St. James Catholic School



October 2016 Newsletter

Dear Parents,

Thank you to everyone for making September a great month! We enjoyed meeting many of you at our Meet the Teacher night!

As we begin October, we are getting to know your child better. We are establishing our classroom rules and routines, while having fun exploring at our learning centres. The children are learning to take care of their personal belongings (school bags, ‘Mr. Zippy’ communication bags), as well as dress themselves at recess and home time. Please encourage this independence at home and help your child practice zippers and buttons so they will be prepared when the cold weather arrives. We will be sending home instructions that demonstrate our neat coat trick that we will be learning and practicing!

We have been learning about each individual child and their unique gifts and talents given by God. Our Super Hero program has been a great opportunity for the students to share all about their interests! We read the book How Full is Your Bucket to the students and they are learning the importance of “The Golden Rule”…do to others as you would have them do to you. They are beginning to fill each other’s invisible buckets every day with good deeds and acts of kindness.

Over the past month, we have been teaching the students how to be aware of their body and feelings so that they can begin to learn self-regulation techniques. This will allow them to pay attention and keep themselves in check in our classroom community and begin to regulate their thoughts, emotions, and behaviours. We will continue exploring the “Zones of Regulation” with instructional lessons designed to help our students recognize when they are feeling a certain way so that they can control their emotions and impulses. The students will learn strategies to stay in a zone or to move from one zone to another so that their engine is running at a calm state of alertness.

Please visit the following website to learn more: <http://www.zonesofregulation.com>



We have begun learning about the season of Fall and we will be identifying the simple patterns and cycles in the natural world (seasons, weather, etc.) While learning about the changes in leaves during the Autumn season, we took a short walking trip around our school in search of fall treasures. We have been using these treasures to create beautiful fall art!

We have begun reviewing the letters of the alphabet and their corresponding sounds using the Jolly Phonics program (more information on this program will be sent home). While looking at the alphabet we will be practicing our letter and line formation to encourage our fine motor development. Have your child practice drawing lines and circles using proper pencil grasp, as most of our letters consist of vertical lines and circles. Your child should also practice printing his/her name beginning with a capital, followed by lowercase letters.

We will be focusing on sorting and patterning in math. We will also be reviewing numbers and counting. Have your child find numbers around your home or on houses around the neighbourhood. Have them count the number of plates, forks, and cups at dinner time. Real-life experiences help students understand numbers.

Our school is working towards becoming more eco-friendly by reducing the amount of garbage generated in our classrooms. Whenever possible, please send snacks and drinks in reusable containers. Due to allergies, **please** **ensure that all food is nut-free.**

We will send home October Scholastic flyers soon. If you are interested in ordering any books for your child, please complete the order form and return it to us in your child’s communication bag by Friday, October 14th. \*Cheques or online payment only please!

Thank you to the families who sent in Kleenex, wipes, soap and glue sticks! If you are able to donate any of these items to our classroom it would be greatly appreciated.

We appreciate your efforts to send in Mr. Zippy each and every school day and to visit our website and read important reminders on the REMIND App. This information will help inform you of upcoming events in the classroom and school. Thank you for your continued support and participation!

Have a wonderful Thanksgiving!

Sincerely**,**

~Mrs. Simpson & Sister Christina

