

Calvin Coolidge Elementary School
1 Florence Street Shrewsbury, Massachusetts 01545
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October 29, 2017

Dear Coolidge families,

Over the course of our school year Coolidge Faculty will be implementing common tools to aid in developing student social awareness and self-management. Once a common tool has been introduced to staff and students, we will share the tool with parents and guardians. Our hope is that this information will be useful to you in that you can use the tools and the language associated with each tool, to support your child at home.

Today, we're excited to spotlight the 5-point Thermometer. Click below to see the 5-Point Thermometer visual being implemented at Coolidge:

[THERMOMETER VISUAL](#)

The thermometer is used to support students with self awareness- the ability to be mindful of their thoughts, body, and emotions and empower them to use strategies to effectively self-regulate. At school, students and teachers use the Thermometer to perform “check-ins” to support student awareness of their thinking, emotions, and body states across the day to determine if they are “ready” for learning, or if they need to use a strategy to resolve that emotion they're feeling and get back on track.

The thermometer works on a five-point scale. When students recognize that they are feeling at a 1 or 2, then their feelings, body, and thoughts are calm. When their thermometer is at a 1 or 2, they are able to keep their body and brain in the group and are demonstrating expected behaviors. People feel safe and comfortable around us when we are at a 1 or a 2 on our thermometers, and our brains are ready for learning.

When feelings are starting to get stronger (perhaps from excitement, frustration, fear, worries or inattention), students describe their thermometer as “going up” or reaching a 3. This signals to the student that he/she needs to use a strategy to manage those feelings and maintain self-control. When students recognize they are at a 3 on their thermometer, they know that it's time to employ a strategy so they don't get to a 4 or 5 and make an unexpected choice. At school, student's know that “Three is the key—time to use a strategy!”

While the thermometer tool is designed to help students learn how to self-regulate their thinking, emotions, and body states to learn successfully and make good choices, it also is used as a

preventative tool for students to recognize “key times” in their day, times when they are at risk of creeping up to a 3 on their thermometers.

Here are some sentence stems to reinforce the use of the thermometer tool at home:

- Where are you on your thermometer?
- Whenever you and your brother/sister do _____, it makes your thermometer go up. If you get to a 3 while playing what strategy will you use?
- Your thermometer is at a ____ use a strategy. What’s your choice?
- I noticed while you were doing your homework that you got to a _____ on your thermometer. What was difficult? What made that a key time?
- We are about to begin _____, this is a key time for you. Let’s use a strategy before we start.
- Today when you go to _____ (soccer practice, grocery store, friend’s house, etc.) _____ if you get to a 3-what strategy do you commit to using?

You can model using the tool, too:

- I am at a 3 on my thermometer and need to use a strategy to get back down to a 1 or 2. Otherwise, I may make my feeling bigger. I’m going to _____.

All the experiences students have, both in and out of school, help to shape their social competencies. By partnering together to use the thermometer, we’ll help students gain the skills and strategies necessary to accurately recognize and regulate their emotions, their thoughts, and their actions.

Thank you for your support,

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Public Forum November 1st

Please join the School Committee and our leadership team at a public forum on Wednesday, November 1 at 7pm at Shrewsbury High School. Those who attend will have the opportunity to participate in a focus group discussion about what priorities our schools should focus on over the next five years. I anticipate this conversation will last until about 8:30pm.

Grade 4 Families: Parent Reports of Spring 2017 MCAS Data

On Monday, October 30th, 4th grade families will be receiving reports sharing their child's performance on the Grade 3 Spring 2017 administration of MCAS. As you may know this is a new test of ELA and Math and thus the data gives us a new baseline to inform our practices and refine and strengthen teaching and learning in the district. Overall, our students continue to perform well and the information provided by these reports will be used in conjunction with our own district and school measures to continuously monitor and support student growth. If you have any questions about the information contained in the reports please reach out to your child's classroom teacher.

One Day drop off of Textile Donations on 10/29

On October 29th we will host a one-day drop-off of large item textiles and goods from 11am to 1pm at Coolidge. We will also accept toys, books, and small household goods. Electronics will not be accepted. Other donatable goods may include but are not limited to: sheets, bedding, clothing, curtains, tablecloths. Our school will earn 20 cents a pound for everything donated! Textile goods may be turned into the Coolidge main lobby bins until the end of the day tomorrow if you're unable to make the one day drop off.

Photo Retakes, November 2nd

Picture retake day at Coolidge will be on Thursday, November 2nd. Here are a few reminders to ensure your child is ready for his/her snapshot!

- How to dress: You decide! To get the best results Casson-Foster Photographers suggest refraining from wearing green clothing or accessories.
- No money is needed on picture day- the proofs will be sent home and you will be able to order then.

Community Forum: "Under Construction – what every parent must know about your tween/teens brain development."

The Shrewsbury Coalition for Addiction Prevention and Education (SCAPE), in an effort to help inform and educate our parent community on the challenges of substance abuse and addiction, will host a Community Forum with nationally recognized speaker Dr. Ruth Potee, titled "Under Construction – what every parent must know about your tween/teens brain development." The forum is on Thursday, November 16th at 7pm at Shrewsbury High School, with resource tables open at 6pm. Click [here](#) to see the flyer.

CCS PTO Blog

Looking to learn more about the Coolidge PTO? Visit the CCS PTO Blog to read more about upcoming events, gain reminders about fundraisers, or review the monthly minutes. Bookmark the site as a favorite so you can check back periodically to stay informed:

<https://coolidgepto.wordpress.com>

SEF Trivia Night

Teams of four are invited to participate in a night of trivia on Saturday, November 4th, to support the Shrewsbury Education Foundation. Funds raised from this event support teacher grants for innovation. See the flyer [here](#).

Notes from previous Coolidge Chronicle Editions:

Coolidge Reading and Math Incentive Program

We are excited to announce the annual Coolidge Reading and Math Incentive Program will begin on Monday! Incentive sheets will be sent home on Monday, 10/23, in your child's communication folder. The goal of the program is to encourage students to practice their math facts regularly and increase reading skills through productive practice outside of school.

Reading:

Grades K & 1: 10 minutes a night or 50 minutes per week

Complete and pass in 5 sheets to your classroom teacher (1000 minutes total) to earn a medal

[K-1 Reading Incentive Sheet](#)

Grades 2, 3, & 4: 20 minutes a night or 100 minutes per week

Complete and pass in 5 sheets to your classroom teacher (2000 minutes total) to earn a medal

[Grade 2_4 Reading Incentive Sheet](#)

Math:

Grades K & 1: 5 mins a night or 25 minutes per week

Complete and pass in 5 sheets to your classroom teacher (500 minutes total) to earn a medal

[K-1 Math Incentive Sheet](#)

Grades 2, 3, & 4: 10 minutes a night or 50 minutes per week

Complete and pass in 5 sheets to your classroom teacher (1000 minutes total) to earn a medal

[Grade 2_4 Math Incentive Sheet](#)

All incentive sheets can be found on the Coolidge website under the "About Us" tab. Families are encouraged to print copies at home for further documentation after passing in their child's first complete reading and/or math sheet.

SEPAC: Executive Functioning Skills Workshop

Please join Shrewsbury and Westborough SEPACs for an Executive Functioning Skills workshop by Jessica Padula, MS, from Speech and Language Specialties Inc. at the Shrewsbury Public Library (meeting room A) on Monday, 11/13 @ 7:00 pm. At this workshop you will learn what Executive Function Skills are and how their dysfunction can impact your child. You will also learn how to implement a variety of Executive Function Strategies to help your child become a Successful Independent Learner. Refreshments will be provided. Please RSVP to shrewsbury.sepac@gmail.com by 11/10. See the flyer [here!](#)

Parent Conferences, November 9th

Most parent conferences will be held on Thursday, November 9th, which is a “No School” day for students. Childcare will be available in the cafeteria for school-aged children, for the duration of your conference(s) from 8:30 a.m. to 3:30 p.m. We’re looking forward to sharing your child’s progress with you as well as continuing to foster a partnership with home/school to support your child’s academic, emotional, and social growth. Please be on the lookout for information from your child’s teacher about scheduling a conference.

Most Frequently Used Numbers:

Phone numbers listed below will be included weekly at the bottom of each edition of the Coolidge Chronicle.

Office	(508) 841-8880
Child Safe	(508) 841- 8886
Nurses, Phone	(508) 841-8887
Nurses, FAX	(508) 841-8883
Extended Day	(508) 841-8881

Important links to consider bookmarking

The full district School Calendar is available by clicking [HERE](#).

The Elementary Lunch Menu can be found by clicking [HERE](#).

Check us out on Facebook [HERE](#).

Important Dates to consider marking in your calendar

**Dates added this week appear in bold print.*

November 3- Masquerade Ball hosted by PTO (More info to come!)

November 3- Coolidge School Store Open (Grades K, 1, 2)

November 9- Parent Conference Day

November 10- Veteran’s Day Observed - No School

November 17- Coolidge School Store Open (Grades 3 & 4)

November 18- Coolidge Variety Show (Time TBD)

November 22- Thanksgiving Break

November 23- Thanksgiving Break

November 24- Thanksgiving Break

December 5- Early Release for students - PD Afternoon for Staff

December 18- T1 School Based Report Card Issued

December 25-January 1 December Break / No School