

**Important Dates:**

**11/3 No School Teacher Workday**  
**11/10 No School-Veterans' Day**  
**11/14 PTA Meeting 7 pm**  
**11/23 & 11/24 No School**  
**Thanksgiving**  
**12/7 Family Fun Night**  
**12/8 No School Teacher Workday**  
**12/18 – 1/1 No School Winter Break**

**PTA NEWS**

Thank you to everyone who came out to our Pumpkin Carving Family Fun Night. It was a huge success! We had a community meal and pumpkin carving with 140 members of our Roosevelt Community. Thank you to everyone who came and carved and helped out with the whole night. It was a wonderful evening for all!

Reminder: Next PTA meeting is Tuesday, November 14th at 7pm. Dr. Baker will be there to update us on school district building projects and answer your questions.

**Unity Care NW** is a nonprofit organization available to assist - free of charge - those who do not have employer-sponsored health insurance. Open enrollment is Nov. 1 to Jan. 15, but the deadline for January coverage is Dec. 15. Plans for 2018 are available until Jan. 15. Call Unity Care NW for more information, 8 a.m. to 5 p.m., Monday to Friday at 360-788-2669.

**Harvest of the Month** November's Harvest of the Month item is Root Vegetables. The Harvest of the Month lunch will be served on **Wednesday, November 29<sup>th</sup>**.

**THE SALVATION ARMY  
CHRISTMAS REGISTRATION**

**REGISTRATION DATES AND****HOURS:**

**Oct. 2<sup>nd</sup> – Nov. 16<sup>th</sup> 9:30am-3:30pm**

**Where: 2912 Northwest Ave.**

**Bellingham, WA**

Sign Up – You must bring:

**Picture ID** (*for yourself. You must be the parent or have proof you are the legal guardian for the child*)

**Proof of Income for everyone in the household** (*Last 2 months pay stubs, DSHS award letter, most recent tax returns, Social Security award letter*)

**One ID for Each Child being registered that shows their date of birth.** (*Current Medicaid Card, Birth Certificate, Shot Record, or School Record*) *This can also be proof that you are the parent or legal guardian, if your name is on it.*

**Proof of current Whatcom County address, if different from your picture ID address.**

**You will need to know clothing and sock sizes for each child.**

*Please Do NOT Bring Your Children to the Registration. You may only sign up for The Salvation Army Giving Tree Program if you HAVE NOT registered for Christmas Assistance from another agency. If you sign up with another agency you will be DISQUALIFIED for our program.*

**Conferences**

Fall conferences are happening. We hope that you have your student's conference time scheduled. If not, please contact your student's teacher.

**Zones of Regulation**

“Children do well if they can.” - Ross Greene

No student wants to do poorly. If they are having a hard time managing their emotions and behavior, likely they do not have enough skills to act differently.

For the last couple years, Roosevelt has taught students a school-wide social and emotional program called **Zones of Regulation**. The purpose of Zones is for students to identify emotions in themselves and others, understand the triggers, and develop strategies and tools to feel better when they are down. We recently created Zone Tool Kits for each classroom with tools and strategies cards for kids to use. See the back of this newsletter for a Zone chart with strategies that you can use at home. Ask your child to show you some strategies to get themselves to the Green Zone. Zones are great way for kids to manage themselves

**After-School Dinner Program Free for All Students 18 and Under**

*Bellingham Public Schools currently offers free hot dinner to all children 18 and under in the community. These meals are offered daily Mondays through Thursdays through June 6, 2018. Dinner is served from 5 to 6 p.m. at Shuksan Middle School, located at 2717 Alderwood Avenue (at the corner of Northwest and Alderwood).*

*. Dinner will not be served on the following Thursdays that are middle school early dismissal days: Nov. 2, 9, & 22, Dec. 7, Jan. 11, Feb. 8, March 8, April 26.*

GREEN

BLUE

YELLOW

RED



HAPPY



SAD



ANXIOUS



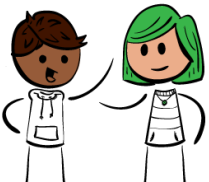
ANGRY

- Help someone
- Greet someone
- Smile
- Be a leader

- Do something you like
- Play with a friend
- Ask for help
- Talk it out

- Take a break
- Ask for help
- Get a drink of water
- Talk it out

- Take a break
- Deep breaths
- Big problem or a small problem?
- Ask for help



## Talk It Out

Feeling:

“I don’t like it

Observation:

When you \_\_\_\_\_.

Request:

Would you \_\_\_\_\_?”