

Tomsett Elementary Week at a Glance - Feb 27-Mar 3, 2023

Monday February 27 - BC Lions Energy Champions Assembly

Tuesday February 28 - Toonie Tuesday Weekly PAC Fundraiser



Wednesday March 1 - Grade 6/7 Basketball Game at Tomsett vs. Talmey

Thursday March 2 - PAC Hot Lunch
- Iona Beach Field Trip Div 3, 9, 5, 12



Friday March 3 -

Upcoming Events

Last Day before Spring
Break!

-March 10

Report Cards published

-March 10

**Thank you Division 10 for helping you
Tomsett Community by sorting the
refundables for the PAC!**



Parent Survey!

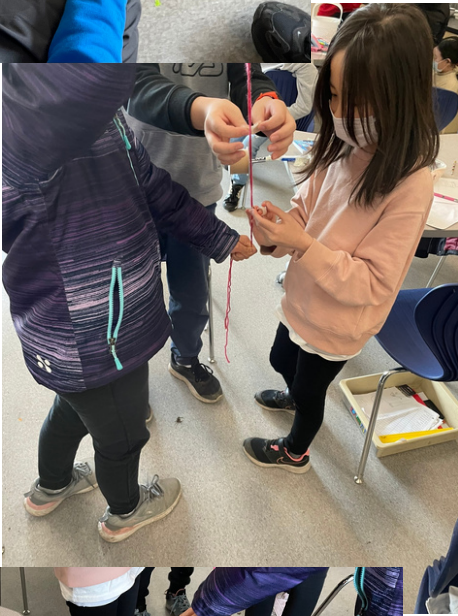
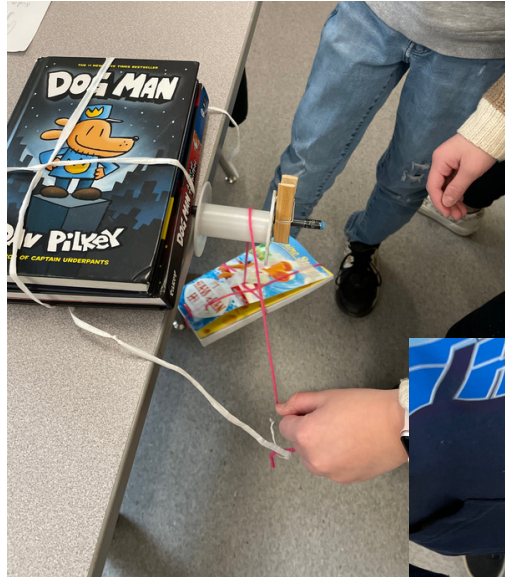
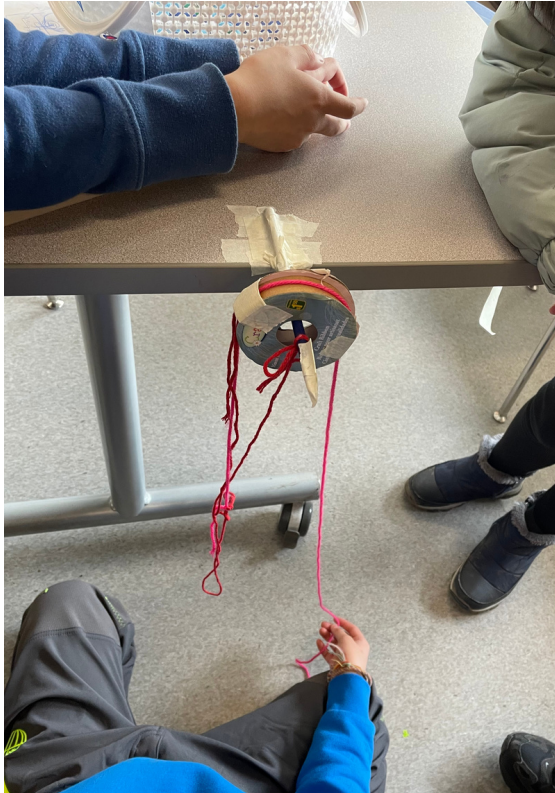
Parents/Guardians, please complete a short survey on our Zones of Regulation program at Tomsett! Thank you for those who came to the Open House in the library this week!

For More Information:

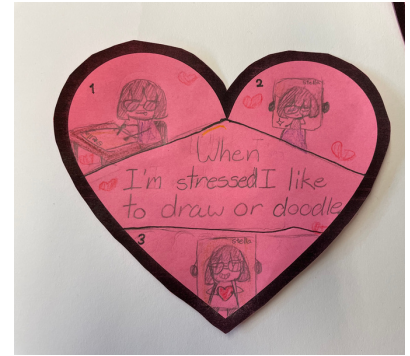
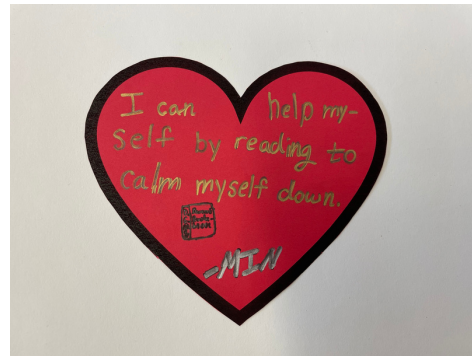
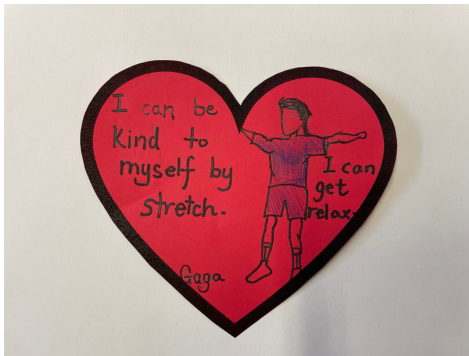
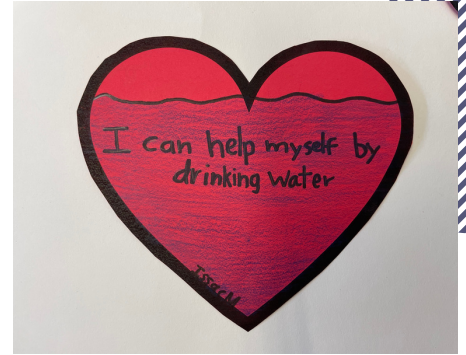
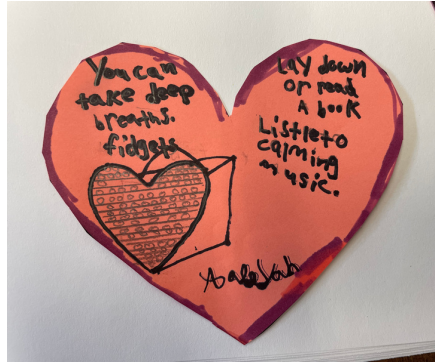
@TomsettSchool (Twitter)
tomsett.sd38.bc.ca (Website)

<https://survey.sd38.bc.ca/TakeSurvey.aspx?SurveyID=81L17653>

Div 3 Simple Machines Pulley Challenge!



Feb 14 Family Teams Activity



How are we Kind to ourselves? How can we prepare ourselves for learning? What do we need as 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 black; padding: 5px;">sad </div> <div style="border: 1px solid black; padding: 5px;">tired </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">calm </div> <div style="border: 1px solid black; 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 black; padding: 5px;">mad </div> <div style="border: 1px solid black; padding: 5px;">angry </div> </div>	
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">sick </div> <div style="border: 1px solid black; padding: 5px;">bored </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">happy </div> <div style="border: 1px solid black; 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 black; padding: 5px;">yelling </div> <div style="border: 1px solid black; 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