



# UPLANDS ELEMENTARY SCHOOL

4110 Thomas St. Terrace, BC V8G 4L7  
Phone: 250-635-2721

School Hours: 9:00 AM – 2:53 PM

Principal – Mrs. Pat Mouland  
[patricia.mouland@cmsd.bc.ca](mailto:patricia.mouland@cmsd.bc.ca)

## Principal's Message

What a full and wonderful month we have had. There was a focus on establishing routines and practicing expectations for academic growth as well as personal and social growth.

We will continue to talk about establishing the healthy habits that cooperative, confident, joyful learners possess. One characteristic that we will continue to dig deeper with is GRIT. Grit has been defined by Angela Lee Duckworth as "Grit is a distinct combination of passion, resilience, determination, and focus that allows a person to maintain the discipline and optimism to persevere in their goals even in the face of discomfort, rejection, and a lack of visible progress for years, or even decades."

See this Ted Talk for Angela Lee Duckworth's talk about grit: [https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)

We will be "getting gritty about getting our kids grittier."

Kind regards,  
*Pat Mouland*

## Halloween Activity Stations

This year the PAC is organizing some fun-filled stations for each of the classes to participate in on October 31<sup>st</sup>. Each class will have a time to participate in the stations in lieu of a parade or assembly.

**Costumes** - children will wear their costumes in the afternoon only. This way they are not eating or playing outside at lunch in their costumes. Please be sure that your child is independent with getting their costumes on. When selecting costumes for school, we ask families to consider the young population that we serve and ensure that your child's costume is not too frightening or of a violent nature. Please leave weapons/props at home.

**Volunteers** - Do you have an hour or two to volunteer on this day? Head over to the PAC Facebook page and sign up for this fun event. Any looky-loos on the day will be recruited to help so best just to sign-up! 😊



## THINGS TO LOOK

### FORWARD TO:

#### Photo Retakes

Thursday, October 26<sup>th</sup>

#### PAC Meeting

Tuesday, November 7<sup>th</sup>, 6:00 pm

#### Remembrance Day Assembly

Friday, November 10<sup>th</sup>

#### Remembrance Day - Stat Holiday

Monday, November 13

No School

#### Report Cards

Monday, November 20<sup>th</sup>

#### Parent Teacher Interviews/Book Fair

Early Dismissal at 1:53 pm

November 22 & 23

#### Movie Night

Thursday, November 23<sup>rd</sup>

Doors open at 6:00 pm

#### Professional Development Day

Friday, November 24<sup>th</sup>

No school for students

#### Green Thumb Theatre Concert

Wednesday, November 29<sup>th</sup>, am

#### Christmas Coffee House Concerts

December 12-14<sup>th</sup>

## Christmas Coffee House Concerts

### December 12:

10:00-11:00 - Mrs. Dams'/Ms Vidal's classes

1:15-2:15 - Miss Ott's/Mrs. Barron's classes

### December 13:

9:15-10:15 - Mrs. Munson's/Mrs. Scott's classes

11:00-12:00 - Mrs. Heenan's/Ms MacKenzie's classes

1:30-2:30 - Mr. Gray's/Mr. Stephen's classes

### December 14:

10:00-11:00 - Ms Fridriksson's/Mrs. Shinde's classes

1:00-2:00 - Band/Mrs. McKay's/Mrs. Acton's classes

Dear Families,

Uplands Elementary School is adopting **The Zones of Regulation** curriculum (or "The Zones" for short) school wide. Your child will be participating in the lessons and activities to help him/her gain skills in the area of self-regulation.

The goals of The Zones of Regulation curriculum are for students to learn:

- How to recognize emotions in themselves and others.
- About triggers which cause them to move between Zones.
- Strategies to assist moving between the different Zones.
- Problem solving strategies.

You can support your child in learning The Zones by:

- Talking about The Zones – how you feel and how you see them feeling
- Talking about "expected" and "unexpected" emotions.
- Share with your child how his or her behaviour is affecting the zone you are in and how you feel.
- Discussing ideas to get into the green – ex. deep breathing, talking to an adult, taking a walk

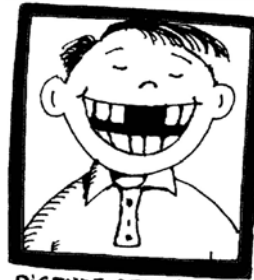
### The ZONES of Regulation®

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

### Phone Calls to the Office

Please try to make all after school arrangements with your child at home. We have been getting a number of calls to give students messages about after school arrangements.

It gets very busy in the office and as we say to the students, "What if everybody did?"



**PICTURE RETAKE DAY!**

Picture retakes are on Thursday, October 26<sup>th</sup>. If your child is having a retake, you must request a retake envelope from the office. Then choose a package and enclose money for the package. Your child returns this envelope on the day of retakes or before.

### Tsimshian Seasonal Rounds

In October students learned that this month was traditionally cockle gathering month. Each class played a trading game, collecting 'food' in groups and then trading it to get the 'food' that they needed.



Can your child name the territory we live on? (Tsimshian) Do they know the four clans? (wolf, eagle, raven, killer whale)

November is clam gathering month.

### Dressing for the Weather

As temperature drops and the heavy rain/snow season arrives, please make sure that your child is properly dressed for the weather.

Most days we will be outside at recess and lunch even with the heavy downpours that we have been having.



### Monthly Draw

After reading the newsletter with your family, please sign and return this portion of the newsletter. You could win a great prize. Each month we will have one family draw.

Children/Child's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Comment: \_\_\_\_\_

\_\_\_\_\_