



Wendy Wilson, *Principal*

## **John Wetten Elementary**

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December 6, 2018

Dear Parent,

Here at John Wetten Elementary, we strive to help all students succeed academically, socially, and emotionally. When children feel supported with their social and emotional needs, they are better prepared to access academic learning. We believe that teaching clear routines, building strong relationships and providing opportunities for regulation activities are the key to a successful school experience. To help ensure that all students are supported, all classrooms engage in Morning Meetings, a time to build community and teach social skills using the Zones of Regulation and Mind Up social emotional curriculum. Each classroom and Specialist's room is also equipped with a "calming corner", a place for students to practice self-regulation skills.

To assist with teaching self-regulation, we have opened a new social and emotional learning space at JWE. The Skills Learning Center "SLC" is a safe, quiet space where students, who have been identified by their teacher and behavior support team can learn the basic skills of self-regulation. We have found that many of our students benefit from having a space outside of their classroom where they can have some one-on-one time with an adult, practice regulation strategies independently, or simply take a break from the stimulation of their day.

A student having a "built-in break" will come down to the SLC during a low impact academic time in their classroom. They will learn to identify their feelings using The Zones of Regulation curriculum and then will have 15 minutes to choose a quiet, calming activity (deep breathing exercises, sensory tools such as play dough, drawing etc.). to do independently. Mrs. Nelson, the SLC Instructor is there to teach the self-regulation routines, to assist with problem solving and to practice positive habits that will help your child succeed in the classroom.

If you have any questions about our SLC space, your child's access to it, or if you would like to schedule a time to come and visit, please contact Erika Nelson ([nelson@gladstone.k12.or.us](mailto:nelson@gladstone.k12.or.us)), the SLC Instructor, Lori Buchanan ([buchananl@gladstone.k12.or.us](mailto:buchananl@gladstone.k12.or.us)) or Wendy Wilson ([wilsonw@gladstone.k12.or.us](mailto:wilsonw@gladstone.k12.or.us)), Principal. Enclosed, please see additional information about the Zones of Regulation curriculum that we use to help students identify and regulate feelings, as well as a few links to helpful breathing videos that may be useful to practice at home.

Sincerely,

The JWE Social Emotional Team