



Txuj Ci Lower - Weekly News

Week of November 13-17

Txuj Ci HMong Language & Culture
Lower Campus (K-5)
1089 Cypress Street
St. Paul, MN 55016
651-293-8935 (Front Office)
www.spps.org/phalen

Hi Parents and Families,

Some of you may already know that at Txuj Ci Lower, we use the Zones of Regulation. This program helps students learn how to identify their feelings and teaches different skills to allow their bodies and emotions to be in a place where they are ready to learn again. It emphasizes that all emotions are ok and the important part is to learn about what we each need to regulate our bodies and get back to learning! The 4 different colors are the "zones" and different feelings fit into different zones. Zones of Regulation aims to teach body awareness, problem-solving skills, and coping strategies. Ask your kids about the Zones of Regulation- the Green, Blue, Yellow, and Red Zones. We hope you can also use at home to support building your child's awareness of their emotions and to use their skills.

The ZONES of Regulation

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

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Adapted from The Zones of Regulation 2-Storybook Set | Available at www.socialthinking.com

Along with academics, we also strive to build community so all students have a sense of belonging, and teach social skills so students can develop positive relationships with one another and advocate for themselves as well as solve problems together. These lifelong skills are an important part of school. Our counselors teach lessons to support students in safety, empathy, bully prevention, problem-solving among peers, and career readiness.

If you are finding that your child is expressing feelings that school is not enjoyable, not having any friends, or not feeling a sense of belonging, please reach out to your child's teacher, Shelly or myself. Awareness of the situation is important for us to be able to support the child.

It was wonderful to see so many of you at conferences! We had about 95% parent attendance rate! Thank you!

Please see the reminders below!

- **Wed, Nov. 15th - 5:30-8:00pm - Special Ed Parent Academy will meet this week in the Library - Last session & Celebration!**
- **Important upcoming dates: Nov. 23rd-24th - Thanksgiving Break- No School**

May Lee Xiong, Principal
Michelle (Shelly) BrownTon, Asst. Principal

Lisa Lor & Aneedda Xiong, Clerks
Michelle Mauder, Nurse



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Nyob Zoo rau cov niam cov txiv,

Nej ib co twb paub lawm tias tom tsev kawm ntawv, peb tau qhia cov tub ntxhais txog cov "Zones of Regulation". Qhov program no pab qhia rau cov me nyuam tias txhua tus neeg yeej muaj kev nyuab siab, chim siab, zoo siab heev tej. Tsis tas li, peb qhia lawv tias thaum yus muaj kev nyuab siab los chim siab lawm, tej zaum nws yuav cuam tshuam yus txoj kev kawm vim yus siab tsis tus. Tiam sis muaj tej yam peb ua kom pab peb kom lub siab thiaj li tus es thiaj li rov kawm tau ntawv. Muaj 4 xim uas cov tub ntxhais kawm piv lawv cov kev zoo siab los sis nyuab siab rau - piv txwv li - ntsuab, liab, daj, thiab xiav. Peb xav qhia rau lawv, kom thaum lawv chim chim los sis nyuab siab lawm, lawv yuav ua li cas, lawv thiaj li ua kom lawv siab tus, es thiaj li rov kawm tau ntawv. Thaum lawv laj laj nyob los sis nkees nkees lawm, lawv yuav ua li cas thiaj li kawm tau ntawv. Qhov no yog ib yam uas yuav pab kom tus me nyuam paub tswj nws tus kheej thiab paub ntsuas tias dab tsis yuav los pab nws txoj kev kawm. Yog tias nej siv tau cov lus no tom tsev los pab nej tus me nyuam thiab, yim zoo xwb.

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Nrog rau kev kawm ntaub kawm ntawv, peb xav kom tsev kawm ntawv yog ib qho chaws uas cov me nyuam xav tuaj, muaj kev phooj kev ywg, paub qhia rau lwm tus tias lawv xav tau dab tsi thiaj li pab lawv kawm ntawv, thiab lawv paub daws teeb meem. Yog li, cov xib fwb thiab counselors yeej qhia txog kev nyob nyab xeeb, kev txawj xav, kev tsis pub ua phem rau lwm tus, kev daws teeb meem, thiab kev xav txog yav pem suab. Yog tias koj pom tias koj tus me nyuam nroo tias lawv tsis xav tuaj kawm ntawv, los sis tsis muaj phooj ywg, thov hais qhia rau nws tus xib fwb los sis hais qhia rau tus lwm tswj, Shelly, wb. Yog thaum peb paub txog lawm, peb thiaj li pab txhawb tus me nyuam tom tsev kawm ntawv thiab.

Zoo siab tau ntsib nej coob tug rau Fall Conferences. Peb muaj li 95% ntawm cov niam txiv uas tuaj ntsib cov xib fwb! Ua tsaug rau nej txoj kev txhawb!

Thov saib cov lus tshaj tawm tseem ceeb hauv qab no:

- **Wed, Nov. 15th - 5:30-8:00pm - Pab niam txiv Special Ed Parent Academy** yuav npaj sib ntsib kawm ua ke nyob rau hauv lub chav qiv ntawv (Library) - hnuv kawg & txais ntawv
- **Cov hnuv tseem ceeb tom ntej no: Nov. 23rd-24th - Thanksgiving Break- Tsis muaj kawm ntawv vim yog Thanksgiving**

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