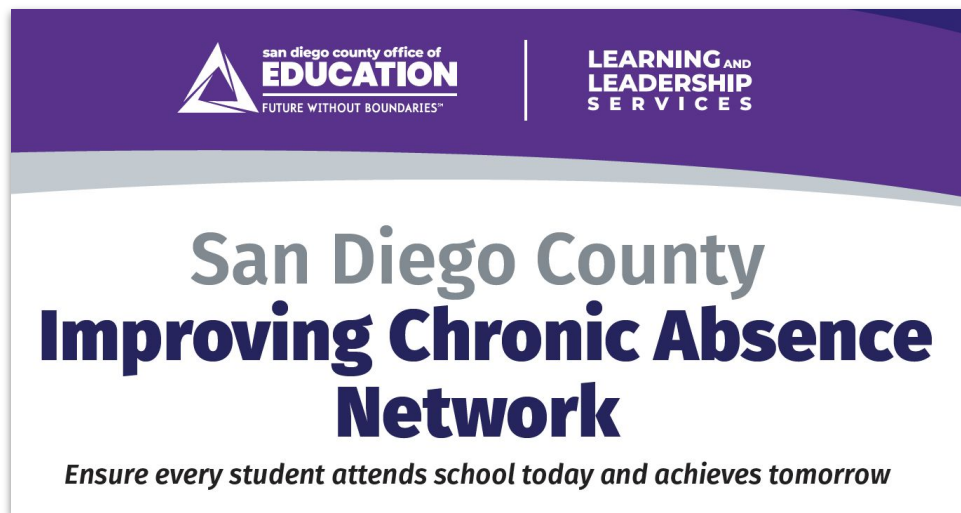


# Back to School at Fay!!!



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

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Practice with your child:

I'm in the \_\_\_\_\_zone  
because I feel \_\_\_\_\_.



# Everyone has a TOOLBOX:



Practicing  
Mindfulness



Exercising



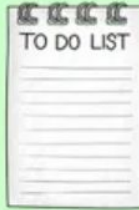
Checking in  
with Feelings



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 **LeaderinMe®** 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