



Happy March everyone! Can you believe it? Fingers crossed that spring is coming sooner than later so we can all get outside and enjoy the outdoors!

March is National Reading Month! Did you know there are many,

many books that you can read with your children at home that can help them learn social emotional skills?

[Here is a list of 22 children's books that support social emotional learning!](#)

If you're interested in reading one of these books, but don't want to purchase them, check out your local library! If they do not have it on their shelves, they may be able to order it for you! Or, if you have a library card you can check on the [Upper Hudson Library System website.](#)

Come join BES for a fun morning of

# Family BINGO!

**Cool Prizes!**

**SNACKS & REFRESHMENTS**  
available for a monetary donation to Helping Hands!

**Saturday, March 16th 9:30 am - 11:30 am**  
**Berlin Elementary School**

All parents/guardians and students are welcome to come and play Bingo!!

**Cost? We ask that you bring a kid-friendly non-perishable food item for our Helping Hands Food Pantry!**  
**Please be sure to check the expiration date on food item donations. (No glass items please!!)**

(Children will need an adult to be present with them for the duration of the event.)

**Sponsored by the BES Restorative Practices Committee**  
**RSVP by March 13, 2024**

**Berlin**  
CENTRAL SCHOOL DISTRICT

RSVP by March 13th - you can email Mr. Shaw at [jtaylorshaw@berlincentral.org](mailto:jtaylorshaw@berlincentral.org) with the student's name, teacher's name, and number of family members who plan on attending OR keep an eye out for a paper flier that will be coming home soon!

## Restorative Practices

The BES Restorative Practices committee hopes to see you at our first Family Bingo event happening on Saturday, March 16th from 9:30-11:30am! We ask that you bring a non-perishable kid friendly food item as a donation for our Helping Hands food pantry as admission!

Sticking with the idea of national reading month, [here is a list of books for K-2](#) that touch on the idea of restorative practices. [Here is another list of books for Grades K-6.](#)

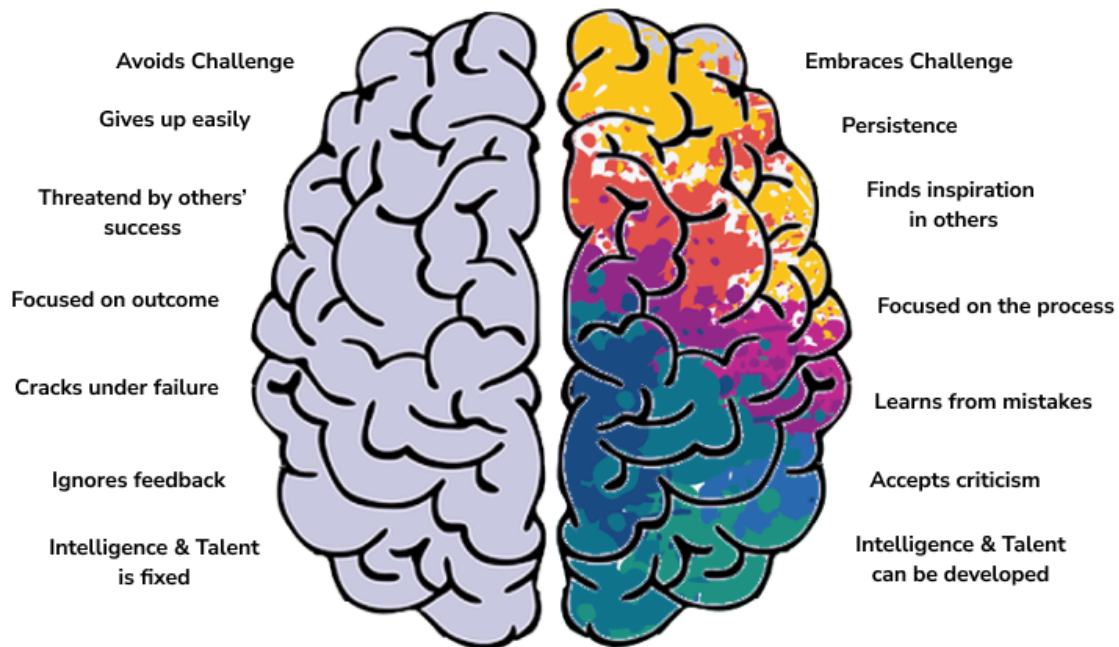
These lists are aimed towards educators, but the books can definitely be read and talked about at home as well!

For more information on how you can incorporate restorative practices at home, [please check out this link.](#)

## RESTORATIVE PRACTICES



## Fixed Mindset vs. Growth Mindset



Brain Power  
ACADEMY

© Academy.Brain-Power.com

Made for "Tapping into Student Motivation"  
a Brain Bite™ Course

## Classroom Lessons

Classes are continuing to work through emotion management which includes identifying how emotions physically feel in our bodies and how we can calm ourselves down.

[Here is a Psych Central article about how we feel our emotions in our bodies!](#)

We use the hand-brain model to teach students about how emotions can cause us to “flip our lid”. We refer to the prefrontal cortex as our lid and the amygdala as our guard dog. Here is an example:

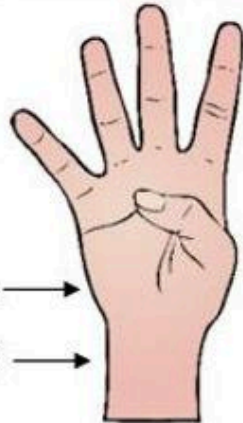


## Dan Siegel's Hand Brain Model



### Prefrontal Cortex: Thinking Brain

**Rationality**/Rational Thinking: Body Control, Play, Empathy, Positive Relationships, Kindness, Compassion, Reflection, Resilience, Regulation, Logic, Consequences, Language, Reasoning, Control **"The wise leader!"**



**Unable to Think  
Rationally**

### We all need:

- ✓ Felt Safety
- ✓ Attachment
- ✓ Regulation

### Amygdala: Fear Center

**Emotionality**/Irrational Thinking: Fight, Flight, Freeze, Collapse, Big Emotions, Anger, Fear, Anxiety, Survival, etc.

Brain Stem →

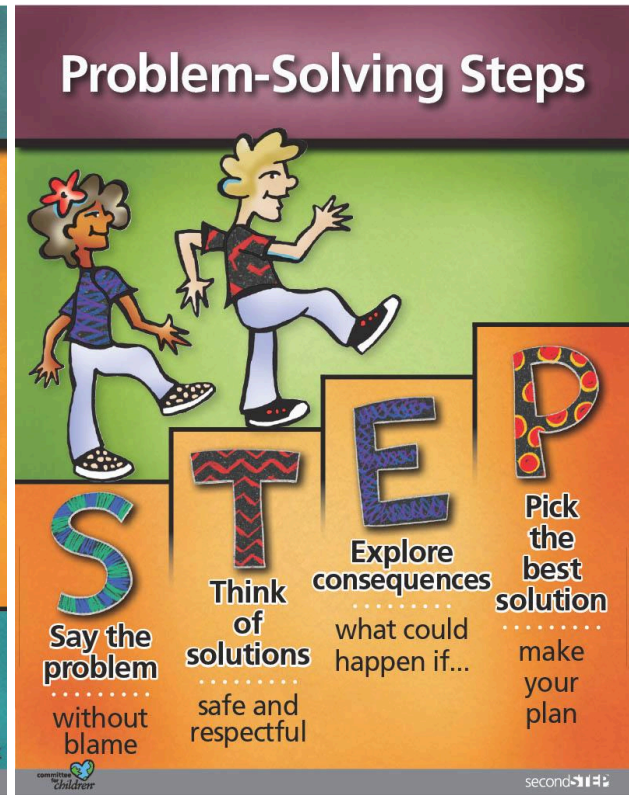
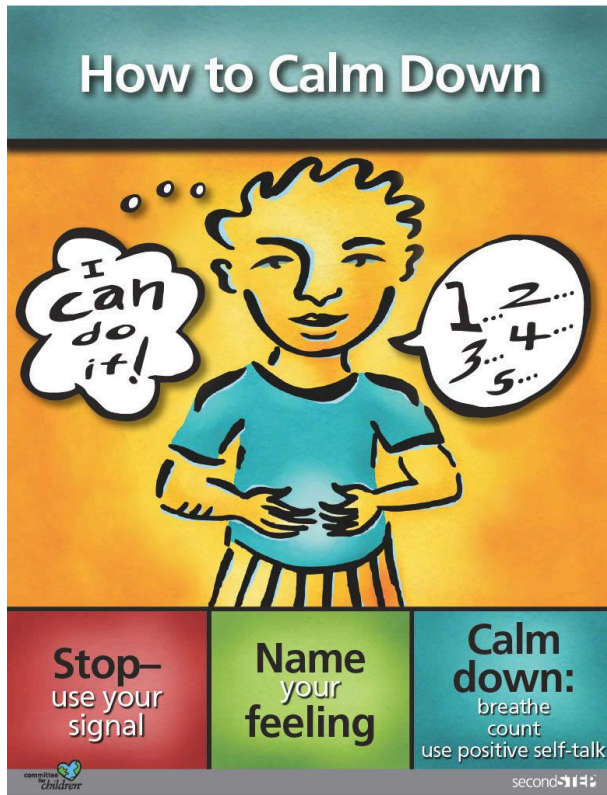
Spinal Cord →

© 2014 Daniel Siegel, M.D. is the creator of this metaphor and research "Figure 1.1". Copyright © 2014 www.intentionality.org

The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

Fourth and Fifth Grade classes have begun working on the Problem Solving Steps. Posters for How to Calm Down and our STEPs can be found below this text box.



**[Click here for our Community Assistance Page!](#)**

**[Click here for our Community Support Programs & Community Events Page!](#)**

## Meet the Counseling Staff!

		
<p><b>MRS. STELLER</b> School Counselor</p>	<p><b>MS. TEPLITSKY</b> School Psychologist</p>	<p><b>MR. SHAW</b> School Counselor &amp; Family</p>

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