

# FALCON FLYER

December 13, 2015

<http://schools.shrewsbury-ma.gov/floral/>

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Dear Floral Families,

Last week, we wrote about our students' performance on the PARCC test that was administered last spring to all third and fourth grade students. Overall, our students' performance on the assessment was strong, due in large part to skillful teaching, strong support and partnerships with parents, and a robust academic curriculum and set of learning expectations. It's also important to note that our students perform well on measures of their academic learning because of the significant focus on promoting their' social-emotional wellness and learning.

Research confirms that physical and emotional self-regulation are directly related to the ability to regulate mental capacities and learning behaviors. When teaching and learning include self-regulatory components, we create conditions to impact our students' overall achievement.

One of the key tools used across the district's elementary schools to support students with being mindful of their emotions and empower them to use strategies to regulate emotions is the thermometer (see attached picture). At school, the thermometer tool is used to help students measure their feelings so they can

recognize when they are feeling uncomfortable or unfocused and need to use a strategy to solve their difficulty.

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

When feelings are *starting* to get stronger (perhaps from excitement, frustration, fear, worries, or inattention), students describe their thermometer as being at a 3 which 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 for a strategy so they don't get to a 4 or 5 and make a poor choice. Students 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 uncomfortable feelings that are likely to result in them making a poor choice and increasing their uncomfortable feelings, it also is used as a preventative tool for students to pay attention to those “key times” in their day when they are at risk of creeping up to a 3 on their thermometers.

Try using these sentence stems to reinforce the thermometer tool at home:

- *Your face looks upset (sad, worried, etc.) and your voice sounds*

*upset. Where are you on your thermometer?*

- *You look and sound like you are at a 3. You need to use a strategy.*
- *This is a key time for you...what are you doing to keep your thermometer at a 1 or 2?*
- *If you don't use a strategy to calm down, you're going to creep up to a 4 or 5 and may make your feelings even stronger and may make a poor decision.*

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 a poor choice and the problem will get bigger.*

Enjoy the week!

~Lisa & Tiffany

### **In this Issue:**

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### **After School Activity Programs (ASAP) at FSS – Register NOW**

We're excited to announce that our Floral afterschool programs are expanding! On Wednesdays and Thursdays we will offer a variety of the clubs for students to participate in weekly. All Floral students are invited to join. The fee for each club is \$25.00 and participants will meet weekly on Wednesday or Thursdays from 3:30-4:30pm beginning January 11th. Transportation is not provided. More information regarding club offerings, schedules, and registration will follow this evening in a separate ListServ Message.

### **Student Council News- Hat and Mitten Drive**

The Student Council's current project is collecting hats and mittens for children in need in Shrewsbury. If you'd like to donate new hats and/or mittens, please bring your items to school and place them in the donations boxes in the hallways. If you'd like to contribute, please bring your items to school by **Friday, December 18**. Thanks so much for helping children in our community to stay warm this winter!

### **UPDATE- Marine Toys for Tots Campaign**

Floral Families and staff did it! We met our goal to fill all four gigantic boxes with new toys for local families in need of some help this holiday season. Every morning over the past two

weeks, students surrounded these boxes and peeked in to see what new toys had been added. They feel proud knowing that their school works together to serve others. Thanks to all Floral families for your generosity.

## **Notes from Previous Falcon Flyers:**

### **From the PTO - Holiday Staff Appreciation Breakfast**

The Floral PTO is hosting a Holiday Staff Appreciation Breakfast on **Thursday, December 17th** in the Floral media center. We need help to make this event a success and show the staff how much we appreciate them! Please sign up for one or more items at the link below. Contact Nancy Nelson at [nleenelson\\_99@yahoo.com](mailto:nleenelson_99@yahoo.com) with any questions. Thank you for your help!

<http://www.signupgenius.com/go/10c0c48abaf2ca3fc1-holiday2>

### **Parent Pick-Up**

As the winter weather settles in we wanted to remind you about a few Parent Pick-Up protocols. Please remember to:

- Let your child out of the right side of your car
- Stay inside your car during the drop off process. (Floral Faculty is available to help your students get out of the car as needed.)
- Pull up to the closest available drop off cone. There are four

drop-off spots.

- Permit your child to leave the car at one of the four drop-off spots, including the spot furthest from the building entrance. We have four cars unload at a time. The Floral drop-off area is shoveled and salted as necessary for safety precautions.

We appreciate your help in following the guidelines above. Your support helps us to ensure the drop off line is moving smoothly each school day. If you have any questions about parent pick-up or drop-off, please email Tiffany Ostrander at [tostrander@shrewsbury.k12.ma.us](mailto:tostrander@shrewsbury.k12.ma.us)

### **From the Shrewsbury Education Foundation – In Your Honor Care Package**

***SHOW YOUR SPECIAL TEACHER(S) THAT YOU CARE AND THANK THEM*** with a *Care Package* from the Shrewsbury Education Foundation (SEF) sponsored by Blue Coast Coffee!

Make a \$25.00 donation per *Care Package* by filling out the attached form and mail to the address provided, or online by visiting [www.sefgrants.org](http://www.sefgrants.org). These *Care Packages* contain treats, tissues, personal care items, and a \$5.00 gift card to Blue Coast Coffee. As soon as we receive your donation, we will deliver your *Care Package*. *Don't forget your teacher(s) this Holiday season and show them that you care and than them for all they do.*

**The Elementary Lunch Menu and Directions for purchasing pre-paid lunch tickets can be found at any time at:**

<http://schools.shrewsbury-ma.gov/foodsvc/elementarylunchmenu.cfm>

**Important Upcoming Dates:**

\*New dates added this week appear in bold print

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|--------------------|--|
| December 17        | FSS School Council Meeting / 5:15pm-6:15pm / Media Center      |
| <b>December 16</b> | <b>First Grade Book Club/ 3:30-4:30 at FSS Media Center</b>    |
| December 18        | All School Meeting / Sing-Along                                |
| December 21        | Trimester 1 Report Cards go Home                               |
| December 24-Jan 1  | Holiday Break / No School for Students & Staff                 |
| January 18         | Martin Luther King, Jr. Day / No School for Students & Staff   |
| January 19         | Chorus Concert (Goulding, Morgan, Manning) / 6:30pm at Floral  |
| January 19         | Chorus Concert (Edgren, Ralys, Spangenberg) / 7:30pm at Floral |
| January 20         | Chorus Concert (Leifer, Powell, Ross) / 6:30pm at Floral       |
| January 26         | FSS School Council Meeting / 5:15pm                            |

## **Important Contact Information:**

Office	(508) 841-8720
Nurses, Phone	(508) 841-8729
Nurses, FAX	(508) 841-1545
Extended Day	(508) 841-8743
AA Transportation	(508) 753-6322 (Please call the school first with bus-related issues)

The full district school calendar is available on the district homepage at: <http://schools.shrewsbury-ma.gov/>

[thermometer\\_1.jpg](#)

[In Your Honor Holiday Form 2015.docx](#)

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