

# Messages from Mittineague



## Notes from Music:

Happy Holidays,  
 In Music Class students have been working hard to put together a wonderful Holiday Concert for family, friends, & staff on Friday December 14th. Each song emanates joy and positivity and we can't wait to share it with you all. Also, an after school Chorus has begun every Tuesday for 4th & 5th grade students ONLY. It is important that students signed up for the after school program feel passionate about singing with others and learning about music. The group meets from 3:00pm-3:45pm every Tuesday and should have prompt and reliable pick-up. You can also find the dates we meet in the schools Calendar of Events. Thank you so much! Have a wonderful Holiday Season.

## News from Art:

Mittineague artists are working on doing observational drawing in first and second grade, practicing drawing self portraits. Third graders are working on geometric line drawings inspired by Piet Mondrian. They are learning about perpendicular, parallel, intersecting and organic lines to get ready for geometry in fourth grade. Fourth graders are working on Kente cloth designs and their own designs inspired by the Kente patterns that they have been looking at. Fifth graders are working on creating mythical hybrid animals of their own design. Everyone is practicing working as a team and making a peaceful environment to work in.

## News from Room 8:

It's hard to believe that Trimester 1 is coming to a close! Stay on the lookout for report cards on Friday, December 14th!

In reading, our genre of focus is historical fiction. As a class, we have been reading, discussing, and writing about *Esperanza Rising*, by Pam Munoz Ryan. The students have been working on close reading, jotting thoughts to monitor comprehension and discussions, and finding text evidence to support their thoughts and ideas when writing responses.

In writing, the students have been following the steps in the writing process in order to plan, draft, revise, and edit opinion essays. The students have used articles/books, discussions/debates, and graphic organizers to guide their opinions and writing. The students have also been working on using evidence from a given article/book to support their thoughts or reasons.

In math, the students in fourth and fifth grade have been working on numbers and operations in base 10. Specifically, the fourth grade students have been learning, practicing, and discussing how to fluently multiply by 2-digit numbers.. On the other hand, the fifth grade students have been learning, practicing, and discussing how to divide by 2-digit divisor and multiply decimals. The students in fourth grade

In science, the students have returned to the basics of learning about matter: solids, liquids, and gases. Through investigating the properties of solids, liquids, and gases, the students have discovered that all matter has weight and volume. The students have also discovered the connection between solids, liquids, & gases and the water cycle. A guest from Bear Hole visited our classroom to describe the cycle of water as a continuous process of evaporation, condensation, and precipitation. Through the perspective of a water droplet, the students were able to travel through groundwater, streams, and clouds!

In the coming weeks, the students will explore the layers of the earth, including the crust, mantle, and core. The students will also investigate how land changes through the process of weathering, erosion, and deposition through a series of S.T.E.M. based lessons and activities.

For your Calendar

December 4  
Band 7:30AM

December 4  
School Banking

December 4  
After School Chorus

December 10  
PTO Meeting  
5:00-6:00

December 11  
School Banking

December 11  
After School Chorus



### News from our Counselor:

The district of West Springfield has a strong focus on Social Emotional Learning (SEL). Here is information on a SEL resource and curriculum that is used with students in school and can be used at home as well:

#### The Zones of Regulation

The Zones is used to teach self-regulation by labeling all the different ways we feel and states of alertness we experience into four zones. The Zones curriculum provides strategies to teach students to become more aware of their emotions, improve controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

#### The Four Zones

- The **Blue Zone** is used to describe low states of alertness, such as when one feels sad, tired, sick, or bored.
- 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. Being in the Green Zone will help students be successful in the classroom.
- The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has some 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 **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behavior, devastation, or terror when in the Red Zone. A person is described as "out of control" if in the Red Zone.

#### Expected and Unexpected Behaviors

**Expected behaviors** are the behaviors that give people around you good or comfortable thoughts about you. Classroom rules are the expected behaviors in the classroom and are taught consistently.

**Unexpected behaviors** are the behaviors that give people uncomfortable thoughts about you. The unexpected behaviors for the classroom are not always taught to students. It is important to teach students about how unexpected behaviors can affect their learning, as well as the learning of others.

#### Tools and Strategies

Students can develop a toolbox, which is a collection of calming and alerting strategies a student can pull from depending on the present need. The tools or strategies in the toolbox are calming or alerting techniques that help the student in regulation.

#### How can you use The Zones of Regulation?

Here are some things that can be done to support The Zones of Regulation:

- Continue to practice identifying the emotions that go with each zone
- Continue to practice identifying expected and unexpected behaviors
- Continue to practice utilizing tools and strategies (It is best to practice the tools and strategies when the students are calm, so they will be comfortable to use the tools when they are not in the green zone)
- When you see someone in the blue, yellow or red zone, prompt them to identify what zone they are in and to identify a tool or strategy they can use to get back to the Green Zone
- If you see a student in the yellow or red zone, prompt them to "stop their brain" and choose a strategy to calm down.



The next PTO meeting of the year is scheduled for Monday, December 10, 2018, from 5:00-6:00. We hope to see you there!

**Thank you for all of your support with the holiday raffle! It was a great success! Liam Mc Guinness won the Razor Scooter!**



#### Word of the Week conscientious (n)

A person wishing to do what is right, especially to do ones work or duty well and thoroughly.

#### QUOTE OF THE WEEK:

"Kindness is the most valuable gift that you can give..."



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