



SOAR to new heights at Botelle School ~ Show self-control, Offer kindness & respect, Achieve your goals & be Ready to learn!

January 19, 2024 Newsletter

IMPORTANT DATES



1/26	Cultural Event - Mindfulness Assembly - 1:45-2:30
2/5	PTO Meeting - Cafeteria
2/6	Board of Education Meeting - 6:00PM - Room #211
2/13	Hour with Administrators - 12:00 - 1:00 @Berkshire Country Store
2/13	Hour with Administrators - 5:30 - 6:30 @Botelle
2/16	Early Dismissal - 1:00PM - Teacher PD
2/19	No School - Presidents' Day
2/20	Board of Education Meeting - 6:00PM - Room #211
2/23	Roaring Brook Nature Center - here - presentations in classrooms

FAMILY GAME NIGHT

The Norfolk HUB presents Community Board Game Day. Set aside your high-tech gadgets and come play games at the HUB on Saturday, January 27th from 2:00pm - 4:00pm. Bring your family and friends. Kids under 10 years old need to be accompanied by an adult.

NORFOLK LIBRARY PROGRAM

Celebrate the Norfolk Associates

Everyone is invited to a Party at the Norfolk Library on January 20th from 5 - 7pm to celebrate 50 years for the Library Associates. Dancing music and wonderful food!

Bagpipe Concert

Please join us for an evening of Scottish Music and Merriment with Andrew Thomson and Kenny Storrs on Saturday January 27th 4 - 5pm. This is part of the Robert Burns weekend in town.

Corner Club

On Wednesday, January 31, please take the bus to the Norfolk Library to visit with the Sharon Audubon and their ANIMAL MENAGERIE program. Children need a slip to take the bus and must be picked up by 4:45pm.

AFTER SCHOOL PROGRAMS SURVEY

Please complete the survey about after school programs. Or you can email Mrs. Valentino valentinol@botelleschool.org with a yes or no. Thank you!

PRINCIPAL'S CORNER

January is Mental Health Awareness Month. One of the ways we support our students' emotional well-being is by using the RULER approach. Emotions matter. They impact learning and behavior and this idea is the foundation of the RULER approach. The RULER acronym reminds us of the skills needed to Recognize, Understand, Label, Express and Regulate our emotions. These skills increase emotional intelligence.

Our teachers and school based mental health professionals teach students strategies to develop these skills. As students mature, they learn sophisticated words like serene, disheartened, livid and ecstatic to help them accurately identify their emotions. They also learn the RULER tools: the Charter, Mood Meter, and Meta-Moment. These strategies, tools and vocabulary, taught throughout the grades, develop greater emotional intelligence. At Northwestern, the learning continues. They too use the RULER approach with their students.

Our School Charter was created collaboratively with our students, families and staff. It identifies the way we deserve to feel when we are at school. It reads, "At Botelle School we deserve to feel... Happy, Safe, Welcomed, Confident, Excited and Loved!" Liam Carrigan, a graduate of Botelle and current Northwestern student, recently completed his capstone project. He made us a beautiful wooden plaque with our School Charter etched on it. It now hangs outside the main office.

During Mental Health Awareness Month, students are learning strategies to practice mindfulness. Being mindful can help us feel the emotions in our School Charter. Students are learning to take a Meta-Moment to respond instead of reacting when they have a strong emotion. They learn to

1. Sense - Notice a change in the body or mind
2. Pause - Wait. Breathe to think more clearly
3. See Your Best Self - Imagine your best self in the situation
4. Strategize & Act - Think of a strategy and try it

Students will also attend an assembly later this month, with Crystal from Be Well Community Yoga in North Canaan. Crystal will lead students and staff in an immersive, whole body listening mediation designed to nurture the mind and body. This meditation, called a sound bath, is used to teach and practice mindfulness using singing bowls, rain sticks, gongs, percussions, and chimes. In February, they will return to do yoga lessons with each class. Another community member from neighboring Colebrook, Peg Nelligan, is visiting Botelle with her therapy dog, Bonnie. Peg is a retired Northwestern educator and our students are so fortunate she and Bonnie will be here weekly. Bonnie and Peg will definitely help our students and staff feel excited and loved!

Our theme this year is Celebrating All - Creating Community. Join me in taking a mindful moment to celebrate the community we are so fortunate to be a part of. Thank you for all you do at home to support our students in feeling Happy, Safe, Welcomed, Confident, Excited and Loved at school.