

April 2022 Newsletter

John F. Kennedy Elementary

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Spirit Month Theme: Environmental Challenge

For April, our theme is the **environment!** In order to encourage families having fun outside, we have provided an outdoor Earth Day Scavenger Hunt! On your marks, get set, GO! Have fun finding all of the items on page. Take pictures and send them to jfklaval@gmail.com

Dress Code

All students are expected to wear PLAIN white, navy or gray tops and navy blue or black bottoms. All sweaters, worn over tops must be PLAIN white, PLAIN navy blue or PLAIN gray. Jeans are not permitted at school.

TEACHING KIDS SELF-REGULATION

Self-regulation is the ability to control behavioral and emotional responses. It's having the skill to calm yourself down when you get upset, to adjust to a change, and to handle frustration without outbursts. And it's a foundational developmental skill!

Teaching self-regulation takes practice and patience. Here are some simple ways to support your kids' self-regulation skills on a daily basis.



1	FRESH AIR		Provide opportunities for outdoor play to let the energy out. Increased heart rate = more blood flow to the brain = more brain power.
2	BUBBLES		Blowing bubbles is a kid-friendly way to practice deep breathing, because to blow them you need to breathe from the belly, at a regular tempo.
3	READ TOGETHER		Reading books about emotions is a great way to discuss all the feelings kids have.
4	LISTEN TO MUSIC		Calm music can help settle kids down. Making up simple, silly songs can also help children remember self-regulation strategies.
5	REST & NUTRITION		Lack of sleep, dehydration, or a hungry tummy can take a toll on anyone's social-emotional skills! Sometimes all a kid needs is a snack or a nap.



Upcoming Events

April 1

Blue Shirt Day: Autism Awareness

April 8

Dress down day for 2\$: Proceeds go towards Grade 6 grad

April 13

Free Easter theme dress down day

April 15 & 18

Holiday

April 21

7PM GB meeting

April 25

7PM: PPO meeting

April 27

Grade color Day

Allain Pelletier: Anti Bullying Presentation for grades 4-6

April 29

Dress down day for 2\$: Proceeds go towards Grade 6 grad

EARTH DAY

Scavenger Hunt

How many Earth Day related items can you find outdoors?
Take a photo when you find each item as proof.
The person with the most points wins! Have fun!

1 points

- ___ Something Green
- ___ Recycle Bin
- ___ Bird
- ___ Flower
- ___ Recycle Symbol

3 points

- ___ Tall Tree
- ___ Worm
- ___ Bee
- ___ Something Round
- ___ Bicycle

5 points

- ___ Butterfly
- ___ Pinecone
- ___ Squirrel
- ___ Animal Footprints
- ___ Person with Eco Bag

10 points

- ___ Litter
- ___ Spider Web
- ___ Feather
- ___ Word "Nature"
- ___ Bird Poop

total points: _____

