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Good Afternoon Manordale Families,

Welcome to another exciting week with our wonderful students! We've had a fantastic start to the school year, and our students are settling into their routines beautifully. This week, we're focusing on a key part of our social-emotional learning curriculum: the Zones of Regulation.

Students are learning that our feelings can be in different "zones." When we learn to identify what zone we are in, we can better understand our feelings and learn what we need to get back to a calm, focused state. This is a crucial skill for both learning and life, and we want to share this "wolf pack" version of this with you.

Zone of Regulation



Blue Zone



Green Zone



Yellow Zone



Red Zone

The Zones of Regulation: A Wolf Pack's Feelings

- **The Blue Zone: The Sleepy Wolf** This is the zone where a wolf feels tired, sad, sick, or bored. When a wolf is in the Blue Zone, they might move slowly, yawn, or feel like taking a nap. They are not ready to play or learn and need to find a way to get their energy back.
- **The Green Zone: The Calm Wolf** This is the ideal zone for a wolf! A wolf in the Green Zone is happy, calm, focused, and ready to learn. They are in a good state of mind, their ears are perked up, and they are ready to listen and participate with their pack.
- **The Yellow Zone: The Wobbly Wolf** In this zone, a wolf's feelings start to get a little big. A wolf in the Yellow Zone might feel worried, frustrated, excited, or a little nervous. They might be a bit wiggly or have a hard time focusing. They need to find a way to get back to the Green Zone before they lose control.
- **The Red Zone: The Alpha Wolf** When a wolf is in the Red Zone, their feelings have taken over! A wolf in the Red Zone might feel angry, out of control, or overwhelmed. They might want to stomp their paws, howl, or run around. This is a powerful zone that needs a calm space and strategies to help them get back to their pack.









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We will be working with students to help them recognize their own zones and develop strategies to help them return to the "Green Zone" (the calm, ready-to-learn state). We encourage you to use this language at home to help your child better understand their emotions. Ask them, "What zone are you in?" or "What do you need to get back to the Green Zone?" If you wish a copy of our "Zones @ Manordale" chart (below) please let us know.

Thank you for your continued partnership in your child's education. We look forward to another great week of learning and growing with our Manordale Wolf Pack!

Sincerely,

Lisa Langill and Christol Barrett- Proud Administration Team @ Manordale PS

Blue	Green	Yellow	Red
			
			
Sick, sad, tired, bored	Happy, calm, good to go, focused, ready to learn	Frustrated, worried, silly/wiggly, anxious, excited	Angry, mad, mean, out of control, yelling, hitting, I need time and space
Stretch, go for a walk, drink water, speak to someone I trust, think happy thoughts	I am feeling good, I can help a friend, I can try new things, I can play and learn, I can practice calming strategies	Fidget object, count to 20, breathing practice, take big breaths, squeeze something, draw/write or talk about it	Be safe, talk to someone I trust, ask for a break, use my PAWS, walk away, STOP what I am doing, get help

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Staff:

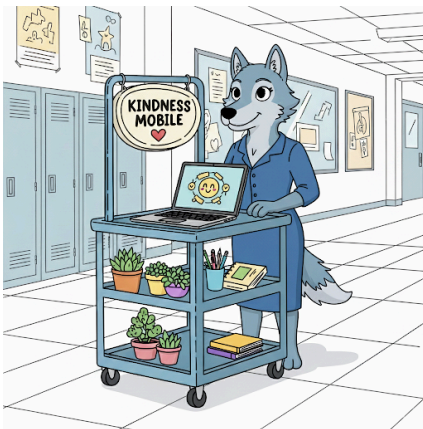
We want to extend a heartfelt Manordale Wolves welcome to Ms. Ana, who is joining our team as an ECE in Kinder A, Alligators. Last week, we had the privilege of learning all about the great opportunities Ms. Ana will bring to our school and Kindergarten program and we are thrilled that she accepted, with high enthusiasm, our offer to have her fill the ECE full year term position and join our amazing Wolf pack. Welcome, Ms. Ana! Ms. Ana's first day will be Monday, September 15 and she will also support leading the after school extended day program.

Gold Dustpan Award!

Congratulations to R1, the lucky winner of this week's **Gold Dustpan Award**! Every week, our amazing afternoon and evening custodian, Ms. Nikki, carefully observes all the classrooms to decide who has kept their space the cleanest. As a special surprise, she leaves the Golden Dustpan in the winning classroom overnight on Thursday, so the students discover it as soon as they arrive on Friday morning!



Administration Mobile Offices: Kindness Mobiles



Our "mobile offices" are out and about in the hallways! These offices are carts equipped with our laptops, allowing us to easily move from our main office to different areas of the school. This approach enables us to "park" in classrooms to work and assist, and to be more present in the hallways throughout the day. Our goal is to be more accessible, offering immediate support to both students and staff. We look forward to engaging with the learning happening in our classrooms and to being more a part of the day-to-day life of our incredible Manordale Wolf Pack.

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Wolf Soccer this week:

Thank you to everyone who came out for soccer tryouts! We are so proud of all our wolves for their effort and sportsmanship.

This year, Ms. Rachel is coaching our soccer teams. She has had a tough time making her decisions for both the boys' and girls' teams because so many students showed off their amazing skills- our wolves have talent! The boys' soccer team has been decided, and the girls' team will be announced on Monday.



The soccer tournament will be held in October. Students in Grades 4-6, please listen to the announcements this week for more information.

Conflict Resolution At Manordale:

At Manordale, we use our PAWS when upset or in a challenging situation. Please partner with us and use it at home as well. We are teaching our students that it is okay to be upset, but it is never okay to say something mean (either verbally or in writing) or physically harm another person. By using our PAWS we teach our students how to appropriately resolve a situation. PAWS stands for:



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School Arrival and Kiss and Ride Procedure:



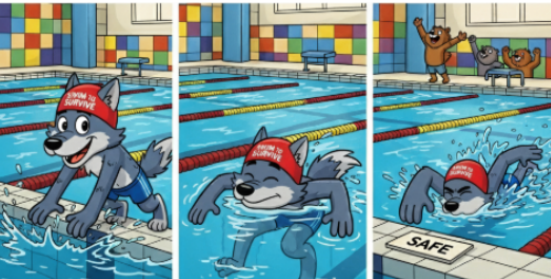
Our city councillor was highly impressed with our school and newly implemented Kiss and Ride zone when he came out to observe last week. With his support, we are looking into new signage for our Kiss and Ride zone. Please remember that parking is not allowed in the area from the bench to the bus loading zone during morning drop-off. We ask all families to respect this zone to keep our mornings running smoothly.

Roots of Empathy coming to Manordale! A baby wolf.... Oh my!

This fall, our Grade R3/4 class will be part of the **Roots of Empathy** program, an initiative designed to build empathy in young people. The program centers around a baby and their parent who visit the classroom throughout the school year. Our students will observe the baby's growth and development, asking questions and learning about the baby's feelings- connection to zones of regulation! Through these interactions, students will begin to identify and understand emotions in others, as well as in themselves. We are excited to guide our R3/4 class on this journey to become more compassionate and caring individuals.



Grade 3 Swim to Survive- Coming 2026! [LINK](#)



Manordale is thrilled to announce that our Grade 3 students will be participating in the **Swim to Survive** program throughout April, May, and June 2026. Swim to Survive is a Lifesaving Society program that teaches the essential skills needed to survive an unexpected fall into deep water. This free hands-on program will empower our students with the confidence and knowledge to handle a water emergency, making them more "water smart." 💧

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October 9- Meet the Educator Night



We're excited to invite you to our Meet the Educator Night on October 9 from 4:00 PM to 6:00 PM. This is a fantastic opportunity to connect with your child's educators and learn more about our school community. From 4:00 PM to 5:15 PM, you are invited to visit classrooms and speak with staff. At 5:15 PM, we ask all families to join us in the gym for a brief presentation on "Everything Manordale." The evening will conclude at 6:00 PM.

In addition to meeting our school staff, several community organizations will have tables set up to share information about the programs and resources available right here in the Manordale community. Our Multicultural Liaison Officer (MLO), Wejdan Osman, will also be there to meet with families. We can't wait to see you at this very special event.

Terry Fox Run Event- October 10

This year, the Terry Fox Run will take place on October 10 9:30 a.m. to 10:30 a.m., organized by Ms. McCauley. Our school's participation is a powerful way for our students to show their commitment to helping others and understanding Terry Fox's incredible legacy. Every dollar raised goes directly towards cancer research, bringing us one step closer to a cure. Let's show our Manordale wolf pack spirit and run with purpose, just like Terry! More information on donations to be shared shortly.



Inclusionary Hub!- IEPS and Tiered Approach

This year, we will continue to use the Tiered Approach to support student learning. This framework, used by the OCDSB, helps us to provide a continuum of supports based on a student's individual needs.

- Tier 1 involves high-quality, whole-class instruction.
- Tier 2 provides targeted, small-group support for students who need it.
- Tier 3 offers the most intensive support, which includes a highly individualized approach, often documented in an Individual Education Plan (IEP).

An IEP is a written plan designed and developed collaboratively with parents, staff, and students (when appropriate) to address a student's specific learning goals. The IEPs for Term 1 will be sent home on October 14, and we will be consulting with parents shortly to ensure your input is included in this important process. To know more, please visit the OCDSB site and review the "IEP Guide" [IEP GUIDE](#).

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Reminder: School Council is Tomorrow evening

School Council Elections are taking place tomorrow evening virtually. Our first council meeting will take place during this meeting with elections being held at approximately 7:30 p.m. The meeting begins at 7:00 p.m. If you wish to nominate yourself, or nominate someone else, please fill out the form attached and drop it off in the main office.

Community News to Share:

Manordale family and friends! Registration for Scouts is open for 2026. Register now and you are free to join us for our fall program. Our group (8th Nepean) meets in the Nepean area - at St. John the Apostle and surrounding parks and hiking trails. Come join us for some fun-filled evenings learning about the outdoors or hiking through Beaver Trail.

In particular we have lots of space for Beavers (SK - Gr 2). Boys and girls are welcome! Look for the 8th Nepean Scout group to sign up on [MyScouts.ca](https://myscouts.ca).



Student Accident Insurance:

Creating a caring and safe environment for our students is our top priority. Unfortunately, despite all reasonable precautions being taken, accidents can still happen. Some injuries may result in medical, dental or other expenses that are not covered by provincial health care or employer group plans and caregivers become responsible for these expenses.

The OCDSB does not provide student accident insurance and encourages all caregivers to consider purchasing accident insurance or student accident insurance for incidents that may not be covered by the Ontario Health Insurance Plan (OHIP) or any additional medical plans they have.

Student accident insurance is available for purchase, on a voluntary basis. Caregivers may apply online at insuremykids.com or call 1-800-463-5437. The accident insurance coverage options range from \$17.00/year to \$33.00/year. All plans provide 24/7 coverage and a variety of important accident benefits (benefit limits differ based on plan selected). If you have any questions, please call **Jones DesLauriers Ottawa (formerly Binks Insurance Brokers)** directly at 613-226-1350.

