


Rosedale Pride News

Mrs. J. Beattie, Principal
905-549-4233

November 2016



IMPORTANT DATES:

Remembrance Day Assembly 
Nov 11 - 10:45
School Council: Mon. Nov 21 5pm
Photo Retakes: Thurs. Nov. 17
Monthly Assembly—Nov 30 8:50 a.m.
Home & School: Wed. Dec 7 6:00 pm

FUNDRAISING

Toonie Tuesdays: TCBY is available every Tuesday for \$2. Online payment is now available.



Pizza: Every Friday is Pizza Day! \$1.50 a slice (must be purchased by the month). Forms for Dec. orders will come home next week (payment due date is Fri. Nov 25th.) Use Cash Online for quick, easy payment.



Popcorn Thursdays: Our Home & School sells popcorn every Thursday. \$2 for a bag of flavoured popcorn (dill pickle, butter/salt or white cheddar)



SCHOOL CASH ONLINE







Receive notification of upcoming trips, pizza deadlines and other special events at Rosedale. Call the office for details.



Mrs. Beattie has called Rosedale a "hidden gem" and as a supply principal I agree! I am a retired principal who is here filling in for a short period getting to know students, parents and staff. Ironically I began my principal career here in 2001 and have many fond memories of that time. I am encouraging students to use kind and caring words when interacting with others. The week of November 14 - 18 is "Anti-Bullying Awareness Week" and I firmly believe if saying kind things to others is our "go to" stance then there will be no room for bullying. Please join with me in promoting kind and caring talk.

Mrs. E. McQueen,
Supply Principal

Weather

sunny 	cloudy 	snowy 
rainy 	windy 	icy 

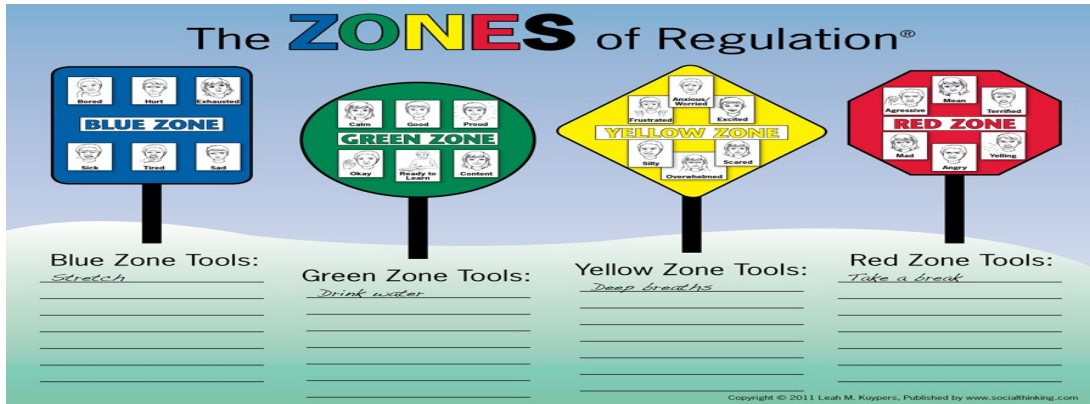
COLD WEATHER—BE PREPARED

Please be sure to send students dressed to spend 2-twenty minute periods outside every day. Unless we are experiencing a downpour or a cold weather alert, we make every effort to get outside.

INDOOR SHOES

Boots are not to be worn in the school. All students should have a pair of "inside shoes" for comfort and safety.





ZONES—Have you heard your child mention the Zones? The Zones is a systematic, cognitive behaviour approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts. By addressing underlying deficits in emotional and sensory regulation, executive functions, and social cognition, the curriculum is designed to help move students toward independent regulation. The Zones of Regulation incorporates Social Thinking (www.Socialthinking.com) concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behaviour impacts those around them, and learn what tools they can use to manage their feelings and states.

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions; however, one has some control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The Blue Zone is used to describe low states of alertness and down feelings, such as when one feels sad, tired, sick, or bored.

WEBSITE

hwdsb.on.ca/rosedale

Be sure to visit our school website to get up to date information on events/news items for Rosedale and the Board of Education. Use the blue tab on the right hand side to subscribe so you will get a notification when the website is updated.