



DECEMBER 2020

Craigflower Chronicle

Coming this Month



"Self Portraits" - Division 4

No PAC Meeting
this month

Report Cards go
home: Thursday,
Dec 17th

Friday, December
18th: Last Day
before Winter
Break

Winter Break:
December 21 -
January 1, 2021

School Starts:
Monday,
January 4th

Helping our Brain Through Stress

by Darren Danyluk

When we get frustrated, we can use this strategy for help!

For most of us, the left-brain functions are being particularly taxed these days from trying to cope with the impact of the pandemic on our schools and lives. Much of our day is spent analyzing, planning, thinking through our day and school events, and acting with caution. It's likely that we are

Focus on Gratitude

1

THANKS

"The heart that gives thanks is a happy one, for we cannot feel thankful & unhappy at the same time".
~ Douglas Wood

2

LITTLE THINGS

"Enjoy the little things, for one day you may look back and realize they were BIG things".
~ Robert Brault

3

OUR PEOPLE

"We must find time to stop and thank the people who make a difference in our lives".
~ John F. Kennedy

Reminders:

- Daily Health Check with students before they come to school.
- Send a water bottle to school for your child to use the water filling stations.
- Update our office staff if your child will be away for the day or a series of days.



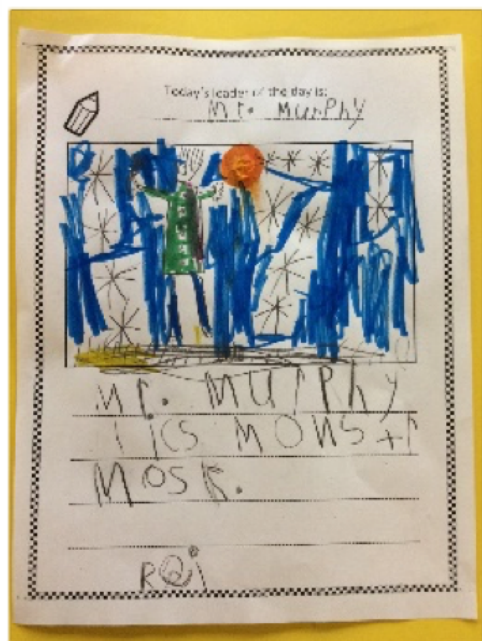
not tapping as much into our right-brain strengths and abilities, such as impulse, creativity and imagination, and we may feel somewhat out of balance.

Play, laughter and creativity are great ways to utilize a 5 to 10-minute break to give yourself some recovery space and refresh.

Cardinal Rule: Do not feel guilty for taking 10 minutes out of your day to play or create. Think about how many additional ‘10 minutes’ you dedicate to your job outside of your regular working hours! Taking a few minutes for a brain break and to rebalance is a healthy thing to do, especially with all the demands of your work.

(Nov. 2020 - Mr. Danyluk is the President of the BC Principal/ Vice Principal Association)

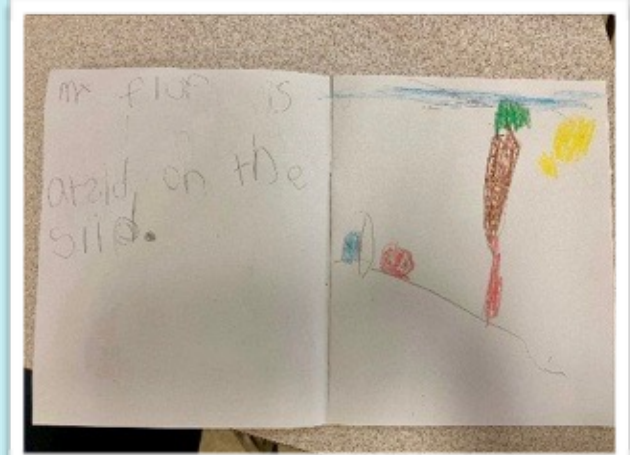
We included this portion of the article as this is true for all of our students, parents, community members and our staff. Play creativity is the best way to learn, feel good about yourself, and connect with important people in your life.



STORYTELLING

The basis of all literacy is language. The best part of language are the stories we experience and share. Storytelling in Kindergarten and Grade 1

We have been working hard to tell, write and retell stories. In Division 8 they have been writing stories about their new friends, “The Fluffs”! In Division 7 “The Kind Kiddos” have been writing Leader of the Day pages about the grown-ups in our school. In Division 6, we have begun exploring oral story telling during our Story Studio block. The students are enjoying retelling with loose parts and recording their story in their journal.



Grade 4 Parents: THE MIDDLE YEARS DEVELOPMENT INSTRUMENT (MDI) IS COMING TO OUR SCHOOL IN JANUARY/FEBRUARY!

The Greater Victoria School District has partnered with the Human Early Learning Partnership (HELP) at the University of British Columbia to measure and promote children's social and emotional development, health, well-being, and assets through the Middle Year Development Instrument (MDI). The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in middle childhood about their thoughts, feelings and experiences. The MDI is the first survey of its kind to gather information about the lives of children both in school, in the home and in the community, from their own perspective. The survey questions align with the BC Ministry of Education's K-12 curriculum, which includes a focus on promoting children's personal and social competencies.

Grade 4 students are invited to complete the MDI during class time between: January 11th and March 5th, 2021.

For more information and to view the questionnaires: <http://earlylearning.ubc.ca/mdi/>

Parent FAQs: <http://earlylearning.ubc.ca/mdi/parent-guardian-resources/>

If you don't want your child to participate please contact your child's teacher, fill out the withdrawal form at the end of the parent/guardian informed passive consent letter, or contact the MDI project staff at mdi@help.ubc.ca

How Our Words & Actions Impact Others

We have choices in our day to help or hurt someones feelings, mood, attitude and self-worth. Knowing we affect those around us and that we all can have difficult experiences, we need to



remember that our words and actions have impacts on others. These are stressful times and we are very grateful to have your children here in school, doing their very best with their academic and social-emotional learning.

Our children are, for the most part, following the COVID procedures and protocols. We have developed new routines and we are proud of our kids for adjusting and doing their part to keep us all safe. We also need to be safe in other ways for not only our physical well-being, but also with our emotional and mental aspects of Self.

When dysregulated, we can all say or do things we regret later. I have often heard adults say, “kids will be kids”... meaning, I suppose, we expect our students will make mistakes. This is, after all, how we learn, but we must be intentional and participate in this learning with our children. We review the problem, determine our role in the problem, consider the impact of our words or actions, and choose an appropriate response to improve the situation or fix the problem. This reflective process provides time and space to learn and improve our responses to future challenges.

Unfortunately, we have had many instances this year where students have been swearing, saying cruel things to others, have been defiant when asked to do something, have hit others and the list goes on. We expect this does happen occasionally, and know you are working with your children to learn and grow with experiences. One of the best ways to support our children is with clear expectations and positive examples. We say positive words to our friends, act appropriately in class and on the playground, ask for help when we are frustrated, listen to adults and try our best at all times. With a strong partnership with parents and guardians, we know we will continue to improve and build a safer, kinder and more respectful learning community. Show us your best Craigflower!

Our Craigflower Values

Last year, our staff, District, Esquimalt and Songhees Nations were invited to come together and collaborate and develop our Vision, Mission and Values. In the last two issues we shared our Mission and Vision. Now we like to share our Values (posted outside the gym): *“Craigflower aspires to be a creative and caring school environment that supports our learning family ensure and encourage choices for their future.”* Again, we are committed to take the appropriate actions to make this our reality for our students, staff and community.

Our Values (see below) are posted above the back doors (by the gym) for students and staff to see and remember each of the key words that provide purpose and guidance for our feelings, thoughts, and actions.

Craigflower
Accountability
Collaboration Empathy
Responsibility Gratitude Family
Celebration Holistic Wellness

All words have meaning. Our staff collaboratively chose these Values so we can share our best and hopefully, in turn, receive the best from our learners. We have interpreted these Values in this way:

Holistic Wellness - We learn through our Spirit, Emotion, Mind and Body (Self).

Empathy - The ability to understand and share in the emotions of and with others.

Celebration - We acknowledge and honour our effort, successes and connection with one another.

Family - Our students spend so much time with one another and our staff. Groups that care this much for one another, feel like they belong to our Craigflower family.

Responsibility - Growing and learning provides opportunity to take control for our learning through our feelings, thoughts and actions.

Accountability - We are firstly responsible to Self. We are not alone in our experiences, but do our best to learn through our experiences to gain wisdom.

Gratitude - Appreciation for your circumstances creates positive feelings of Self and confidence to take positive risks in our learning.

Collaboration - We learn in partnership with friends, families and Craigflower staff. We collectively focus our efforts in supporting our learners show what they know.



At Craigflower Elementary We Value:

Holistic Wellness

Empathy

Celebration

Family

Responsibility

Accountability

Gratitude

Collaboration

Enjoy your Winter break!

