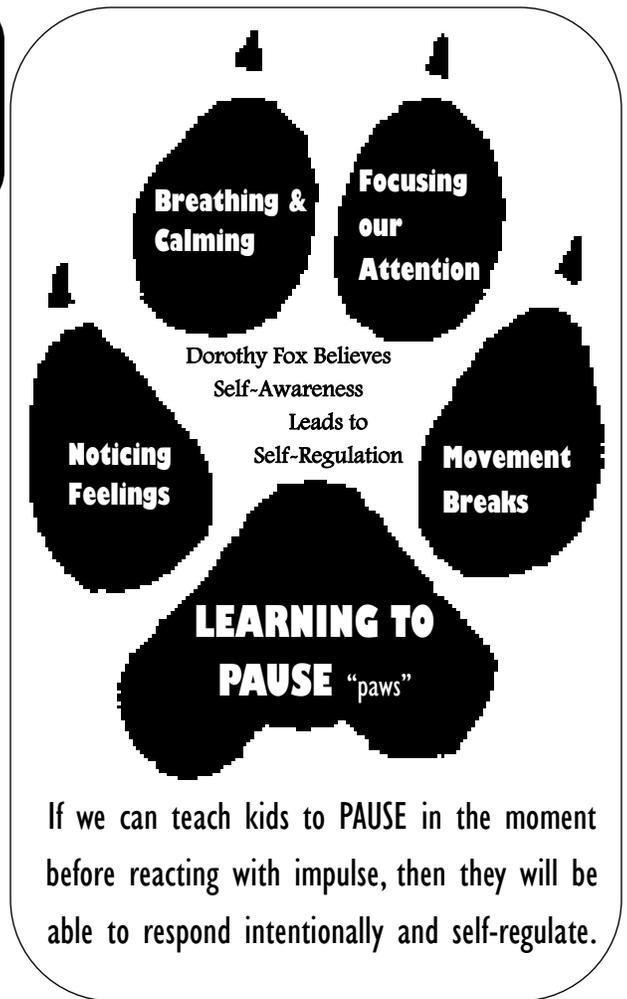


Teaching Fox Students How to Self-Regulate in School & Life

Information & Invitation for Parents

WHY? Experience has shown that key to successful learning is a student's ability to focus in the classroom. The community at Dorothy Fox has noticed an increasing number of learners who struggle to regulate their bodies and emotions. Each year more students are impacted by anxiety and stress. At Fox, more students than ever lack the ability to fully attend due to distraction and/or specific sensory needs.

Our school mission is to ensure that all students learn at high levels. In this effort, the staff at Dorothy Fox have embarked on an increased journey to learn about research-based, school appropriate practices that can help support the whole child.



Menu

Dorothy Fox has a menu of options that we are using to help kids weather big emotions and focus on learning. We want kids to understand the brain and how they can help regulate their feelings and attention in ways that help them be successful students. We use many strategies to help students PAUSE before they respond.

We invite Fox parents to learn about the Self-Regulation Practices we are teaching and practicing with students.

save the date!

We are having a Social/Emotional Wellness Info. Night on January 23rd.

A menu of the Social and Emotional (SEL) learning supports that Dorothy Fox teachers are electing to incorporate in their classrooms include:

- ◆ Class Meetings and Daily Check In's to Identifying Feelings and Share with Classmates
- ◆ Taking Deep Breathes
- ◆ Movement and "Brain" Breaks
- ◆ Focusing Attention with Mindful Listening, Mindful Breathing, Mindful Seeing, Mindful Bodies.
- ◆ Soft Start Transitions and Calming Corner Spaces in Classrooms

Dorothy Fox will be modeling and highlighting what these practices look and sound like on January 23rd.

Dorothy Fox Supports for Social/Emotional Wellness



Second Step Lessons for students K-5

It has been the ongoing belief in Camas that elementary school is an ideal time to nurture social-emotional competence and develop foundational learning skills. Camas has been implementing the 2nd Step Curriculum with our elementary counselors for many years.

Evidence-based Second Step has been shown to decrease problem behaviors, and it is designed to promote school success, self-regulation, and a sense of safety and support.

Addressing Sensory Needs



Dorothy Fox has done a lot to help staff identify and understand student sensory needs. Fox helps kids who get overwhelmed and distracted through taking “Brain Breaks” in various ways. All students are taught to notice their own learning needs and reach for headphones, fidgets, wiggle seats, and other simple tools to help students attend and be focused.

Take 5 Breathing

Hold out your hand like a star
Pretend your pointer finger (other hand) is a special pencil
Trace up and down your fingers
Breathe in as you go up
Breathe out as you go down



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At Fox we “TAKE 5”. You can try it at home to PAUSE.

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Mindfulness Practices



Mindfulness is a research-based practice that has shown positive outcomes of improved academic task completion, heightened attention, expanded social skills, improved self-efficacy, increased persistence, and decreased anxiety.

Dorothy Fox defines Mindfulness as “the quality of paying attention in an open, balanced and curious way..” We believe that paying attention to sensations and feelings in the present moment without getting carried away by them will help students to be more successful.

The Mindfulness research and practice to which Dorothy Fox subscribes is grounded in neuroscience. 30+ years of research with adults have proven the benefits. Emerging research with children offers compelling evidence to support using mindfulness in education. Some teachers are using Mindfulness Moments in their classroom to start the day, calm a busy class, and to help transition students to be ready for learning. Mindfulness Moments at Fox are about noticing yourself and your surroundings.

Mindfulness Lessons for students in grades 1-3

At Dorothy Fox, we recruited Mr. Hunley to serve as a Mindfulness



coach and staff leader three years ago. He was selected to receive extra training because he has some extra time in his schedule and we had students with great need for additional self-regulation support. For 2 years, he focused on the intervention of a handful of students utilizing a curriculum called MindUp. This year, he has a focus on teaching lessons from the Mindful Schools Program in all classes in grades one through three

Teaching Kids to Identify Feelings and have Empathy for Others

Our newest practice has been helping students to identify their emotions. We are currently exploring a more common approach Fox could use to help students to identify and put language to their feelings. Stay tuned.