



# Marley Messenger

March 2022

Marley Elementary School  
715 Cooper Road  
Glen Burnie, MD 21060

## Important Dates to Remember:

### March 7th

2 hour Late Arrival  
Parent Teacher Con-  
ferences \*No AM PK

### March 8th

2 hour Early Dismissal  
Parent Teacher  
Conferences \*No PM  
PK

### March 30th

2 hour Early Dismissal  
Project Unity  
Day/Staff Profes-  
sional Development  
\*No PM PK

Dear Marley Elementary Families,

March is here and we are about halfway through the third marking period! The month of March often brings about a change in weather and a renewal as Spring is right around the corner. I look forward to all the possibilities a new month brings!

March 7th and March 8th are scheduled parent teacher conference days. Classroom teachers will be reaching out to select students' families to schedule conferences with some families. If you would like a conference, please reach out to your child's classroom teacher.

The year continues to progress, and we continue to see our students make strides. Students, teachers, and staff are committed each day to doing our collective best so that students learn at the highest level. Part of this collective effort of course includes our families and community. I thank you for your support of our efforts throughout this school year and in previous years. I am reaching out now to request your assistance and support in our effort to practice authentic kindness toward members of our school community.

In recent weeks there has been an increase in unkind words and actions by our students. These actions include students making threatening statements towards their classmates and peers and physical contact mainly during more unstructured periods such as recess. These behaviors do not contribute to our school-wide expectations of being respectful, responsible, and safe. These behaviors adversely affect our school community. Our students are the best and we want them to display excellence consistently. Kindness matters.

We acknowledge that everyone experiences a range of emotions. It is ok to be frustrated or angry. However, the individual's response to these emotions should be appropriate. Students at Marley Elementary are taught through the Second Step curriculum, Zones of Regulation lessons, and guidance lessons skills and strategies that should be utilized when students are experiencing strong emotions. These lessons also assist students in identifying and stating their emotions. These skills are life skills that will benefit students throughout their lives.

Starting this month, we will be sharing with families The Marley Elementary Social Emotional Newsletter. The newsletter is one page and includes resources that families can utilize at home to reinforce managing emotions. It also includes an overview of Zones of Regulation and the feelings associated with each zone blue, green, yellow, or red.

I thank you for your partnership. I am certain that working together we can encourage, promote, and foster a respectful, responsible, and safe school environment.

Educationally Yours,

Tamara Kelly-Molock

Principal

Erin Brady

Assistant Principal





# Marley Mustangs are: Respectful, Responsible and Safe

## Dear Marley Mustangs Families,

Our school community will be focusing on kindness, respect, and understanding emotions for the second semester. When our community practices these skills our students feel safe and can focus on learning. Our ultimate goal is for our students to become better citizens. Please partner with us to work towards making our school community a welcoming and kind place to learn and grow.

## Student Expectations

**Move like a Mustang in 2022**  
Be Respectful, Responsible and Safe

<b>LISTEN</b>	<b>USE TOOLS APPROPRIATELY</b>	Follow Directions and Routines
<b>BE KIND</b>		CREATE a POSITIVE LEARNING SPACE
<b>GIVE YOUR BEST</b>	<b>COMPLETE YOUR WORK</b>	Help our school be Clean and Healthy

## At Home Read Alouds

**Read it:** Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

**Chat about it:** Have you ever woken up and knew it was going to be a bad day? How do you think Alex can make his day better? Why are some day like this?

**Experience It:** Write a letter to Alex giving him advice about what to do on a bad day.

**Read it:** When Sophie Gets Angry by Molly Bang

**Chat about it:** What makes you feel angry? What do you do when you feel angry? How does Sophie calm herself down? What are some other ways to deal with anger?

**Experience it:** Write positive words. Think of words you can say to yourself when you are upset.

# The ZONES of Regulation

Self-regulation can go by many names, such as self-control, self management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the classroom. Our goal is to teach students to recognize and communicate their feelings throughout the school day. Using skills for each zone will allow them to be ready to learn.

## The ZONES of Regulation

			
<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> overjoyed/Elated Panicked Angry Terrified

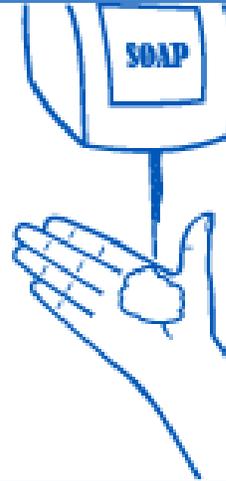


# Wash Your Hands

**Wet  
hands**



**Apply  
soap**



**Wash  
for 20  
seconds**



**Rinse  
well**



**Dry  
hands**



**Turn  
off tap  
with  
towel**

