



Quigley Elementary Quasars

November 2017

Growth Mindset: The Power of Yet

You may have heard about a concept sweeping both the education and business world – growth mindset. Carol Dweck, a professor at Stanford, analyzed brain research and developed the concept that human intelligence can be developed and grown; that it is not a fixed quantity. People with a growth mindset believe that through effort and perseverance they can improve and grow. They believe that learning can only occur by trying our best, making mistakes, and trying again. The opposite of a growth mindset is a fixed mindset which suggests people are born with a certain level of intelligence and there is very little a person can do to change that, therefore there is no point in trying harder or trying again if mistakes are made. The power of yet exemplifies a growth mindset way of thinking: I can't do this...yet; I'm not good at this...yet; I don't understand...yet. We are embracing a growth mindset with our students at QGE and will continue this way of thinking over the course of the school year, particularly around how we learn mathematics. Stay tuned for strategies and more information on this significant shift.



The Zones of Regulation

We formally introduced the concept of zones of regulation to students in October. The zones of regulation is a concept developed by Leah Kuypers that recognizes that we have a wide range of emotions – all of which are healthy and important to human development. The idea is for students to recognize their emotional state and to regulate their behaviour in these various states to achieve a level of alertness. The different emotions are divided into four zones: blue for sad, sick, tired, bored; green for happy, calm, focused; yellow for frustrated, worried, silly, anxious, excited; and red for angry, mean, yelling, or out of control. There are many different strategies students can use to regulate their behaviour when they are conscious of their emotional state. It is a simple, but highly effective concept that we will continue to explore throughout the school year. Ask your child what zone they are in! What zone are you in?

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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QGE Classroom Expectations

We reintroduced and revised our Quigley Behaviour Matrix to all students at our last assembly. One of the columns on the matrix examines expected behaviours in the classroom. They include listening actively, using your best effort, remembering the 'yet' concept, being prepared to learn, and staying in the green zone. With regards to respecting others it includes using the appropriate volume, saying and doing nice things, and cooperating with others. With regards to respecting the environment it includes cleaning up your area, putting supplies in the proper place, putting away your chair, and being a helper to keep the class clean and organized.

PAC Meeting

Our next scheduled PAC meeting is Tuesday, November 7th at 6:30 pm. We hope to see you there.

Family Active Night

The City of Kelowna Active Living and Culture team in partnership with School District 23 – Central Okanagan is proud to host a 'Family Active Night' at Quigley Elementary on Friday, November 17th from

6:30 – 8:30 pm. There will be floor hockey and a variety of other activities and games. All children must be accompanied by an adult. It is going to be a fun evening!

Halloween Fun at Quigley

It was amazing to see so many students, staff and parents dressed up in costumes for our Halloween Parade. Many classes carved pumpkins in the morning and then filled the gym in the afternoon as a scary way to end our parade. Thanks to everyone for bringing a little 'spirit' to Quigley.



Fall Craft Fair

Our PAC is sponsoring a Fall Craft Fair on Saturday, November 25th from 9:00 am – 2:00 pm. Tables are now available for anyone who would like to sell their wares. Please drop a cheque for \$25.00, made out to Quigley Elementary PAC to reserve a table at the Fair. Space is limited. We hope to see all families at the Fair on November 25th – it is a great time to do some unique Christmas shopping.

Winter Family Gathering Traditional Pow Wow

The Lake Country Native Association invites you to the 23rd Annual Winter Family Gathering Traditional Pow Wow on November 18th at the Winfield Memorial Hall from Noon to 7:00 pm.

Salvation Army Sharing Christmas Family Food and Toy Program

If your family would like assistance with food and/or toys this Christmas, the Salvation Army invites you to make an appointment so they can share Christmas with you. Call 250-765-3450 to book an appointment.

Together we can create exceptional learning environments for our students.

Des Sjoquist
Principal

Important Dates

Tuesday, November 7 – PAC Meeting @6:30 pm

November 8 – 10 – Scholastic Book Fair

Friday, November 10 – Remembrance Day Assembly @10:30 am

Monday, November 13 – No School for Remembrance Day

Friday, November 17 – Family Active Night 6:30 – 8:30 pm

Saturday, November 25 – Craft Fair at QGE