Back to School at Fay!!!

IT'S ALL GOOD

I LOVE SCHOOL!
Fay is participating in iCAN, a program from the county to support with increasing attendance. They will help us make sure every child succeeds!
What is Fay doing to ensure all students are attending and getting a quality education?

- Daily phone calls
- Text messages
- Home Visits
- At school incentives (spirit days, drench the principal, etc.)

AND WHY WOULD WE DO THIS???
If your child is sick (throwing up, fever): Please call and let us know. We will mark the absence as an illness. Or you can bring them to the nurse, they would love to help!

619-624-2600/jgomez22@sandi.net

If we don’t hear from you, we will do a home visit to see if we can provide any supports!
# Zones of Regulation - Emotional Identification and Using Coping Strategies

<table>
<thead>
<tr>
<th>Zone</th>
<th>Blue</th>
<th>Green</th>
<th>Yellow</th>
<th>Red</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sick</td>
<td>Happy</td>
<td>Frustrated</td>
<td>Mad/Angry</td>
</tr>
<tr>
<td></td>
<td>Sad</td>
<td>Calm</td>
<td>Worried</td>
<td>Mean</td>
</tr>
<tr>
<td></td>
<td>Tired</td>
<td>Feeling</td>
<td>Worried</td>
<td>Yelling</td>
</tr>
<tr>
<td></td>
<td>Bored</td>
<td>Okay</td>
<td>Wiggly</td>
<td>Hitting</td>
</tr>
<tr>
<td></td>
<td>Moving</td>
<td>Focused</td>
<td>Excited</td>
<td>Disgusted</td>
</tr>
<tr>
<td></td>
<td>Slowly</td>
<td>Ready</td>
<td>Loss of</td>
<td>Out of</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to Learn</td>
<td>Some</td>
<td>Control</td>
</tr>
</tbody>
</table>

*Use of the zones can help individuals identify their emotional state and select appropriate coping strategies.*
Practice with your child:

I’m in the ____________zone because I feel ________________.
Everyone has a TOOLBOX:

- Practicing Mindfulness
- Exercising
- Checking in with Feelings
- Reading
- Coloring & Drawing
- Making a Plan
- Talking with Someone
- Practicing Deep Breathing
- Writing in a Journal
- Listening to Music
- Unplugging from Technology
- Using Positive Self-Talk
We are a Leader in Me School!

The 7 Habits of Highly Effective People

1. Be Proactive
2. Begin With The End In Mind
3. Put First Things First
4. Think Win-Win
5. Seek First To Understand, Then To Be Understood
6. Synergize
7. Sharpen The Saw
Community Schools Model
See you on Friday at 8:40 am

In the Auditorium