



Hello Meadowbrook Families,

I hope you had a fun-filled and relaxing summer. We are off to a great start this school year and it looks like everyone is ready to learn.

We would like to welcome Carol Flanary to Meadowbrook School this year. She is coming to us through a DPI grant and is a licensed professional counselor. Carol will be at Meadowbrook on Tuesdays and will be in other Waukesha Schools the rest of the week. Her role in the schools this year will be to be as a resource to classroom teachers and parents. I have contact information available for Carol if you are looking for community or mental health resources. She will also have some availability before and after school if you would like to talk with her.

This year our kindergarders and 4K students are learning about the Zones of Regulation. Fourth grade students are also talking about the Zones. Students are learning that if they are in the green zone they are calm and ready to learn. A student in the blue zone may be feeling sick, sad, or tired and may need to try a strategy like taking a break or getting a drink. If a student is in the yellow zone, they may feel silly or worried and have some difficulty focusing. A student in the red zone may feel angry or out of control and we will be talking about strategies for yellow/red such as taking deep breaths, taking a break, or finding an adult. You can model this at home by asking a student what zone they are in. If they are not in green, you may ask what strategy they can use to get back in the green zone. It's important to remember that having different feelings are ok, but we need to have strategies so that we can make good choices.

Let's make this school year a great one.

Carrie Gahan  
School Psychologist