

BRES WILDCAT NEWS

Kindness

Responsibility

Self-Control

Greetings families! We as a team here at BRES, have been taking on a mission to shift and coordinate the way we view much of behavior and how to teach about the concept of “self regulation”. The “Zones of Regulation” program is being embraced as an excellent way to first empower children to identify how they are feeling, teach them that we can all control what we do with the behaviors connected to how we feel using “tools” and strategies appropriate for the setting, and then we can shift our feelings/behavior to the “expected” “zone”. We are learning how none of the “zones” are bad, they are all human, but it is what we do with our feelings/behavior that is our responsibility. This program is great for all ages. As of the release of this newsletter, our Pre-K through 5th graders will have all had at least one introduction to this program and the themes. Our guidance department continues to teach the themes of this program within their lessons with the entire school through 8th grade and in the new month, the 6th through 8th graders will have an official “Kick off” to learning the specifics. If you would like to utilize this very clear and easy program with your child or children and within your family as a whole, we are including a helpful video link for how to do this. There are endless resources for gaining additional information if you google “The Zones of Regulation”. This is a perfect time to bring this up with your child and for integrating into your home. We all wish for you healthy and happy functioning in the “Green Zone”.

Warm regards,
Kristin Cameron, Occupational Therapist

<https://www.youtube.com/watch?v=I07xIKoNYEE>

Important Dates

Feb. 15 - Feb. 19

President's Day Feb.15

NO SCHOOL

WINTER BREAK

BRES School Fundraiser

Subject Line: Please help our teachers!

Hello Parents,

I hope your family is safe and healthy! We want to give your child the best education possible, and our teachers need your help. Due to the pandemic and tighter budgets, we need to raise funds for the essential tools our teachers need to help our students succeed.

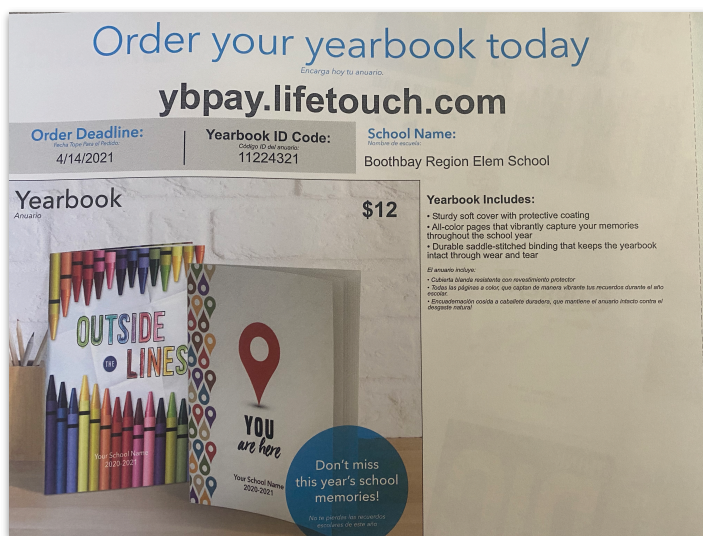
In light of current events, student and staff safety has become our most important issue. That's why we are partnering with a company that specializes in safe, no-contact fundraising. They have helped schools like ours raise more than \$150 million dollars.

This safe and easy fundraiser is 100% online so there is no face-to-face selling, collecting money, or delivering products. Participation only takes 12 minutes, and your child will win fun and exciting prizes. Every student will receive a valuable Wild Republic Hugger or earbuds, just for participating. More prizes will be rewarded when goals are reached. Please help now. It really will make a difference.

Go to <https://www.schoolstore.net/sid.t?50332> to show our valued teachers your support.

Boothbay Region Elementary School


PS: Family participation is the key to our success, and we are counting on you!



**2020-2021
BRES
Yearbooks**

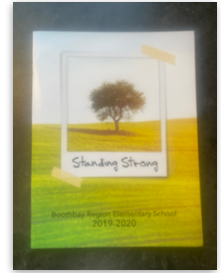
Now available to
order online or with
order forms sent
home with students.

BRES February Lunch Menu

8	Teriyaki Chicken Sandwich Sunbutter & Jelly Sandwich Vegetable, Asst Oranges Milk	9	Chicken & Cheese Nachos Pick-n-Go Sunbutter & Jelly Sandwich Fresh Carrot Sticks Fresh Pears Milk	10	Beef Hotdog Sunbutter & Jelly Sandwich Ham and Cheese Sand Vegetable, Asst Assorted Fruit Milk	11	Fun Fish Nuggets Sunshine Egg Salad Sandwich Sunbutter & Jelly Sandwich Mashed Potatoes Applesauce Milk	12	Assorted Pizza Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk
15	VACATION	16	VACATION	17	VACATION	18	VACATION	19	VACATION
									
22	Egg MCBoothbay Sunbutter & Jelly Sandwich Hash Browns Applesauce Milk	23	Mozzarella Sticks Pick-n-Go Sunbutter & Jelly Sandwich Fresh Carrot Sticks Apple, fresh Milk	24	Grilled Cheese Sunbutter & Jelly Sandwich Ham and Cheese Sand Vegetable, Asst Assorted Fruit Milk	25	Beef Hotdog Sunbutter & Jelly Sandwich Fresh Cucumber Sticks Mixed Berry Cups Milk	26	Bosco Cheese Stick Sunbutter & Jelly Sandwich Vegetable, Asst Assorted Fruit Milk

Menu Subject to change due to availability

This institution is an equal opportunity provider.



2019-2020 BRES Yearbooks

If you did not order one and would like to there are 15 extras in the BRES Office and are \$12 each.



Fifth Graders enjoying a little roller blading in Gym Class.



CREATE A NEW DESIGN FOR WINDJAMMER DAYS!

Do you like drawing? Do you like drawing boats?

Do you like drawing things inspired by the sea?

The Windjammer Days Festival Committee invites Boothbay Region Student Artists to submit a design for this year's official Festival T-shirt. Consider what your hand drawn artwork will look like on a T-Shirt. (Use color but avoid watercolor. Don't use too much white.)

The deadline to submit a design is Wednesday, March 10.

A prize of \$250 will be awarded to the student artist whose design is chosen.



The designs will become the property of Friends of Windjammer Days, a 501c3 organization that hosts the Windjammer Days, and all rights of use must be released to the Friends of Windjammer Days. To be eligible the artist must currently be a student in the Boothbay Region.

To be considered, the artwork must be original. Please submit to:

Friends of Windjammer Days

c/o Rosemary Bourette

PO Box 396

East Boothbay, ME 04544

or

Electronically in JPEG or PDF format, as an attachment, to artistswindjammerdays@gmail.com

Please make sure to include:

Name:

School & Grade:

Email address:

Mailing address:

Phone number.