

# Burton Elementary Bulletin



## January 2026 Edition

### Welcome 2026!

Best wishes for a healthy and happy New Year from the students and staff of Burton Elementary. Thank you to families for the many cards, gifts, and good wishes during the holiday season. We appreciate all that you do to support your child(ren) at our school.

### BES Star Focus

After a break we often need a refresher, so our focus for the month of January is reviewing our four school rules with a focus on Rule 4: Be a Learner, WITS (when someone is bothering you: **W**-Walk Away, **I**-Ignore, **T**-Talk It Out, and **S**-Seek Support) and the Zones.

**Blue Zone**- When children are in the blue zone their body is running slow, such as when they are tired, sick, sad, or bored.

**Green Zone**- When children are in the green zone, their body and brain are ready to learn. This is the zone that students generally need to be in to complete schoolwork and for getting along with others.

**Yellow Zone**-When children are entering the yellow zone, they are starting to lose control.

**Red Zone**- When children are in the red zone, they are out of control, have trouble making good choices, and may be unsafe.

Being in the Red Zone can best be explained by not being in control of one's own body.

### The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control



### January's Frosty Days

When we are back at school, remember to bundle your child up on these very cold days. Packing an extra pair of socks and mittens are a good idea as well. We go outside in all kinds of weather.

### Parent School Support Committee

The next PSSC meeting will be held on **Tuesday, January 14<sup>th</sup> at 5:30 pm VIA Teams**. Everyone is welcome!



### Burton Skating Program Begins

In the coming weeks families will receive information regarding the skating program and schedule at Burton. If you can help with tying laces and/or skating, we would greatly appreciate your help. If you can assist with transporting skating supports to and from the arena, this help would be great as well!

Also, we have some extra skates and helmets at the school. If you are interested in borrowing these, let your child's teacher know. This enrichment component of our Physical Education program is a great way to celebrate the wonderful winter season. Donations of helmets or skates are always welcome.



## Family Literacy Day

January 27<sup>th</sup> is Family Literacy Day. The Theme this year is "Make Mealtime Family Learning time". Preparing for mealtime is a fun (and tasty) way for families to learn together. Whether it's following recipes, making shopping lists, or sharing stories at the dinner table, make your mealtime family learning time. The Family Literacy Day web site is <https://abclifeliteracy.ca/programs/family-literacy-day/> for those interested in learning more about this event and activities you could enjoy at home with your children.

On January 27<sup>th</sup> Students are invited to participate in a book swap. This can be a gently used book from home or a new book. We will meet in the gym and kids will have a chance to show each other their books and swap as many times as they choose until they are happy with their end book! This will be a fun way to show our support of Family Literacy Day!

### Reminder Dates

January	
5 <sup>th</sup>	Students and Staff return to school
13 <sup>th</sup>	Field Trip to Beaverbrook Art Gallery
14 <sup>th</sup>	PSSC Meeting at 5:30
27 <sup>th</sup>	Family Literacy Day Book Swap
30 <sup>th</sup>	Whole School "Be a Learner" assembly
February	
16 <sup>th</sup>	No School-Family Day
18 <sup>th</sup>	Theatre New Brunswick presents "The Velveteen Rabbit" at BES
18 <sup>th</sup>	H&S @ 5:00 & PSSC @ 5:30 via TEAMS

## JANUARY REMINDERS

You can do anything, but not everything at the same time

You don't have to figure everything out

Restart as many times as needed

Your inner peace is too expensive to be sacrificed --

Do more of what makes you forget about time

OurMindfulLife.com

Happy New Year to Everyone!

From, The Students and Staff of BES



### Our School Website:

<https://burton.nbed.ca/>

### Facebook:

<https://www.facebook.com/profile.php?id=61564262865173>