



# News from the Nest

October, 13, 2022

## What's going on at Swallow?

- SEF Book Fair 10/17-10/20
- Parent/Teacher Conferences  
10/20 3:30-8:00 pm
- Early Release at Noon 10/21
- Trunk or Treat 10/26
- No School 10/27 and 10/28
- Special Board Meeting 10/31 8:15 am

## Field Trips and Activities

- 4<sup>th</sup> Grade: Lapham Peak 10/24
- Kindergarten: First Stage Theater 9:15-11:45
- Fun Friday: 10/21 Wear your Swallow Gear
- 5<sup>th</sup>-8<sup>th</sup> Grade Boys Basketball [Registration](#) due 10/24
- Morning Hoops [Interest Survey](#) due 10/24

## Contact Us

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## Resources

Emotional regulation is something that all people struggle with from time to time. Teaching our kids that it is 'ok to not be ok' is a hard concept. To make things more interesting is how to teach them strategies to help regain their regulation and clear mind that can focus on the task, event, job, etc that is set before them. There is no 'one size fits all' approach to emotional regulation, but [here are some strategies](#) you may want to explore with your child at home.

## Did You Know?

Halloween is one of my favorite times of year. Costumes, pumpkin patches, apple cider, the crispness in the air and the leaves changing color make this season so much fun! There are many opportunities for your children to get the most use out of those costumes.

Trick or Treat at the Hartland Public Library 10/25 6 pm

Trunk or Treat at Swallow 10/26 from 5-7 pm  
Hartland Chamber Business Trick or Treat 10/27 6-8 pm

Do you have a future Hawk at home? Set them up for success with their literacy skills with the help of the Hartland Public Library's 1,000 books before Kindergarten. This program is free and offers our youngest Hawks the opportunity to earn prizes for their reading progress. I remember doing this with my son when he was younger. We loved our library and reading time together.

## Collaboration Corner

There were not any submissions for Collaboration Corner this week.

## How can we help?

Do you have a question or would you like more information on a topic related to special education? Our department is here to support you. Please complete this form and we can respond to you directly or if you would like to have us share your question and answer with the group, I would be happy to do so as well.