



Beach Grove Elementary School

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In the Grove

The Newsletter of Beach Grove Elementary School

November 30, 2018

Events Calendar

December:

7- Christmas Market

14- Fun Lunch and Walk to School

18- **Christmas Concert (1:45 PM and 6:30PM)**

19- Term 1 Reports Home

21- Christmas Video

21- Last day Prior to Winter Break

January 2019:

7- Back to school after break

11- Walk and Roll to School

16- PAC mtg

18- Fun Lunch

Principals Message

The end of November marks the conclusion to a very busy first term of the school year. Students have had the opportunity to participate in many fun activities that include academics as well as extra curricular events. All these activities make school a little more enjoyable and meaningful.

As we move into December teachers have been busy working on report cards in order to share with you the level of achievement of your child. Students and staff are also hard at work on songs for the upcoming Christmas Concert. We look forward to a busy and exciting couple of weeks as everyone anticipates the holiday season.

Holiday Concert

Our Christmas Performance will be held as following:

Tuesday, December 18 Afternoon Performance @ 1:45
Evening Performance @ 6:30 pm - Doors open at 5:45 pm

As it is usually very busy and we need to adhere to the fire regulation capacity of our gym we will be needing to limit tickets. Two tickets per family per performance - Notices came home this week and are due back early this early next week. Admission is a canned good for the food drive. If you have not requested tickets and need to do so please call the office and speak with Mrs. Adam.

November Birthdays

Happy birthday to these students who celebrated a birthday in November; Sullivan B, Rayan R, Redon R, Emily B, Lincoln H, Ava M, Max W, Lucie B, Nicolas T, Haenim K, Toren R, Carter M, Marcus F, Isabella B, Harlo D, Ariana A, Jennifer M, Lyla B, Molly W, Kaylee B, Teagan M, Chloe G, Lydia J, Elsa W, Jamie D,

Parent Info Nights

The District is hosting two info nights in December that may be of interest to parents: The links will take you to the district calendar where you can access detailed information.

A PARENT INFO NIGHT ON CANNABIS & EDIBLES, Dec 5th

<https://www.deltasd.bc.ca/event/parent-info-night-dpd-cannabis-forum/>

OUR KIDS AND VAPING: A DELTA PARENTS' INFO NIGHT, Dec 10th

<https://www.deltasd.bc.ca/event/kids-vaping-delta-parents-info-night/>

Christmas Hamper Project

Reminder that our Deltaassist Food Drive will be ongoing from December 3 until December 14. We are collecting non perishable goods for this worthy cause. Please support us in making other families Christmas better.

Thank you also to Division 4 for all your efforts towards this event.

The most useful contributions are grocery staples:

- | | |
|--------------|-----------------|
| ☺canned meat | ☺canned fish |
| ☺ vegetables | ☺ fruits |
| ☺ pastas | ☺ fruit juices |
| ☺ cereals | ☺ Peanut butter |
| ☺ rice | ☺ soups |

Please check the dates on the items that you bring in as we can not accept outdated food goods. Unfortunately we can also not accept perishable goods or homemade food items.

Thank you for supporting this cause !

Protocol for Parent Concerns

If you have concerns around general school procedures or things that you might like to discuss please feel free to bring them to my attention. We are always willing to speak with parents to explain how and why particular decisions have been made and to listen openly to suggestions that might make our school community a better place. We will do our best to work along with you to solve problems.

If you have concerns with things that might be happening in your child's classroom please bring those concerns to the attention of the classroom teacher. If you are uncomfortable doing this or a satisfactory resolution was not reached then by all means you may speak to the school administration for guidance.

Classroom email lists and social network sites such as facebook are not appropriate places to discuss school issues/concerns. It is imperative that we remain respectful in our interactions and solve problems in a way that benefits everyone.

Finally, having these discussions with others out on the playground, in isolation of school staff, does not support a positive school community and in fact leads to misinformation and hard feelings.

Flu Season is coming

What can parents do ?

1. Arrange for your family to have an annual flu shot if your child has a chronic health condition.
2. Prevent illness by maintaining good health habits, a variety of foods, exercise, enough sleep, and frequent hand washing.
3. Recognize flu symptoms...stuffy nose, cough, sore throat and chest, fever, chills, muscle and joint pains ,vomiting and diarrhea.
4. **Keep your children home away from others** and treat the symptoms with bed rest, plenty of fluids, and acetaminophen for fever and aches.
5. Watch for symptoms that should prompt a call to your doctor... rash, high fever, earache, white spots on the mouth, severe vomiting or diarrhea, or coloured mucus.

If the school finds it necessary to send your child home because of illness, please make sure you have made alternative arrangements when you are not available.

Parents as Partners - Growth Mindset

At Beach Grove, we want our students to develop a Growth Mindset. If you have a growth Mindset, you believe that with **work, practice, and perseverance**, you can improve - whether it is academics or any other skill. The opposite, a fixed mindset, is the belief that our intelligence and talents are predisposed (either you were born with it or you weren't). Much of the research around growth mindset is based on the work of **Carol Dweck**. We now know that those with a growth mindset actually improve more than those with a fixed mindset.

While we know that embracing a growth mindset is not always easy we also know that developing a growth mindset can have a huge impact on your child as they move through their early schooling years and their life in general.

Follow the link below to a cool example of a Growth mindset in action:

<https://www.youtube.com/watch?v=IMbol4cOAuQ>

How can you help foster a growth mindset at home:

1. **Pay attention** and verbally praise your kids for skills that aren't predetermined: hard work, persistence, rising to a challenge, learning from a mistake, et . , rather than being "smart", "brilliant" or "gifted".
2. **Be a growth mindset model.** Be honest: how often do you say "I can't (cook, sing, balance my bank account)" or I'm terrible at (sports/spelling/public speaking/math)" as if there's no hope for you ? Make sure you are sending the right message- maybe even take on something new! Show (and tell) your kids that when speaking about something you (or they) are currently unable to do , finish the sentence with the word "yet"!
3. **Encourage your child to forget taking the easy route** (where little learning is done) and instead embrace challenges. Continuously doing things we're already good at won't "grow the brain" like learning a new skill or embracing a new challenge does.
4. **Remember growth mindset isn't just academic;** it applies to many areas of life (athletic, musical, social). Having trouble getting the basketball into the net? Keep making mistakes on a guitar chord? Tried to initiate play with someone but it didn't go well? Discuss the next steps for improvement.
5. **Discourage envy of peers,** and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there's a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.

Embracing a growth mindset isn't always easy, but can have a huge impact on your child... and perhaps you, too!

Sincerely,
Rick Hall,
Principal and the staff at Beach Grove