



February 2020

Greetings Skyline Families,

January definitely came in with a blast, an arctic blast! We're all looking forward to a calm February! I'm hoping we've made it through all of the frigid temperatures and snow and we can really settle into solid learning! February brings with it so many exciting opportunities for learning and growing here at school.

Have any of you heard your little ones talk about the Zones? Or Perhaps mention the Zones of Regulation at home? Maybe your classroom teacher or teachers have shared information with you about the Zones or you remember reading it in our January newsletter? Well, whether you're a pro or just for the first time hearing the phrase Zones of Regulation, I'd like to share more with you about this framework we're using here at Skyline to talk about our feelings, emotions and reactions to different expected and unexpected situations.

The Zones is a systematic behavioral approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete colored zones. The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts.

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, 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 more 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.

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is “good to go”. A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them. For example, when playing on the playground or in an active/competitive game, students are often experiencing a heightened internal state such as silliness or excitement and are in the Yellow Zone, but it may not need to be managed. However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behavior meets the expectations of the library setting.

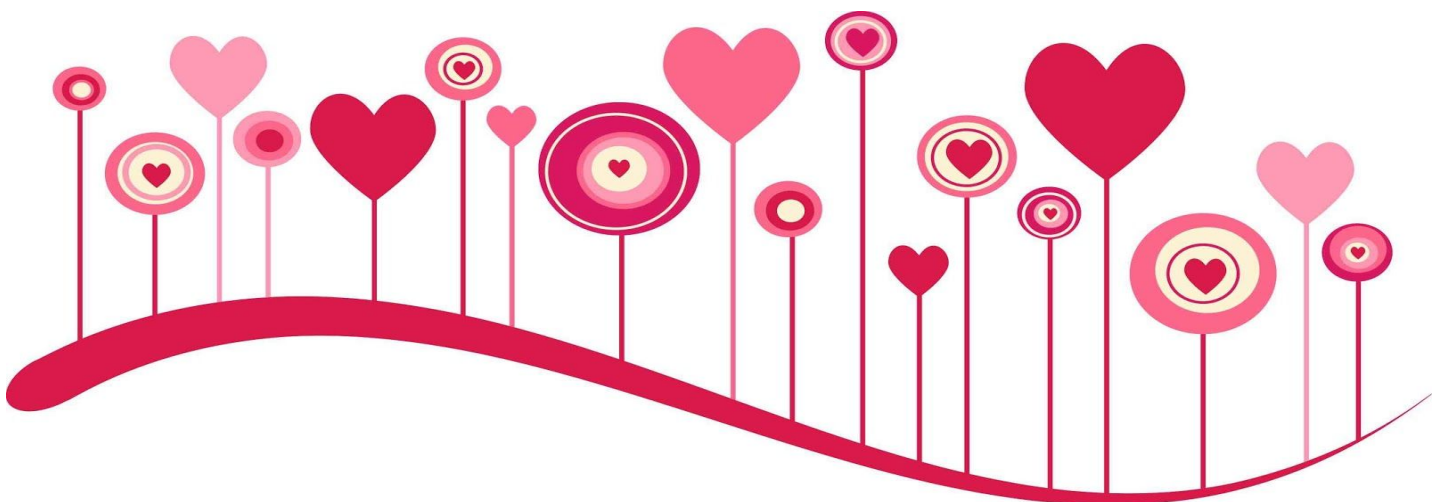
The Zones is a powerful framework full of solid, kid friendly language that allows us to work together and learn together about self regulation through all types of situations. More information can be found all around the internet. There are many resources that our counselor, Tally Wentz is willing to share if you are interested as well. Feel free to connect with her at Tally_Wentz@lkstevens.wednet.edu.

Skyline Families, have a wonderful month of February! May it be filled with kindness, snuggles and so much learning! Go Explorers!

February Smiles,

Tori Thomas, Principal

*Information about the Zones shared from Kuypers Consulting.



February Events

2/6 PTA School Store

2/6 PTA Roller Skating Night 6:00-7:30

2/10-2/21 **Hungry Hearts Food Drive**

2/14 No School- Happy Valentine's Day

2/17 No School- Presidents Day

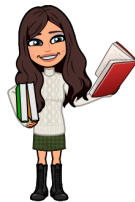
2/20 PTA School Store

2/24-2/28 **Conference Week,**

2/24-2/28 **Book Fair & Book Drive**

2/27 MOD Pizza Night

2/28 Skyline Spirit Day- College Day!



Learn more about the Skyline Library program!

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“Skyline Elementary Library”

Check out all of the exciting things
that our library has to offer!!!