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School Year 2017-2018  
October 2017

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# The Sheridan Showcase

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## Who are you? Who do you want to be?

We are working as a school on mindfulness using the resource The Zones of Regulation. This ties in with page one of the Provincial Report Card Learning Skills especially Self Regulation.

The Zones are a concept to help students learn how to self-regulate. The Zones of Regulation creates a system to categorize how the body feels, and emotions, into four coloured zones with which students can easily identify.

Blue Zone- A low state of alertness (one may feel sad, tired, sick, bored or hungry).

Green Zone- An ideal state of alertness (one may feel calm, happy, focused, or content). A student feels a strong sense of internal control when in the Green Zone. This is where we are when doing something that we have had lots of practice with or are comfortable doing.

Yellow Zone- Used to describe a heightened sense of alertness (one may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow zone). The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone. This is where we are when learning a new task or skill.

Red Zone- Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, grief, terror or elation when in the Red Zone and feels a loss of control.

No Zone is a bad Zone and no Zone is the best Zone. We all experience most if not all Zones daily, the key is knowing what Zone we are in and how we will respond to that Zone.

Teachers and classes will work together to build an understanding of the feelings in these Zones and a bank of strategies to practice to move between the Zones. More details next month!

## Cross Country

The cross country meet was a success on **Wednesday, October 4th** with over 40 of our grade 3, 4 and 5 students attending. Thank you to all of the staff and parents for supporting our runners.

## Rapunzel is coming to Sheridan

On **October 16th** the school will enjoy a performance of Rapunzel .

PROGRAM THEME: *Growth Mindset & Self Esteem*- Rapunzel and the Baker don't like who they are. A positive Witch agrees to spell Rapunzel into a tower and the Baker into Prince Charming. The spells teach the two characters to embrace their own individuality and be proud of who they are.

**BE OPEN BE POSITIVE BE PROUD BE HARDWORKING BE A FRIEND**

## Terry Fox Walk

Thank you to our Sheridan families for donating to the Terry Fox Walk., We raised \$311.50 for the Terry Fox Foundation and we had a wonderful school wide walk together.

**Subway Day** is **Friday, October 27** and the forms are due to the office **NO LATER THAN Thursday, October 12th**. Please note: You can pay School Cash Online, or Cheque. **If you need to pay cash an adult must come to the office to hand the money in. This is to ensure that students are not responsible for carrying cash.**

**Picture Day** – Our school photographer will be here on **Thursday, October 19th** at 9:00 a.m. All children should be on time or they may miss their class/group picture.

**Picture Retake Day** is **Thursday, November 9th**. You must indicate in writing if you want a retake on that day. We will make sure we take pictures for all students who were away on the first picture day.

## QSP Magazine Fundraiser

We know that Sheridan families look forward to renewing subscriptions of their favourite magazines and occasionally trying out new ones. We are running this popular fundraiser again at Sheridan.

Thanksgiving weekend is a convenient time to share this opportunity with family, friends and relatives.

This year we are also adding a gift package option. Please take a moment to look through the booklet for great gift items.

Please note that there is a user friendly online ordering option as well as our regular ordering process.

All orders are due to be handed in by **Friday October 13th**

### **Thanksgiving Holiday**

**Friday, October 6<sup>th</sup>** is a Professional Development Day. Our Kindergarten teachers will be learning about the new curriculum and reporting procedures and our Primary and Junior staff will be working on Literacy and Numeracy strategies.

We extend warm wishes for a wonderful Thanksgiving celebration. There will be **no classes** for students on **October 9<sup>th</sup>**. Please enjoy a nice long weekend.

### **Hallowe'en Costume Swap**

Second Annual Hallowe'en Costume Swap – **October 19th**

Let's reduce our impact on the environment and our own resources! Costume swaps not only mean less resources are used to make new products, it also means less packaging, less transportation of the product, less waste and less money!

Leave what you can and take what you need. Gently used costumes/accessories accepted. Costumes/accessories available will be from what is donated by our Sheridan families. There is no guarantee that there will be something for everyone, but let's give this event a try!!

There is No cost.

Left over costumes will be donated to the Welcome Centre for Newcomers to Canada.

Drop off gently used items to front hall **October 16<sup>th</sup> to 18th**. Costume Swap will be held from **3:00-6:00pm on October 19<sup>th</sup>**.

### **Bag to School**

Collect up those unwanted items and get them ready to send in on **Wednesday October 25<sup>th</sup>** by 8:30 am. Items must be bagged and dropped off at the front of the school. Items may include clothing, shoes, belts, purses, drapes, bedding, soft stuffed animals.

All items donated are collected, weighed and then we get a cheque for the weight of the donation. Items are sorted, sold and donated, keeping them from the landfill!

**Please do not send in any bags prior to October 25<sup>th</sup>.**

### **October 31st – Halloween Parade**

Parents are invited to the Halloween Parade on **Tuesday, October 31st at 2:30 p.m.** in the Main Hall. Students may choose to wear a school appropriate costume or dress for "Black and Orange Day", or just observe the parade. They will be changing into their costume during the 2<sup>nd</sup> nutrition break.

**All students should arrive at school in regular school clothes. No masks or weaponry, please.**

### **School Council Meeting Invitation**

Just a reminder that all Sheridan families are invited to Sheridan School Council meetings. School Council meets on the second Tuesday of every month from 7PM. Come and find out what goes on at the school, help plan fun activities and have your say in the allocation of School Council fundraising dollars. Don't be shy - it's a casual atmosphere! See you **October 10<sup>th</sup>**.

Congratulations to the following parents who submitted applications to be voting members

- 1 Michelle Gorman
- 2 Shauna Payne
- 3 Liz Holmes-Bose
- 4 Chantel Ingram

As you can see we have room for 8 more voting members. Council has traditionally run the fundraising and special events at the school. If we do not have enough volunteers we cannot run as many events  
Please remember that all parents are welcome to attend.

### **Looking for Volunteers**

If you are interested in helping out at school or for field trips, please make sure you have your police check on file as well as a signed yearly offence declaration.

### **Allergy Reminder**

Parents please remember when packing your child's lunch that there are some members of our school community who have a **LIFE-THREATENING ALLERGY to ALL NUTS/TREE NUTS INCLUDING PEANUTS AND PEANUT BUTTER**. Please help us to ensure a safe environment for all children by not sending these items to school.

**PLEASE NOTE:** We cannot accept any food treats for birthdays and special occasions. If sent they will be returned home to you.

### **Looking for Supply Lunchtime Supervisors...**

Would you be available for one hour now and then? Would you be able to come in to supply for our **Paid Lunchroom Supervisors?** If so, please contact the office. This is a paid position!!!

### **Random Acts of Kindness**

For the month of October we are recognizing students who go above and beyond in providing service and kindness to others. When they are caught doing something nice/kind their name will be dropped off to the office and entered into the draw bin. Large or small we appreciate them all !!!

We continue to post activities and events on the school website at SHE.HDSB.CA. Please use this information to help plan your year.