

"You're braver than you believe and stronger and smarter than you think." **Christopher Robin**

March 2019

News from the office:

Our Glenwood family values the fact that all students can and should learn, and we know that the basis for learning to happen, is social-emotional well-being.

A stressed child struggles to learn! It is important to teach children **SKILLS** and **STRATEGIES** to help regulate their emotions, thoughts and behaviour. We teach students to recognize emotions via a program like Zones of Regulation; we help them to appreciate the value of the Green Zone for learning. Additionally, we teach students to solve peer conflict and social problems by using their **WITS**. They need to know that "in the moment" retaliation never leads to a positive outcome. When students hover in the yellow zone, it is a short step-up into the red zone, and that is why we want our students to be in the green zone as much as possible. Here is a handy link to explain the Zones:

<http://www.rle.sd23.bc.ca/ProgramsServices/Zones/Documents/Zones%20of%20Regulation%20Parent%20Presentation.pdf>

Our focus is always on the positives: show kindness, and have empathy. Here are ways to help your child understand, develop and show empathy:

- When reading or watching TV together, talk about how you identify with a character, and how she must feel.
- Coach him in caring for a younger child or pet. Point out the expressions and behaviour that tell us how the baby or animal is feeling. Share your pride and pleasure when he acts in a sensitive manner.
- Thank your child when she does something caring toward you, and share how it made you feel.
- Give him opportunities to make a social contribution, like being a reading buddy to a young child, or raising money for a charity. Help him find a cause that he can really care about.

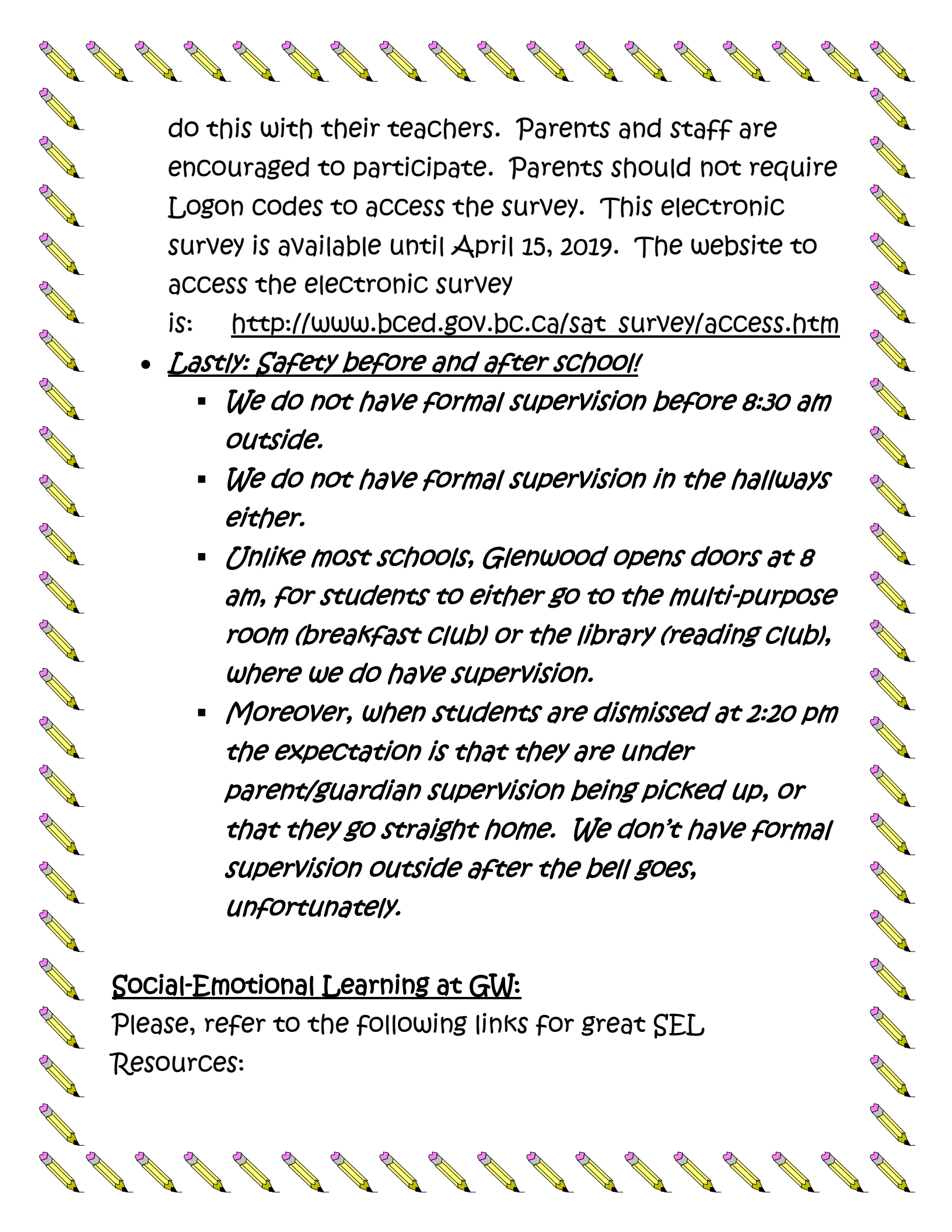
• Here is a great little video to show how Kindness goes a long way! <https://www.youtube.com/watch?v=8Wi0UWLeT9I>





Additionally:

- **Student led conferences** are happening soon – please, talk to your child’s teacher and look at the website calendar for dates. We want to celebrate our students’ learning with you, and your child!
- Our **Playground** should be ready by spring. We will plan an unveiling (!) ceremony – you are welcome to attend! I can’t commit to an actual date yet, unfortunately. But, we are super excited to have another spot for our students to play! Will post information on this closer to the date!
- **Carnival is March 1, 5–8 pm** - a fun time for families. Thank you to our PAC for organizing. Hope to see you all there.
- Please, check the **GW website** = <https://elementary.sd42.ca/glenwood/> - for updates/brochures on our After-School Programs. If the fee is a barrier – please, speak to Ms. Brown in the office.
- It is time for our annual **Ministry of Education’s Satisfaction Surveys**. Our Grade 4 and 7 students will



do this with their teachers. Parents and staff are encouraged to participate. Parents should not require Logon codes to access the survey. This electronic survey is available until April 15, 2019. The website to access the electronic survey

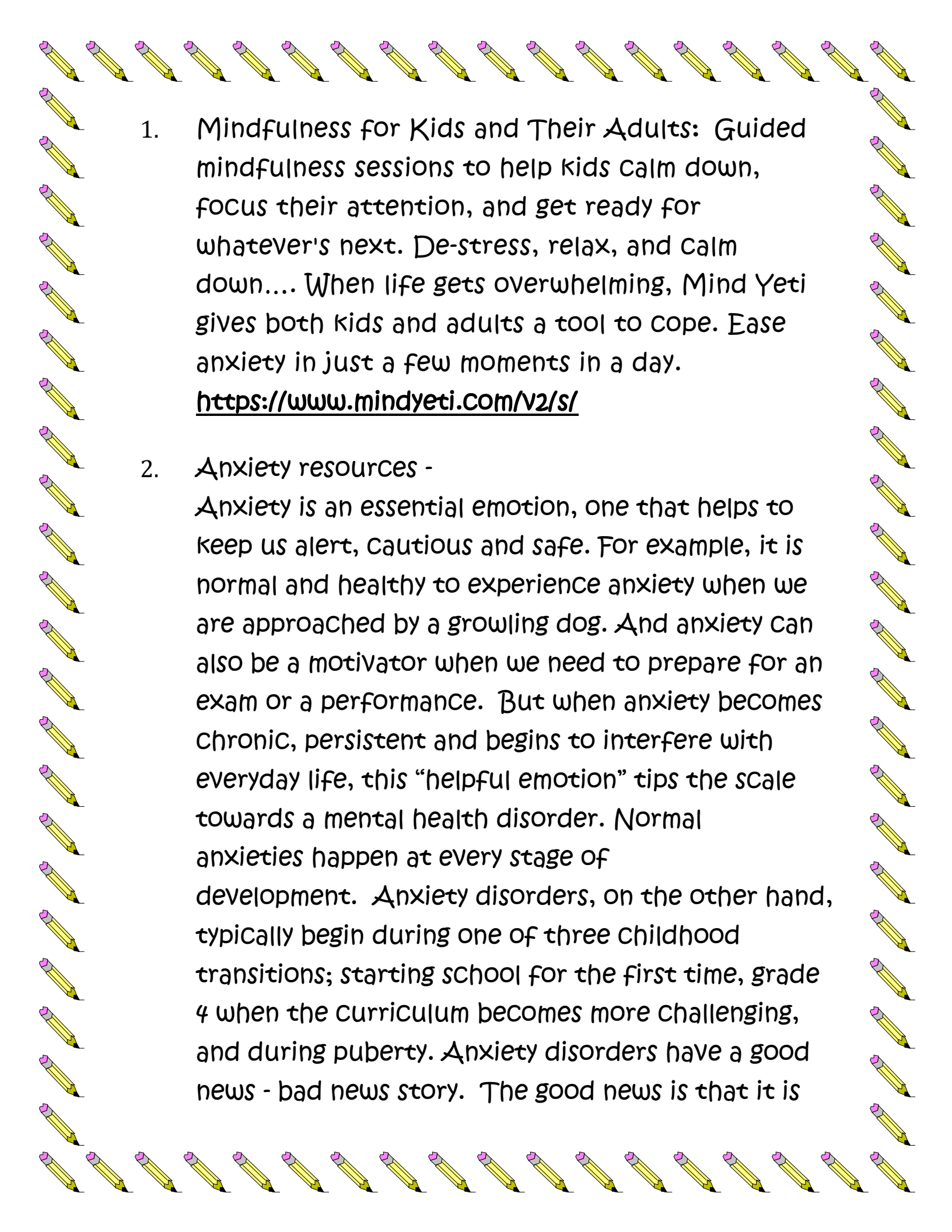
is: http://www.bced.gov.bc.ca/sat_survey/access.htm

- **Lastly: Safety before and after school!**

- *We do not have formal supervision before 8:30 am outside.*
- *We do not have formal supervision in the hallways either.*
- *Unlike most schools, Glenwood opens doors at 8 am, for students to either go to the multi-purpose room (breakfast club) or the library (reading club), where we do have supervision.*
- *Moreover, when students are dismissed at 2:20 pm the expectation is that they are under parent/guardian supervision being picked up, or that they go straight home. We don't have formal supervision outside after the bell goes, unfortunately.*

Social-Emotional Learning at GW:

Please, refer to the following links for great SEL Resources:

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1. Mindfulness for Kids and Their Adults: Guided mindfulness sessions to help kids calm down, focus their attention, and get ready for whatever's next. De-stress, relax, and calm down.... When life gets overwhelming, Mind Yeti gives both kids and adults a tool to cope. Ease anxiety in just a few moments in a day.

<https://www.mindyeti.com/v2/s/>

2. Anxiety resources -

Anxiety is an essential emotion, one that helps to keep us alert, cautious and safe. For example, it is normal and healthy to experience anxiety when we are approached by a growling dog. And anxiety can also be a motivator when we need to prepare for an exam or a performance. But when anxiety becomes chronic, persistent and begins to interfere with everyday life, this “helpful emotion” tips the scale towards a mental health disorder. Normal anxieties happen at every stage of development. Anxiety disorders, on the other hand, typically begin during one of three childhood transitions; starting school for the first time, grade 4 when the curriculum becomes more challenging, and during puberty. Anxiety disorders have a good news - bad news story. The good news is that it is

the most treatable of mental health problems with the best treatment being 'talk' therapy - specifically Cognitive Behavioural Therapy. The bad news is that anxiety is often misdiagnosed and without treatment, anxiety doesn't go away. Here is a great website with more information!

<https://heartmindonline.org/resources/3-simple-skills-to-tame-anxiety>

News from the Counselling Corner



Be curious.

- What is life like through the eyes of our children?
- Listen to them, learn from them, laugh with them.
- Make them feel loved and valued.

Hope you have a wonderful March, and an equally amazing spring break!

