

# UNION ELEMENTARY @ LA PORTE CITY WEEKLY NEWSLETTER



UNION COMMUNITY SCHOOL DISTRICT

"EDUCATION TO MEET TOMORROW'S CHALLENGES"

"ALL IN - EVERY CHILD - EVERY DAY"



ISSUE #4

SEPT. 14, 2018

## Next Week's Schedule

- Mon. Sept. 17** - 17th Day of School - Day 5  
- Constitution Day - Wear Red, White, & Blue
- Tues., Sept. 18** - 18th Day of School - Day 6  
- Regular Day of School
- Wed., Sept. 19** - 19th Day of School - Day 1  
- Regular Day of School
- Thurs., Sept. 20** - 20th Day of School - Day 2  
- Regular Day of School
- Fri., Sept. 21** - 21st Day of School - Day 3  
- Regular Day of School

## Upcoming Dates

- Sept. 3** - Labor Day Holiday - No School
- Sept. 14** - School Pictures
- Sept. 25-28** - Homecoming Week
- Sept. 24** - No School: Professional Development

## School Pictures Today

Today, all students in our district had their pictures taken through Lifetouch Photography. Students were not required to purchase these pictures and will be included in the class composite. If for some reason your child did not attend school today, picture retakes will be done later next month.



## Constitution Day Honored Sept. 17

We will celebrate the annual Constitution Day on Monday, September 17. The federal legislation passed over ten years ago, requires schools to conduct events on this day centered around the history of the Constitution. Teaching about the constitution will be done in a variety of different ways in each grade level in the elementary building. Teachers and students will discuss topics involving the branches of government, the constitution, the Bill of Rights, and other areas related to this topic. It is important to teach these concepts to our children. We encourage students to wear red, white, and blue that day.

**CONSTITUTION DAY** ★  
SEPTEMBER 17<sup>TH</sup>



## District Calendar Online

This year our district calendar is online at the Union Community School District's webpage at [www.union.k12.ia.us](http://www.union.k12.ia.us). Just click on the "Calendar" tab at the top of the page next to the "Staff Directory" button. Parents do have the option to print off the up-to-date printable calendar with district events listed.




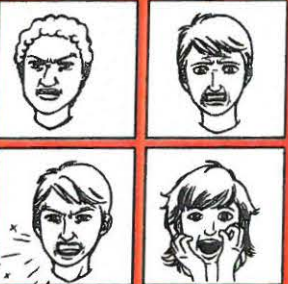
## New This Year: Zones of Regulation

This year both elementary buildings are incorporating the Zones of Regulation curriculum into our classrooms. These are lessons and activities designed to help students recognize their feelings and gain skills in the area of self-regulation, which is centered around self-control, self-management, impulse control, and state of alertness. The lessons and learning activities are designed to help students recognize when they are in the different zones and learn how to use strategies to change or stay in the zone they are in. In addition, the students will gain an awareness of emotional terms, skills in reading other people's facial expressions, perspectives about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills. A critical aspect of this curriculum is that all staff members know and understand the Zones Language. This creates a supportive environment for students to practice their self-regulation skills. You can help at home by asking your child to explain to you what the four zones of regulation colors on the back of today's newsletter mean to them and how have they been learning about it at school.



Blue Zone    Green Zone    Yellow Zone    Red Zone

# 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