

Nantucket Intermediate School  
November Family Update  
November 6, 2017

*“SEL (Social Emotional Learning) is the process of developing students' and adults' social and emotional competencies—the knowledge, skills, attitudes, and behaviors that individuals need to make successful choices.” ~ CASEL <http://www.casel.org/>*

This school year, like school years before this one, your children are engaging in guidance lessons focused on social emotional learning. The difference this year is that we are giving this learning a name and students are engaged in this learning at a set time outside of the classroom dedicated time for academic instruction, in addition to our implementation of Responsive Classroom strategies throughout the school day across all settings. Did you know that according to the research, “those who participated in evidence-based SEL programs showed an 11 percentile-point gain in academic achievement compared to students who did not participate in SEL programs. Compared to students who did not participate in SEL programs, students participating in SEL programs also showed improved classroom behavior, an increased ability to manage stress and depression, and better attitudes about themselves, others, and school.” ~ [www.casel.org](http://www.casel.org)

We are very fortunate to have such dedicated guidance staff who are excited about their time with students to focus on developing students' social and emotional competencies in such a robust way! Please join us on November 8th for our NIS Principal's Coffee to meet them and learn more about the learning happening in this area. Also, at the end of this newsletter, you will find more information from Mrs. Hood and Mrs. Rosenberg about one of the curriculums we are using to inform our work. If you are unable to attend the coffee, but have questions, please reach out to Mrs. Hood (grade 3), Mrs. Rosenberg (grades 4 & 5) or us (administration).

Thank you for your continued partnership as we build our NIS school community together!

Respectfully,

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**Next Week's Schedule**

Please refer to the dates below. There is a half day on November 8th which was not noted on the refrigerator calendar. Additionally, there are two no school days.

**Parent/Teacher Conferences**

This Wednesday is our parent teacher day/evening. Conferences will be held anytime between 12:30 and 7:45 PM depending on the individual teacher schedules. If you did not make an appointment with your child's teacher please reach out to them and notify the teacher if you are in need of a translator. All children must be accompanied by an adult while at NIS during conference times. Students are not expected to come to conferences unless the teacher has requested the student attend.

**Nurse Notes - Nancy Small, BSN R.N.**

Please review the following information:

- **School Screenings:** Screenings will begin this month. Third graders will get hearing and vision, four graders will get weight/height, BMI, and vision, and fifth grade will get vision and scoliosis. Scoliosis screenings for the fifth grade will happen in the early spring. If any child does not pass the screening, a notification will be sent to the parents/guardians for follow up with a physician.
- **Lice:** There have been cases of lice reported in third grade. Please check your children and caution them about sharing hats, jacket, etc. Girls with long hair should wear it tied up. For more information on lice and how to treat, please see our school website or call me at x 4107.
- **Physical Exam Reminder for Grade 4:** Please send in a copy of your child's physical exam to the school nurse or have it faxed to 508-228-1249.

**Picture Arrival**

We are expecting student photos to arrive from Hayward next week. These will be sent home with your child. Picture retake day will be on November 15th.

## Important Dates & Parent/Family Engagement Opportunities

Tuesday, November 7th - No School - Professional Development Day for staff

Wednesday, November 8th - Principal's Coffee - Social and Emotional Learning @ 8:00

Wednesday, November 8th - ½ day of school for Parent/Teacher Conferences

Friday, November 10th - No School - Veterans Day observed

Wednesday, November 15th - Picture Retake Day

Thursday, November 16th - NIS School Council Meeting

Wednesday, November 22th - Friday, November 24th - No School - Thanksgiving Break



This year, we are excited to provide classroom-based lessons during the Social Emotional Learning (SEL) blocks for grades 3-5. The *Zones of Regulation* curriculum will be utilized to plan our lessons, in addition to other focus areas such as problem solving, healthy relationships, and leadership. The *Zones* curriculum is geared towards helping students gain skills in emotional regulation, which leads to increased self-control and positive problem solving. The Department of Elementary and Secondary Education (DESE) endorses school-wide SEL programs as research indicates that students who receive SEL programming demonstrate increased academic achievement, more prosocial behaviors, have fewer conduct problems and experience reduced emotional distress. DESE identifies five core skills that are targeted in SEL programs: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. For more information please see DESE's guide to SEL <http://www.doe.mass.edu/candi/SEL/>.

The *Zones of Regulation* is a curriculum designed to help students identify how they are feeling and strategies to help them feel calm and ready to learn. Students will learn about four emotional "zones" that are based on different levels of alertness.

The Blue Zone – low states of alertness or down emotions, such as when one feels sad, tired, sick or bored. In this zone, one's brain and or body is moving slowly or sluggishly.

The Green Zone – neutral emotions and a calm, organized state of alertness. A person may feel happy, focused, content, calm, and ready to learn when in the Green Zone.

The Yellow Zone – heightened sense of alertness. A person has some control when in the Yellow Zone. A person might feel frustrated, anxious, confused, stressed, silly or excited in the Yellow Zone.

The Red Zone- extremely heightened state of alertness. A person might feel angry, elated, terror, or out of control when they are in the Red Zone.

Students will learn that while there are no negative zones, there are certain times when they are “expected” to be in each zone. For example, when you first wake up in the morning it is expected that you would be in the blue zone. When you are listening to a teacher give a lesson, it is expected that you will be in the green zone, however at recess it is expected that you might be a little silly or in the yellow zone. In addition to learning about how to recognize which zone they are in, students will learn strategies to help them become ready to learn when they are not in the green zone. Each student will work on developing an individual “toolbox” of skills that will be most helpful for them.

Lisa Hood  
NES/NIS Guidance Counselor

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NIS Guidance Counselor