

Delaware Community School Newsletter

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' socialemotional 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)



November 2023

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

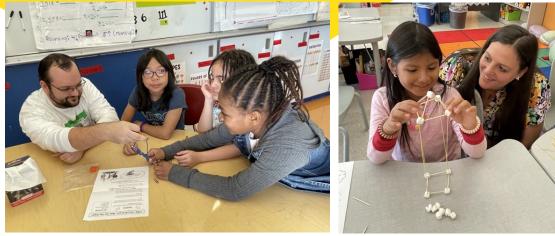
to see if their device could pick up paper clips. They explored how many paper clips they could pick up and if there were any differences between coated paper clips and uncoated paper clips. They also discovered what happened if they use a steel bolt vs. an iron nail.

The second activity was towerbuilding. 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 earrthquake.

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" — <u>R</u>ecognizing, <u>U</u>nderstanding, <u>L</u>abeling, <u>E</u>xpressing and <u>R</u>egulating.

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

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 jubilance 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.

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!



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 or (518) 475-6750.

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.

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

OUR SCHOOL DAY

Have a wonderful Thanksgiving!

Mood Meter

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