

Barkers Point School

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Jennifer Ward Kim Hawkes
Principal Vice Principal



October 15th, 2018

Dear Parents,

Barkers Point School staff and PSSC is inviting you to an important information session on a new school-wide initiative. This program is titled, **Zones of Regulation** and it supports students in strategies to help them self-regulate. For example: if you are angry you are in the 'red zone', **Zones of Regulation** teaches students techniques to help them get back to the 'green zone' and be ready to learn. Throughout the month of October all classes will be introduced to the four zones – green, blue, yellow and red. They will also be given an opportunity to discuss their own feelings and where each feeling fits in each zone.

The staff recognizes the importance of working with families to support students and for this reason we are including you in this family night. The date of this exciting event is **Wednesday, October 24th at 6 pm**. Mr. Campbell, our school guidance counsellor will be having a short presentation and answering any questions you may have.

The PSSC and Home & School Committee have agreed to provide babysitting so families can attend. In order for us to have the appropriate amount of child-care you are asked to fill out the form below and send it back to your child's teacher by Friday, October 19th.

Sincerely,

Jennifer Ward

I will be attending the Zones of Regulation presentation on Wednesday, October 24th. I have

_____ (#) children who will require childcare during the presentation.

_____ Parent's Signature)

My child(rens) name(s) are: _____

