

WEEK OF JANUARY 13-17

Coyote Howl



This week I will be introducing to the students teachings about the Heart and Mind connection and introducing them to the Five qualities of the Heart and Mind. (See link below for details.)

A focus has also been learning about how to be a good ancestor with their thoughts, words and actions to themselves, to others and to this place.

We are also learning to be more inclusive. This week our grade fives have a wonderful opportunity to learn how to make their presentations more accessible for all through a workshop from Accessible Resource Centre (ARC BC)

On that note, the Delta School District is looking for student, staff and community volunteers interested in serving on its Accessibility Advisory Committee which is dedicated to identifying social, physical, sensory and other barriers that prevent people from fully participating in all aspects of school community life and advising on strategies to reduce them, ensuring a more inclusive and accessible environment.

If you are interested in helping our school district become more accessible and welcoming to all, please complete the [online application](https://forms.gle/UnQJP7uDdLQX5AFC8) (or copy and paste this link into your browser:

<https://forms.gle/UnQJP7uDdLQX5AFC8>) by February 7, 2025. More details can be found on the Delta School district website.

Learning Beyond the Classroom



We now know that for children to flourish socially and emotionally, we need to educate both the heart and the mind. At Monday's school wide assembly we will learn about the 5 qualities of the Heart and Mind: Secure and Calm, Gets Along With Others, Alert and Engaged, Compassionate and Kind and Solves Problems Peacefully.

Our focus for January will be, Gets Along With Others and then February's focus will be Compassionate and Kind.

I will be introducing "Beach Grove Heart and Mind" Gotchas where students can get a gotcha by any staff member who sees them displaying any of the 5 qualities of the heart and mind. We will do a draw each Friday for both Primary and Intermediate.

Black Excellence Day

As a lead up to Black History month, Black Excellence Day is a day to rejoice Black history and learn about Black stories, Black art and Black people.

January 15th is in honour of the great civil rights leader, Dr. Martin Luther King Jr., who was born on January 15, 1929.

The contributions of Black Canadians and the ongoing civil rights struggle of Black Canadians often goes unacknowledged in our history books and school curriculum.

The term Black Excellence was born out of the civil rights movement in the 1960s.

This Week's Classroom Highlight:

Divisions 1, 2, & 3 are doing a year long inquiry asking "How do our human made systems impact our natural systems?" This term they are looking specifically at systems that use plastic and at how plastic has become a problem in our oceans. They are working toward making decisions about how they can create better personal habits around plastic use as well as what big decisions they would make if they were policy makers.



Link to resources on the Heart-Mind connection through the Dalai Lama Center for Peace and Education:

<https://heartmindonline.org/>

Link that focuses on this month's theme of Getting Along With Others:

<https://heartmindonline.org/resources/passive-mouse-assertive-dog-aggressive-alligator-exploring-communication-styles-for-kids>

Upcoming Week

- January 13th:** School-Wide Assembly on the Heart and Mind at 1:30pm
- January 14th:** ARC BC workshop with the grade 5s on accessibility
- January 15th:** Black Excellence Day
Late French Immersion presentation with the grade 5s
Division 9 Ice skating
- January 16th:**
- January 17th:** Hot Lunch-ordering closes today

This Month

January 17th: Ordering closes for Hot Lunch

January 21: Division 5&6 ice skating

January 23: PAC Family Glow Dance
5-8pm in the gym

January 24: Professional Learning Day
(no school for students)

January 27th: International Holocaust Remembrance Day

January 28th: Grade 7 Parent Information Night at SDSS Theatre re: Highschool Grade 7-8 Transition

January 29: Lunar New Year and Chinese Music Ensemble cultural performance

January 31: Hot Lunch (Hot dog day)



REMINDERS

PAC: Hot Lunch January and February

Hot lunch ordering for January and February is now open. Please go to munchalunch.com to order.

Hot Dog Day- January 31st

Ordering Closes: January 17th

A&W- February 14th

Ordering Closes: January 30th

If you have any questions please email

bge.pac@gmail.com

Thank you

Beach Grove PAC

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