

# Ms. Stacey's

# Newsletter

The Week of 10-9-2023

## Important Dates:

No School October 19<sup>th</sup> & 20<sup>th</sup>

## Classroom Reminders

~Please check folders daily

~Tuesday and every other Thursday is our bike days. Please send children to school with closed toed shoes and girls with their hair down so their helmet fits properly.

## Contact Information

Phone: 701-227-3010

Email: [Staceyh@dickinsoncap.org](mailto:Staceyh@dickinsoncap.org)

Remind: Text @shecke to 81010

## What we're learning...

**Monday:** We will be writing in our journals and practicing the letter E.

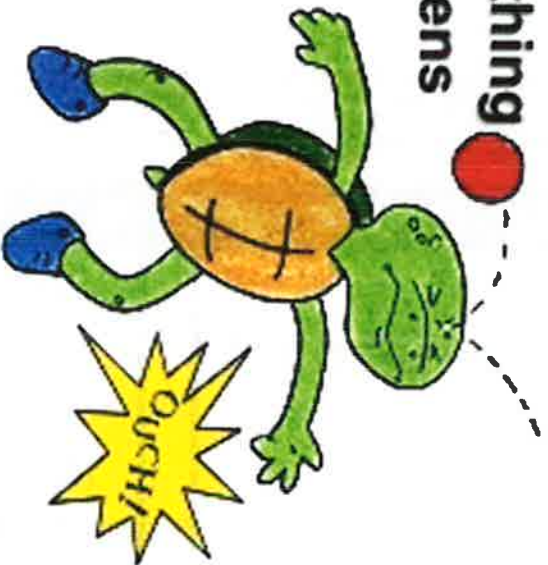
**Tuesday:** We will be learning about measurement. The children will measure items in the room with a fabric measuring tape.

**Wednesday:** We will be learning about our emotions and tools to regulate them.

**Thursday:** We will be making Tucker Turtle to help us regulate our emotions.

# Turtle Technique (CA CSEFFEL)

Something happens



Step 1

**1** Go into your shell. Take 3 deep breaths and think calm thoughts

**2**

**3**



Step 3



Step 2

Stop.  
Think:  
What Am I Feeling?



Come out of shell, express your feelings and think of a solution

Step 4

