



September 2020 Newsletter

Hello Meadowbrook Families,

For those of you who do not know me, I am the School Psychologist here at Meadowbrook School. This is my third year at Meadowbrook and I have been impressed with how the students have adapted to the many changes this school year. I continue to be at Meadowbrook every day and you can reach me by email (cgagan@waukesha.k12.wi.us) or at 262-970-4101. I will continue to work with students and families and may be involved in testing or evaluations. I will also be in the kindergarten classrooms weekly to discuss SEL topics.

Carrie Gahan
School Psychologist

SEL Resources

SEL stands for Social and Emotional Learning. This year I will be in the kindergarten classroom once a week to talk about Social-emotional learning. We will begin the year talking about the Zones of Regulation. Current first and second grade students have already been introduced to the Zones of Regulation. When students 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. It's important for students to recognize when they need a strategy, but this may take some guidance from adults when they are first learning.

This year I created a virtual calming corner that students can use. Meadowbrook staff continue to help students find strategies that they may need. Below is a link to the calming corner that I created. Click on the objects to show links that students may use to calm their minds and bodies.

[Mrs. Gahan's Virtual Calming Corner](#)

MAP

- MAP testing will be happening from September 21st through October 9th. Since the students were not able to take MAP tests in the Spring, it will be administered at school in the Fall Winter and Spring this year.
- Make sure you look for information from your teachers regarding when your children will be taking the test.

Christmas Clearing Council

Christmas Clearing Council is an organization that helps families in need with Christmas gifts for their children at Christmas time. They do have criteria that must be met to be eligible and that can be found on the link below.

This year will look a little different for those of you completing these forms. I will not be providing these forms to families and they will all be online. You can access them through the following link;

[Christmas Clearing Council Form](#)

The form must be completed by November 16th at 11:59 pm, but the sooner they can be completed the better. They are taking online applications through November 16th. If there is a change to the form, also be sure to let them know. If you have qualified for this in the last 2 years and your information is the same, you will continue to be eligible. Please let me know if you have any questions or you may also email sarah.hein@christmasclearingcouncil.org.