

Student Use of Cell Phones and Apple Watches/similar

A reminder that students do not have access to their phones during the school day-- phones need to be in bags or locked up by their teacher and **OFF** during the school day unless:

1. directed for a specific purpose by a classroom teacher and
2. supervised.

Students are welcome to use the office phone if they need to call home. If you as a parent need to get a hold of your child during the day, please call the office.

With phones away in bags, having them off is important as this is a requirement in the case of LOCKDOWNS where all staff and students must have phones off.

Apple watches when used for texting and other purposes are also not permitted.



"WEEK AT A GLANCE" Sept. 22- Sept.26

Monday, September 22

- Open Gym 8:00
- Open Haven 8:00
- Open Library 8:00
- **Please see the volleyball schedule on page 2!**

Tuesday, September 23

- Open Haven 8:00
- Open Library 8:00

Wednesday, September 24

- Open Library 8:00
- Open Haven 8:00
- Open Gym 8:00
- Fire Drill 1:30pm
- Gr. 7 Parent meeting in the library 7pm

Thursday, September 25

- Individual Photo Day in the gym
- Open Haven 8:00am
- Open Library 8:00am

Friday, September 26

- Open Haven 8:00
- Open Gym 8:00
- Open Library 8:00
- Gr. 6/7 to Maple Ridge Park 10:30-2
- Back to School Bash! 5pm-7pm

UPCOMING!

National Day of Truth and Reconciliation Stat: Tuesday September 30: no school

Don't forget! Login to the parent portal and complete the consent forms asap!



*Individual Photo Day
Wednesday*



Family Plan for the end of the day

We have had an increase in the number of phone calls to the office right before the bell rings at the end of the day from parents asking our secretaries to get messages to their children about running late for pick up etc. Often students are already outside by this time or in a location other than their classrooms, and **we CANNOT guarantee the message will reach your child before they are dismissed.**

Please create a FAMILY PLAN with your child. For example, if your child does not see you at the regular meeting spot, come to the office to see if there was a message or to call home.

For some older students, the family plan may be if you don't see me at our regular meeting spot, please walk home.

For the safety of all our students, please have a conversation with your child of what to do if they don't see you at the end of the day!

Volleyball

This week our teams play their first games. Here is the lineup for the week:

Monday: Boys lunchtime practice | Girls Rec play @ Kanaka | Coed and Comp Girls Practice @ HHE until 4pm

Tuesday: Girls and Coed morning practice | Coed @ Glenwood

Wednesday: Boys lunchtime practice | Boys Comp vs c'usqunela

Thursday: Girls morning practice | Comp Girls @ Meadowridge (3:15pm start)

All players were sent home with a schedule for all teams. If a player cannot make a game or practice, please let the appropriate coach know ASAP.

Supporting Our Kids as They Transition Back to School

As we make this this transition back to school we can certainly expect to see some upset, worries and anxiety from our kids. It's sometimes a lot of change for them to navigate.

Here are a few ways we can help to support our kids and students.

- 1) Remember that we as the adults are the anchors in our kids' lives. In times where they are unsure, they look to us for guidance. If we as the adult/ or parent behave in ways that are panicked and we seem at a loss for how to care for them, this will not help to calm or ground them. BUT if instead we take the lead and offer reassurance, and examples and strategies of how we can make it through change and transition, then they too can follow our lead.
- 2) If your child is struggling to leave you in the morning, place the focus on when you will be back together, create a routine around being back together, something that they can look forward to, be it a snack together, cuddling watching a show together, picking up at school and walking home together. What you do is not as important as being together and providing this time to reconnect. Another strategy to help is to put a funny, cute, or loving note in your child's lunch ... something they can see and know that you are thinking of them even while apart... it can help to bridge what can feel like a long day to some kids.
- 3) Routines help to keep kids feeling safe and knowing what comes next. Nothing is too surprising, and they generally know how to conduct themselves accordingly once relationship and routine are established. We are busy here at school (and in our homes) as you are in your homes creating these new routines and expectations. It takes time, patience, compassion and practice to get these routines set up, and hopefully as routines become more established worries and anxieties start to decrease.

Please reach out to us if your child is finding it extra challenging. We do have our wonderful counsellor, Ms. Nina De Lucca Monday, Tuesday, Thursday and Friday. She can be reached via email at nina.delucca@sd42.ca