Teacher Conferences; Zones of Regulation Open House in Library

Thursday February 16 - PAC Hot Lunch
- 1:45pm Early Dismissal

Parent Teacher Conferences and Zones of Regulation Open House in Library

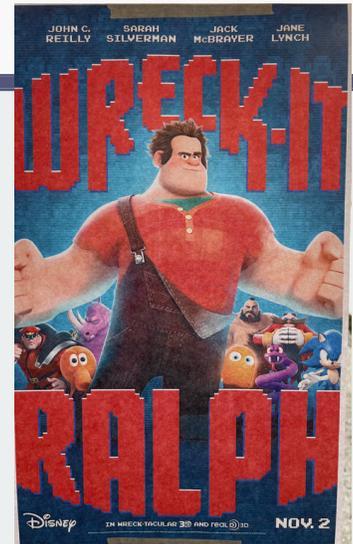
Friday February 17 - Pro-D Day
-No School for Students

Tomsett Movie Night Tonight!
5:30 doors open; Movie at 6!
\$2.50 at the door



Upcoming Events

Family Teams activity! - Feb 14
Krispy Kreme donuts - Feb 14
Conferences, 1:45 pm dismissal
- Feb 15 and 16
Pro-D Day - No School for
Students - Feb 17
Family Day Holiday - Feb 20
Pink Shirt Day - Feb 22



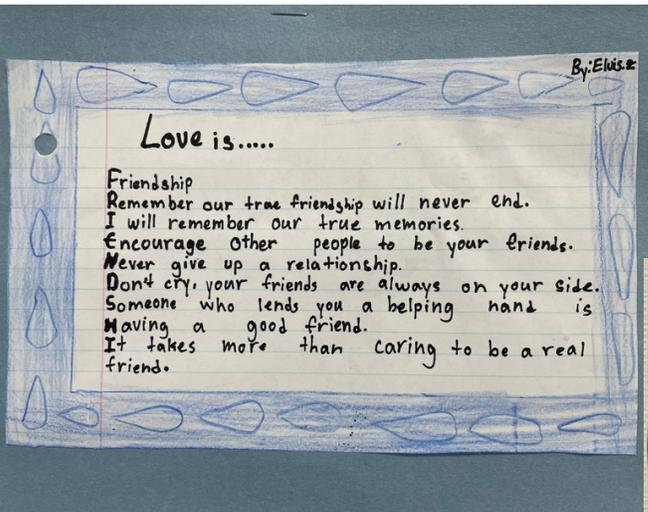
PAC Hot Lunch Thursdays

Thank you Tomsett PAC for organizing student lunches every Thursday! Please get your order in through MunchaLunch (school website) to support our school fundraiser!

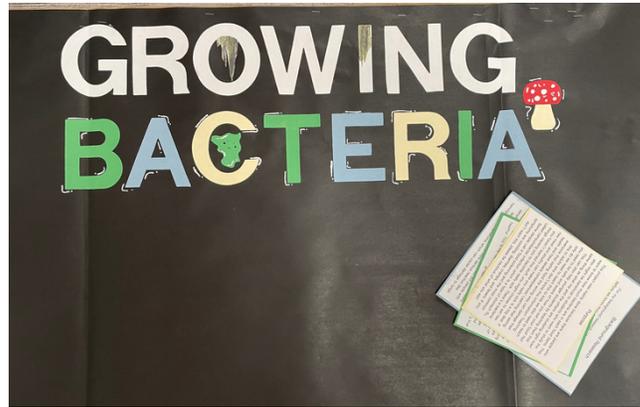
For More Information:

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

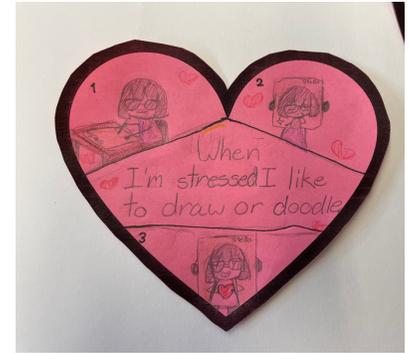
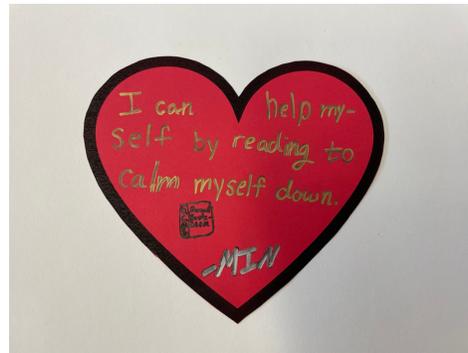
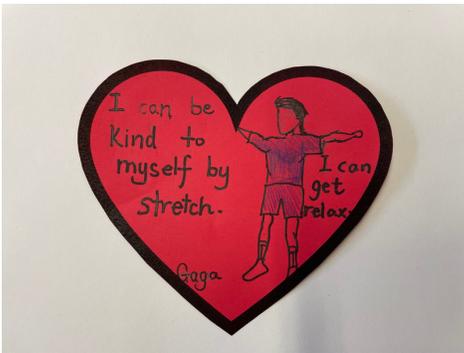
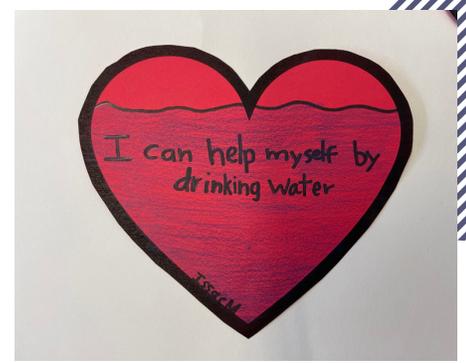
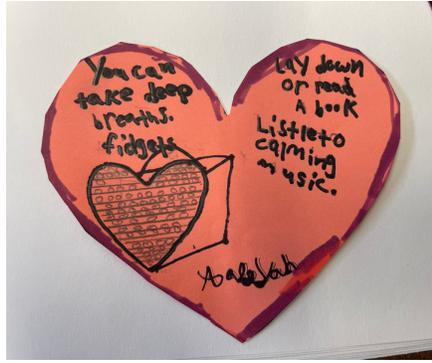
A sneak peek our learning!



A sneak peek our learning!



Feb 14 Family Teams Activity



How are we Kind to ourselves? How can we prepare ourselves for learning? What do we need as a learners? On Feb 14 we will talk about what tools or strategies we use to get ourselves ready for learning! These tools can help us be successful!

What zone am I in?



sad 		tired 		calm 		ready to learn 		silly or wiggly 		frustrated 		mad 		angry 	
sick 		bored 		happy 		okay 		hyper 		upset 		yelling 		hitting 	

Use tools to get in the green zone.

drink water 	count to 10 	take deep breaths 	tense and release 	use fidgets 	draw 	write 	talk about it
ask to take a break 	self talk 	ask to take a walk 	ask to eat a snack 	do stretches 	listen to music 	lift something heavy 	think calm place