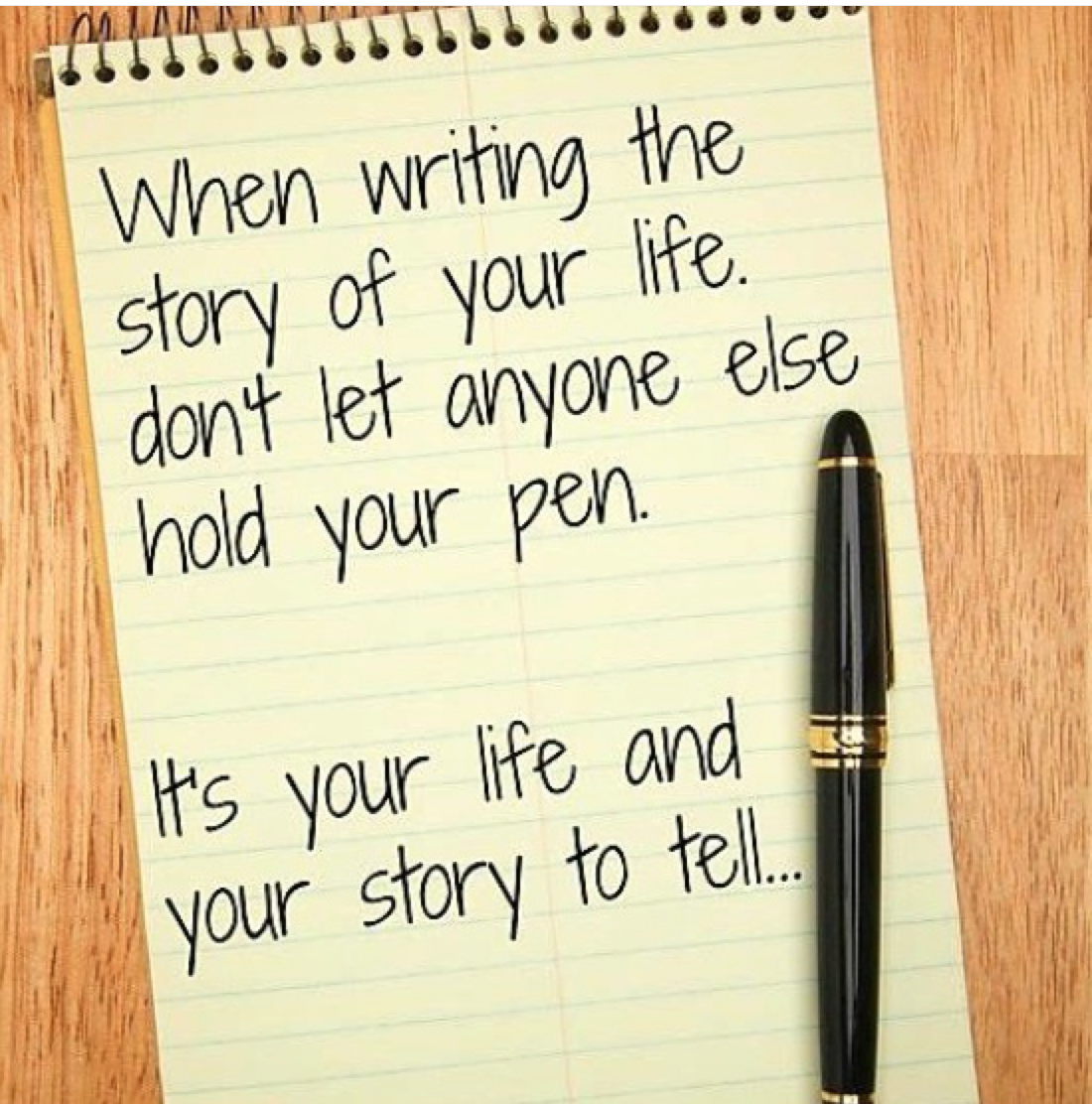
Newsletter – May 2018



April was a GREAT month with wonderful learning opportunities for our students. The highlights undoubtedly were Grandparents’ Day, (thank you to our amazing PAC for organizing such a fun event), and Shyama-Priya entertaining our students with her pow wow prowess!

May is bringing its own flavor of information and opportunities. Some of these have made their way via Twitter and/or the portal and/or our website already, but we are adding some to the newsletter just in case you might have missed it:

* Sole Girls is an empowerment program that combines fun physical activity, discussion and mentorship to give girls the tools they need to live a confident and healthy life. Over the course of the program, girls learn life skills, confidence, being responsible and being healthy in a safe and interactive environment. They will also learn how to be a positive peer, make new friends and goal set as part of an active lifestyle. Each set runs for 9 weeks, 1.5 to 2 hours per week.  Through each 9-week set the girls also prepare mentally and physically and develop skills to complete a 5km fun run, with a fun wrap-up party in the last session. You can also visit [www.thrivesolutions.org](http://www.thrivesolutions.org) or [www.facebook.com/thrivemapleridge/events](http://www.facebook.com/thrivemapleridge/events) for more details.
* Our public speaking competition proved that our students THINK about things! Their topics were interesting and their delivery flawless. Kudos to parents, and teachers and everybody who helped to pull this off!

Congratulations to the following students who will represent GW at district level:

Gr. 4: Kylie Saranchuk

Gr. 5: Eva Trenkova

Gr. 6: Emma Burzynski

Gr. 7: Mackenzie Brown

* We had the Right to Play presentation and I am sharing an interesting website: Play your Part, for your perusal. Right To Play teaches children about their right to a healthy life and the hygiene and wellness practices they can use to stay healthy. [www.playyourpart.com](http://www.playyourpart.com)
* Information was sent re our SD42 grade 7 to grade 8 summer program via the portal. This year there are the following additions:

1.      2 more options for a total of three choices:

Wood, metal and robotics rotation

Theatre sports

Coding and Video Game design

2.       Reduced the number of weeks from three to two (same number of hours)

3.       All programs at THSS

4.       Advertising on the portal at the same time as the K-6 program

* New Waste Collection Program:

In March 2018, the Maple Ridge – Pitt Meadows School District implemented a new program that simplifies waste collection, diverts more of our waste from the landfill, and reduces the environmental footprint of our schools. To learn more about this program, please download the [SD42 Waste Collection Program Flyer](http://cdn.www2.sd42.ca/assets/media/SD42-Waste-Collection-Program-1.pdf) or visit [http://www.sd42.ca/waste-collection-program](http://www.sd42.ca/waste-collection-program/)

Forthcoming attractions in May – please, refer to our Glenwood Website <http://elementary.sd42.ca/glenwood/> for more information – updated as timely as possible! At the time of ‘going to the press’ with this newsletter – this is what we have for the May calendar. Please, speak to your child’s teacher for more information, if necessary.

MAY 1 –

* Track and field – 9 to 10 am

MAY 2-

* MRSS music performance at GW
* public speaking district completion at RSC – Riverside Centre
* Track and field 11-12

MAY 3 –

* public speaking district competition at RSC

MAY 4 –

* assembly at 11
* Visit from MRSS music teachers for Gr 4,6,7 at 1 pm

MAY 8 –

* FVRL at 9:20 – summer reading presentation – Have books, will travel!

MAY 9 –

* Mary Poppins at the ACT – Div. 1-4, 6-8

MAY 10 –

* Grade 6 second set of immunizations

MAY 15 –

* Mike Bortolotto presentation.
* MRSS track/cross country

MAY 16 –

* Cinderella performance K—3
* Playland – Div. 1--4

MAY 17 – Outdoor classroom field trip for certain divisions  <https://outdoorclassroomday.com/>​

MAY 18 –

* Fun Day – PAC Hot Dog lunch unofficially

MAY 21 –

* Victoria Day – no classes

MAY 22 –

* District Pro-D/NID – no classes

MAY 24 –

* Art Starts: At Glenwood Elementary - Speed Control - 08:45 am  <http://artstarts.com/guides>

MAY 30 –

* Gr 7 to high school – transition
* 12:15 New to Kindergarten orientation

Current Kindergarten students ONLY dismissed at 11 am

Finally, we focus a lot at Glenwood on the social-emotional wellbeing (SEL) of our students. We realize the stressful times we all live in! Ross Greene (<https://www.livesinthebalance.org/sites/default/files/2017%20Full%20Day%20Version%203.pdf)> , as I may have mentioned before, says, “… kids [can be] challenging because they’re lacking the skills not to be challenging… “ and we need to teach our kids those skills. We are incorporating mindful practice in our curriculum. We all – not only students, but adults, staff, and yes, parents - need sometime just to… take a breath! To regroup. To try again…! Self-care is important.

Additionally, we know that the research to *date suggests that mindfulness may offer a unique, holistic approach to meet students’ needs and address recent curriculum changes in British Columbia that prioritize emotional health and personal and social responsibility (British Columbia, Ministry of Education, 2016). Furthermore, current research on mindfulness indicates it effectively supports children’s executive function and emotional regulation, two important factors in future academic and emotional health.* (<https://dspace.library.uvic.ca/bitstream/handle/1828/8994/Parker_Laura_MEd_2018.pdf?sequence=3&isAllowed=y)>

Our school uses a “common language” e.g. that of:

* the Zones of Regulation (I am including a links to YouTube clips in case you need clarification?) <https://www.youtube.com/watch?v=t1ElOyUDC3c)> and the
* “WITS” strategy (<https://www.youtube.com/watch?v=B7Z9MMx-R9U)> to teach students skills to successfully navigate social life, peer conflict and other stressful situations.

The following website <https://greatergood.berkeley.edu/> has a ton of interesting information for your perusal.

***Additionally, important notices from our office:***

1. ***please email, portal or leave a message early if their children will be late or away for the day.***
2. ***Please, do not park in the fire lane and leave your vehicle***
3. ***Please, do not park in the handicap parking spots – these are reserved for our students/parents who have mobility issues.***