

Tomsett Elementary Week at a Glance - Feb 20-24, 2023

Monday February 20 - Family Day Holiday - School Closed

Tuesday February 21 - Toonie Tuesday Weekly PAC Fundraiser

Wednesday February 22 - Pink Shirt Day

Thursday February 23 - PAC Hot Lunch

Friday February 24 -



Upcoming Events

Pro-D Day - No School for
Students - Feb 17

Family Day Holiday - Feb 20

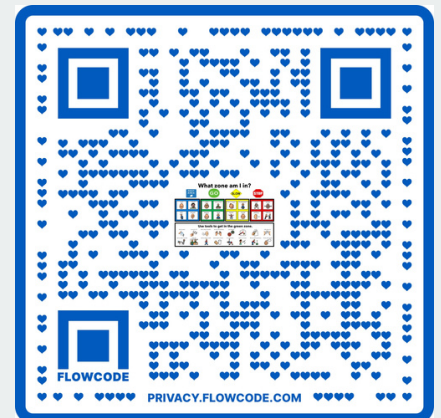
Pink Shirt Day - Feb 22

BC Lions visit Tomsett - Feb 27

Last Day before Spring Break
-March 10

Report Cards published
-March 10

Have a great Family Day Long weekend!
Monday Feb 20 is a holiday
(school closed)



Parent Survey!

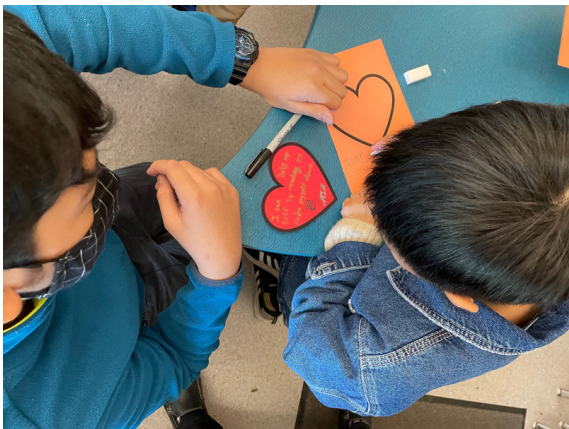
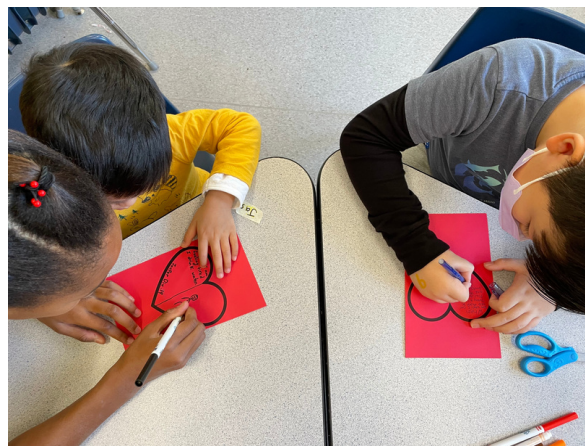
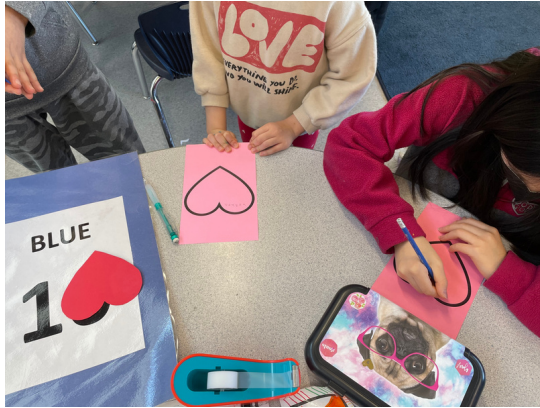
Parents/Guardians, please complete a short survey on our Zones of Regulation program at Tomsett! Thank you for those who came to the Open House in the library this week!

For More Information:

@TomsettSchool (Twitter)

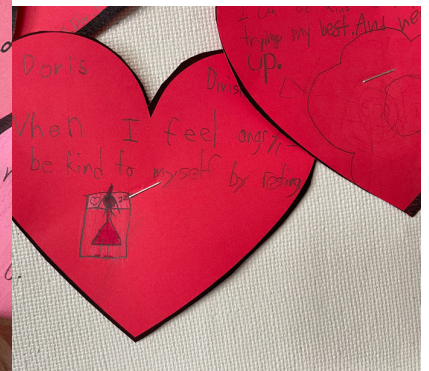
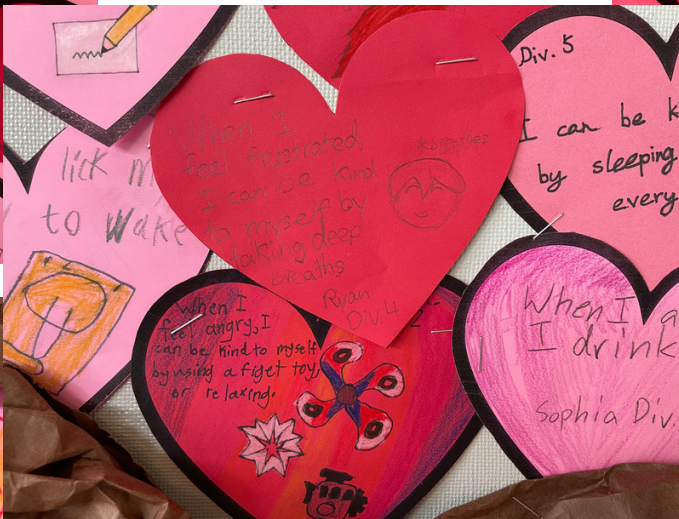
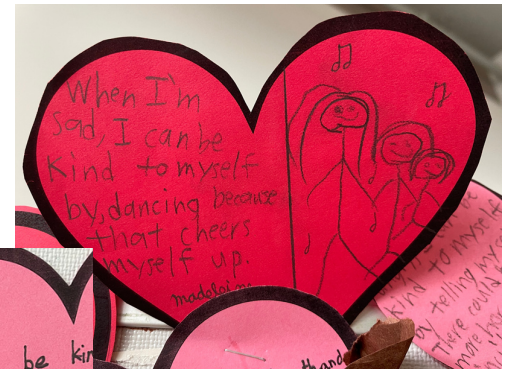
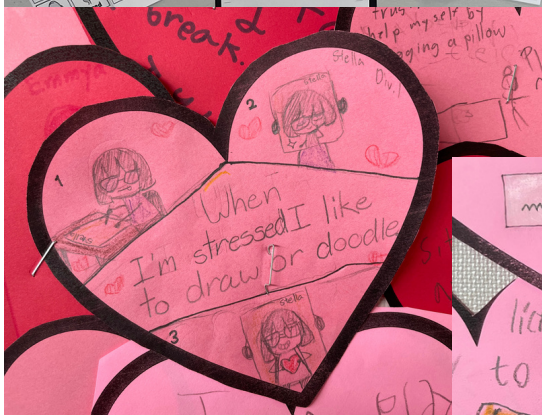
tomsett.sd38.bc.ca (Website)

Feb 14 Family Teams Activity

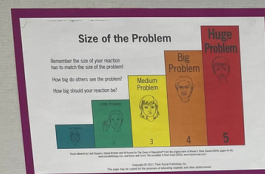


Zones of Regulation Open House in the library

STRATEGIES

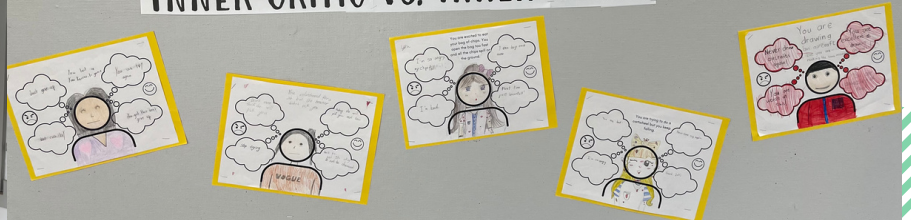


HOW BIG IS THE PROBLEM?

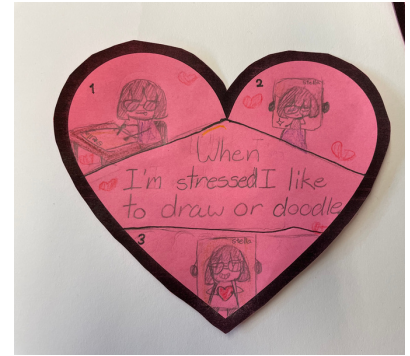
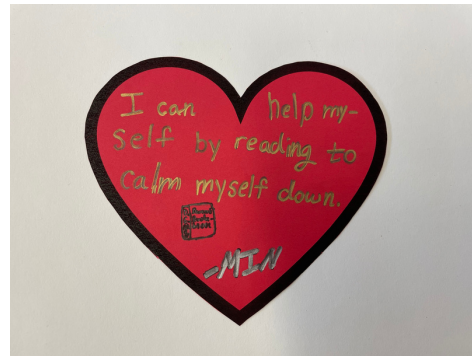
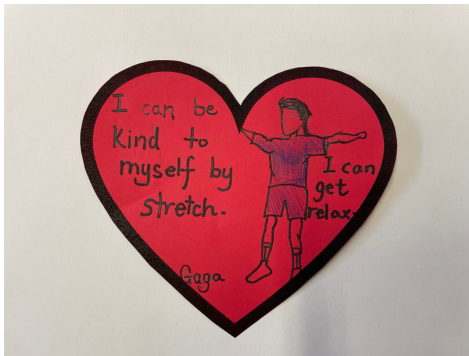
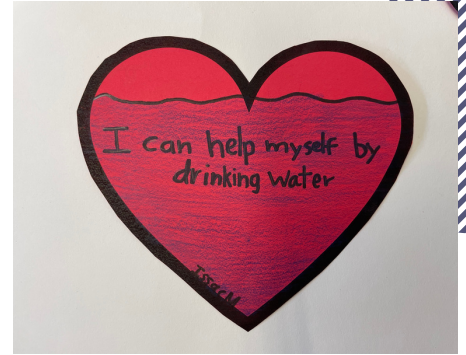
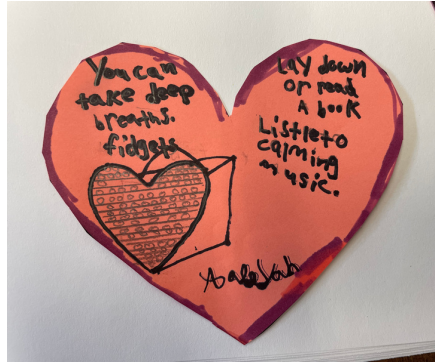


Size	Tiny	Little	Medium	Big	Huge
How big is the problem?	1	2	3	4	5
How big do others see the problem?					
How big should my reaction be?					

INNER CRITIC VS. INNER COACH



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 talked 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?

REST AREA

GO

SLOW

STOP

<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">sad </div> <div style="border: 1px solid white; padding: 5px;">tired </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">calm </div> <div style="border: 1px solid white; padding: 5px;">ready to learn </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">silly or wiggly </div> <div style="border: 1px solid black; padding: 5px;">frustrated </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">mad </div> <div style="border: 1px solid white; padding: 5px;">angry </div> </div>	
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">sick </div> <div style="border: 1px solid white; padding: 5px;">bored </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">happy </div> <div style="border: 1px solid white; padding: 5px;">okay </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">hyper </div> <div style="border: 1px solid black; padding: 5px;">upset </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid white; padding: 5px;">yelling </div> <div style="border: 1px solid white; padding: 5px;">hitting </div> </div>	

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