

Stanley Community School News:

November 2026 Edition

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💛The New Community Resource Hub

Check out the new ***Family Resource Page*** on our Stanley Website. Click Here to learn about all of the free, helpful resources available at our Family Resource Centers, Health and Wellness Services, Continuing Education Opportunities, and much more!

Morning Breakfast Themes Continue: Please preview the topic with your child.

- **Mon:** *Mindful Monday* - Remember to…
- **Tue:** *Giving Tuesday* - Give a smile, compliment, tell a joke. We also have “Talk About It Tuesday”... We pass out conversation starters/questions for students to discuss at the table.
- **Wed:** *College Wear Wednesday* - Share a fun fact about a future career idea. We also have "Riddle Me This” Wednesdays..I give riddles for the students to read and if they guess correctly, get a prize.
- **Thu**: *Thankful Thursday* - What are you thankful for…
- **Fri**: *We Belong Here Friday* - include a new friend in a game or activity. We also have *“Would You Rather” Fridays*...I pass out would you rather questions for students to discuss.

🏸 Structured Morning/Lunch Recess – Mondays-Fridays, weather permitting

Students in grades 1st–6th are enjoying **structured recess activities** such as badminton, velcro toss-and-catch, bowling, Dragon Tails, or volleyball. Each day there’s something a different game to try, led by a parent and/or SSA- Student Supervision Assistant.

💛 Tigers Care Club (Kindness Club) – Tuesdays during Lunch Recess

This month, we painted kindness rocks to add to our rock garden. The student leaders also discussed other ideas for the kindness club such as making signs and bracelets.

🌟 TK/Kindergarten Fun Fridays

Our TK and Kindergarten students are having a blast during Friday recess! They have enjoyed playing with bubbles and trying Scoops, a catching game with a partner. With the help of our awesome SSA, they’ve also danced to *Danny Go,* who inspires learning and activity through music. Check him out on YouTube.



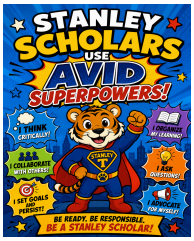


🙌 **Volunteer Opportunities**
Families, if any of these activities interest you but you cannot volunteer on the listed days or commit regularly, please still reach out. These activities are flexible, and we can work together to find something that fits your schedule. Let me know if you have other activities you would like to try with our students too! We value your feedback, so please reach out with ideas or questions!

We have students interested in starting an **Upper Grade Run Club** on **Wednesdays** during **Lunch Recess** if you're interested in joining, supporting, and cheering.

If you are interested in volunteering or supporting our activities in other ways, please contact me:

📞 **714-663-6484**
📧 dredenbaugh@ggusd.us





💡 **Tips of the Month**

- **AVID TIP: Organizational Routines**

  Backpack Reset Routine: Encourage your student to do a 5-minute 'backpack dump' every Friday afternoon—clear out old trash, file loose papers into folders, and start the weekend with a fresh slate!

  ***Create a "Launchpad" Routine:** Help your student set up a consistent, quiet space with all their supplies ready. Even 15–20 minutes of focused work in the same spot each day builds a powerful habit.

🤝**Parent Connection Corner: *The Zones of Regulation- What is the Green Zone?***

- ***What it is:** The Zones of Regulation framework helps students identify their feelings. The **Green Zone** is when a child feels happy, calm, focused, and ready to learn.*
- ***Why it matters:** Being in the Green Zone helps kids feel confident, manage challenges, and get the most out of their school day.*
- ***Try it at home:** Ask your child, "What does your body feel like when you're in the Green Zone?" or name your own zone during daily activities! Keep scrolling for a Zones Poster!*

ZONES OF REGULATION

All feelings are okay. It's what we do with them that matters.

GREEN ZONE

Good to Go!
Happy & Calm

I feel...

- happy
- calm
- focused
- ready to learn
- in control



I can try...

- keep going
- use kind words
- listen
- do my best

BLUE ZONE

Low Energy
Moving Slowly

I feel...

- sad
- tired
- sick
- bored
- moving slowly



I can try...

- rest
- drink water
- talk to someone
- think positive thoughts

YELLOW ZONE

Starting to Lose Control

I feel...

- frustrated
- worried
- silly / wiggly
- excited
- losing control



I can try...

- take deep breaths
- take a break
- 1 2 3 count to 10
- ask for help

RED ZONE

Out of Control
Need Help!

I feel...

- angry
- out of control
- panicked
- terrified
- yelling



I can try...

- stop
- take deep breaths
- ask for help
- take a break



It's okay to feel in any zone.
We can use strategies to help ourselves.

REMEMBER
I can get back to the **GREEN ZONE**.