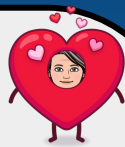


ECDP February Newsletter



A Note about Valentines:



If your child is giving valentines to their classmates, the valentines need to be at school by **Monday Feb 8th** so they can be quarantined before being distributed on **Thursday Feb 11th**.

There are 24 students in ECDP.

Please write only your child's name on the valentines to make it easier to pass them out. Students will need help. Trying to read and match cards to the correct owner is very time consuming and sometimes frustrating for the child. Thank you for your understanding.

February Memory Verse:

We love because He loved us first.
1 John 4:19

Hymns of the month:

[The Love of God](#)
[Praise Him all ye Little Children](#)

Important Dates in February:

Friday 5th: Dress like a Bible Character

Monday 8th: Bring Valentines to school

Thursday 11th: Valentine's Celebrations / Wear Red and Pink Day

Friday 12th: No School - PLF

Monday 15th: No School - Family Day

Friday 19th - Pink Shirt Day (Anti- Bullying)

22nd-26th: No School - Teachers' Convention Week



Our Storyline

Show Respect

Help Others

Include Everyone in God's family

Never stop learning God's word.

Enjoy God's Creation



Watch for info on
Virtual Open Houses
for
ECDP & Kindergarten
in March.

ZONES OF REGULATION - People in the Bible had feelings too!

We have started learning about emotions with our Bible stories and Zones.

“The Zones framework provides strategies to teach students to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. The Zones of Regulation incorporates Social Thinking® concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings and states. “

You will hear your child talking about 4 Zones:

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

For more information click on the image



Contact Information

Send a message on
Remind or Seesaw

Email
jackie.norman@fm-psd.ab.ca
(note the change)

Call the school at
780 743 1079

@FMChristianRoyals -
Facebook

@ChristianFMPSD -
Twitter

@fm_christian_school -
Instagram



Covid 19 Information



Please remember
to do a daily
assessment of
your child's health
before sending
them to school.

