



SCS Bulletin

Second-Step Lessons for the Week...

Kinder (Lesson 12) -- We Feel Feelings in Our Bodies

- You can use physical clues in your body to identify your feelings.
- All your feelings are natural.
- It is important to talk to a grown-up when you feel worried.

Students will be able to...

- Identify physical clues for feeling worried.
- Identify a grown-up to talk to when they feel worried.

1st Grade (Lesson 12) -- Identifying Our Own Feelings

- You identify your own feelings by physical clues in your body.
- All feelings are natural.

Students will be able to...

- Identify physical clues in their bodies that help them identify their feelings
- Identify grown-ups to talk to about feelings

2nd Grade (Lesson 11) -- Introducing Emotion Management

- When you feel strong feelings, it's hard to think clearly.
- Focusing attention on your body gives you clues about how you're feeling.
- Thinking about your feelings helps the thinking part of your brain get back in control.

Students will be able to...

- Identify physical clues that can help them name their own feelings.

3rd Grade (Lesson 11) -- Introducing Emotion Management

- When you feel strong feelings, it's hard to think clearly.
- Focusing attention on your body gives you clues about how you're feeling.
- Thinking about your feelings helps the thinking part of your brain get back in control.

Students will be able to...

- Identify physical clues that can help them label their own feelings.

4th Grade (Lesson 12) -- Calming Down Anger

- Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences.

Students will be able to...

- Identify situations in which they might need to calm down.
- Demonstrate the technique for deep, centered breathing.
- Identify and demonstrate other Ways to Calm Down.

5th Grade (Lesson 12) -- Managing Frustration

- Frustration can get in the way of learning.
- Managing frustration reduces the chance of doing something you may regret later.

Students will be able to...

- Identify physical signs of frustration.
- Reducing frustration by using the Calming-Down Steps.

6th Grade (Lesson 10) -- What's a Friend?

- Explore the values you want your friends to have.
- Lesson touches on themes of Relationships & Values.*

7th Grade (Lesson 10) -- What Kind of Friend Are You?

- Explore how your values help you be a good friend.
- How your values affect your relationships with friends.

8th Grade (Lesson 10) -- Relationships Change

- Identify ways to cope when friendships change or end.
- Lesson touches on theme of Relationships.*



"...and then they told me what a White Elephant Party was really about. Why was I the last to know?"

Teddy Bear Tea

- Adult \$75.00
- Children (under 12 years) \$50

Reserve your spot by going to: sonomateddybeartea.eventbrite.com or call (707) 935-4232



December 9 - 13, 2019

MON (12-9)

- *RainbowDance: Grades 2&3*
- *Lunchtime Activities from Boys & Girls Club*

6:00p Parent Meeting with Gov Board (MPR) Childcare provided in Playbox.

Community Forum with Gov. Board on the following:

- **BUDGET** -- Review budget goals and prioritize programs/ services as part of the 2020-21 budget dev process.
- **ENROLLMENT** -- Review enrollment trends for school and region. Identify messages and forms of comm / media to promote the school and increase enrollment.
- **FUNDRAISING** -- Plan fundraising efforts designed to save prioritized programs / services.

TUE (12-10)

WED (12-11) Min. Day (1:15pm dismissal)

1:30-3:00p Faculty Meeting (Rm 12)

- Second-Step support team presentation (30 min)
- Targeted Student Improvement Plans based on TRI-1 Performance Data (45 min)
- Staff feedback to Gov. Board related to Community Forum topics (see Dec 9 meeting notes above)

THU (12-12)

3:30-5:00p Staff Holiday Party at Baker & Cook 18812 Hwy 12 (just past Mary's Pizza)

The SCS Team will gather for small bites, drinks, and lots of laughter especially during our **Annual White Elephant Gift Exchange**. Bring a simple wrapped gift and join the fun!

Special thanks to PTO for taking care of the SCS staff in so many way including the hosting of this event!

6:00p ELAC/Padres de Familia (MPR)

FRI (12-13)

- **No P.E.** (Lisa & Mary at Training)
- **9:30a K-8 FAMILIES Activity**

SAT (12-14)

SCS Fundraising Event -- 2:30 to 4:30 p.m.

Teddy Bear Tea at Sonoma Golf Club

- Afternoon Tea elegantly catered by the Fairmont Mission Inn.
- Premium teas, hot cocoa, champagne, savory and sweet fare.
- Every child receives their very own teddy bear to take home.
- Professional pictures with holiday characters.
- Storytime and sing-a-longs.
- Letters to Santa craft station and mailbox