

Tomsett Elementary Week at a Glance - March 6-10, 2023

Monday March 6 - Saleema Noon Body Science Parent Virtual Session - 6:30pm

Tuesday March 7 - Toonie Tuesday Weekly PAC Fundraiser

**Wednesday March 8 - Saleema Noon Body Science Student Workshops
- Science Fair presented by Divisions 2, 3, 4, and 5**



**Thursday March 9 - PAC Hot Lunch
- Saleema Noon Body Science Student Workshops**



Login Here...

Friday March 10 - Report Cards Published to MyEd

Upcoming Events

Spring Break!

-Mar 11-26

First day back after

Spring Break - Mar 27

MacNeill Basketball

Tournament - Mar 29

PAC Meeting - Mar 29

Division 5 makes "tire sur la neige!"



*Frozen
Maple
Taffy!*

Saleema Noon Parent Night

Please join us virtually on Monday March 6, from 6:30-8:00pm, to learn about the Saleema Noon Body Science workshops happening for our students on March 8 and 9!

For More Information:

@TomsettSchool (Twitter)

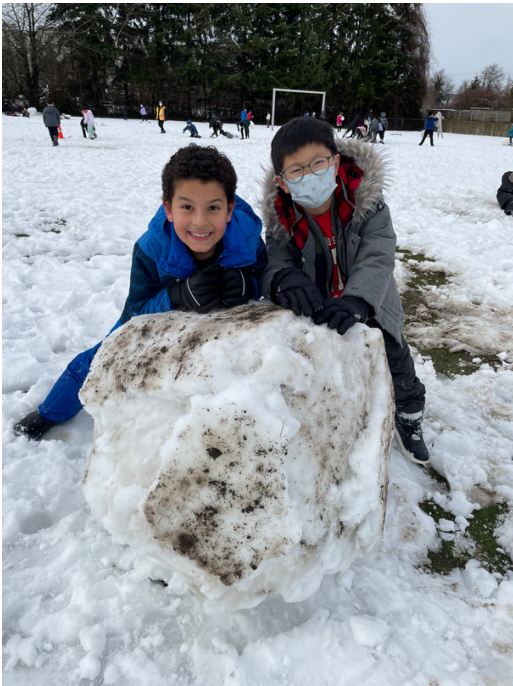
tomsett.sd38.bc.ca (Website)

[https://us02web.zoom.us/j/84129288700?
pwd=MHAWWU1JanBoQ2RzMHRUQ2ZH
RDhOUT09](https://us02web.zoom.us/j/84129288700?pwd=MHAWWU1JanBoQ2RzMHRUQ2ZH RDhOUT09)

Last Blast of Winter?! Feb 28



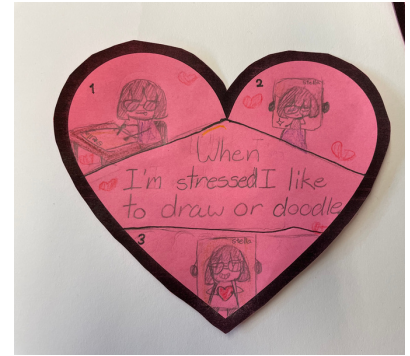
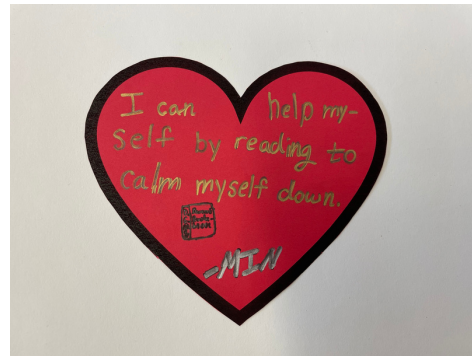
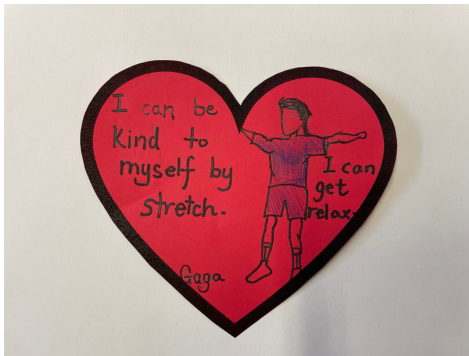
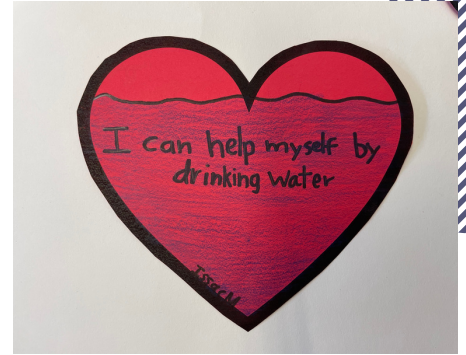
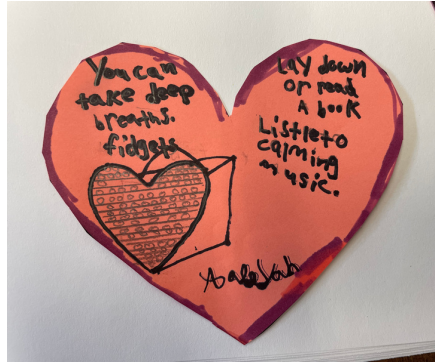
Last Blast of Winter?! Feb 28



Last Blast of Winter?! Feb 28



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?

<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