

## A note from Dr. Stacy Dobbs, our principal

As we transition from the colorful tapestry of autumn into the brisk days ahead, it is a great time to reflect on the growth and achievement of our students.

I want to thank all of the parents and families that attended our parent-teacher conferences last week! During the conferences, teachers shared and discussed our students' fall internal test scores, how our students set specific goals for improvement and growth in both English Language Arts and Math, and how we use the Mood Meter and Cheetah tickets to support our students' social-emotional learning.

In this issue, we are sharing what a Mood Meter is. It is my hope that understanding the resources we use during the school day will provide you with a better understanding of how we support our students. Students are doing an EXCELLENT job using the Mood Meter and our Peace Spaces in order to manage and regulate their feelings and emotions when needed. We believe that our students are leaders, and that given the opportunity to *(continued on page 2)*



## THIRD-GRADE ENGINEERS BUILD, BUILD, BUILD!

Volunteers from Regeneron visited our third-grade classes on Oct. 26 to complete two fun and fascinating science and engineering activities.

Students' first activity involved electromagnetics. Students wound wire around a bolt, connected either end of the wire to the battery ends, then tested to see if their device could pick up paper clips. They explored how many paper clips they could pick up and if there were any differences between coated paper clips and uncoated paper clips. They also discovered what happened if they use a steel bolt vs. an iron nail.

The second activity was tower-building. Students used

marshmallows, toothpicks, gumdrops and spaghetti to build a tower and test structural soundness. Students shook their towers after building to see what holds up and whether or not using different materials makes a structure sturdier. They then built multiple smaller towers in teams to be able to test the

"natural hazard" of shaking, which simulated an earthquake.

Students absolutely loved exploring these STEM (Science, Technology, Engineering and Math) activities, and we are looking forward to future STEM explorations and builds!



# 'RULER' HELPS KIDS MANAGE EMOTIONS

Delaware Community School is helping students effectively communicate their emotions using "RULER" — Recognizing, Understanding, Labeling, Expressing and Regulating.

Part of RULER instruction involves using a tool called "Mood Meter" to help students recognize and understand their own and other peoples' emotions.

Here's how it works. The Mood Meter is divided into four color quadrants – red, blue, green, and yellow – each representing a different set of feelings.

Students learn to recognize their emotions by pointing to the feeling that matches how they are feeling at any given moment. This act of self-reflection allows students to recognize and discuss the emotions influencing their behavior.

*Hang the attached "Mood Meter" on your refrigerator at home and encourage your child to use it!*

The **RED** quadrant is unpleasant, high energy. "When I am running late, this makes me anxious, and sometimes obstacles or people in my way make me furious." Feelings like nervousness, rage, frustration, anger and fear are in the red quadrant.

The **BLUE** quadrant is unpleasant, low energy. "When I spend extra time with a student preparing for an exam that he or she still fails, I feel disappointed." Feelings like sadness, discouragement, devastation and loneliness are in the blue quadrant.

The **YELLOW** quadrant is pleasant, high energy. "When our city's football team made it to the Super Bowl last year, everyone was elated, jumping up and down and cheering." Feelings like joy, excitement, empowerment and jubilation are in the yellow quadrant.

The **GREEN** quadrant is pleasant, low energy. "Last year after I returned from a surgery, I found a card on my desk with thoughtful messages from my students. When I read through them, I felt content and at ease." Feelings like calm, relaxation, serenity and balance are in the green quadrant.



*Our Family STEM Night on Oct. 12 was a HUGE success! It was fantastic to see our parents, students and staff exploring space through all of the STEM activities: math constellation plotting, astronaut food taste testing, creating a space beaded bracelet, using binoculars to find the planets and constellations throughout the gym, creating a solar system mobile, recording a Flip video, exploring the sensory bins, working with RPI, the space photo ops and more! We look forward to having another STEM Family Night next year!*

## (Principal's message, continued from page 1)

to identify their emotions, they will be able to navigate through them and ask for additional support when needed.

We have attached a Mood Meter for your convenience. Consider hanging this on your refrigerator at home and allowing your child to reference it as needed.

I appreciate all you continue to do to work as a partner in your child's education. If you ever have any questions, please don't hesitate to contact me at [sdobbs@albany.k12.ny.us](mailto:sdobbs@albany.k12.ny.us) or (518) 475-6750.

Have a wonderful Thanksgiving!

Breakfast starts: 8:40 a.m.

Classes start: 9 a.m.

Pre-K students dismissed: 3 p.m.

All others dismissed: 3:30 p.m.

OUR SCHOOL DAY

## SAVE THE DATES!

### NOVEMBER

- 10 No school, Veterans Day
- 16 Holiday Bookfest, Book House in Stuyvesant Plaza, 5-7 p.m.
- 22-24 Thanksgiving Recess, no school



# Mood Meter

enraged	panicked	stressed	jittery	shocked	surprised	upbeat	festive	exhilarated	ecstatic
livid	furious	frustrated	tense	stunned	hyper	cheerful	motivated	inspired	elated
fuming	frightened	angry	nervous	restless	energized	lively	enthusiastic	optimistic	excited
anxious	apprehensive	worried	irritated	annoyed	pleased	happy	focused	proud	thrilled
repulsed	troubled	concerned	uneasy	peevish	pleasant	joyful	hopeful	playful	blissful
UNPLEASANT					PLEASANT				
disgusted	glum	disappointed	down	apathetic	at ease	easy going	content	loving	fulfilled
pessimistic	morose	discouraged	sad	bored	calm	secure	satisfied	grateful	touched
alienated	miserable	lonely	disheartened	tired	relaxed	chill	restful	blessed	balanced
despondent	depressed	sullen	exhausted	fatigued	mellow	thoughtful	peaceful	comfy	carefree
despair	hopeless	desolate	spent	drained	sleepy	complacent	tranquil	cozy	serene
					LOW ENERGY				
					HIGH ENERGY				