

WEEK OF JANUARY 20-24

Coyote Howl



This Friday, staff members will be spending time on the professional learning day with a focus on our school goal around reading and assessment, as well as a concentrated focus on social emotional learning and mental health and well-being.

One of the workshop sessions is through Healthy Minds BC on everyday anxiety strategies for early years, to help teach students both coping skills and how to manage everyday mental health. I wanted to share the link for those families who may be interested as this site provides resources for parents as well.

<https://healthymindsbc.gov.bc.ca/course/early-years/>

Another event to note for those interested

Virtual Event: ADHD - The Real Deal

Description: ADHD doesn't just affect the person with ADHD, it also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Dr. Duncan, Child and Adolescent Psychiatrist, dispels some myths and explains how and why the ADHD brain works the way it does.

Registration: FamilySmart - Events

Dates: February 6th 6:30pm-8pm

February 19th 12pm-1:30pm

February 25th 6:30pm-8pm

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 learned 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 is, Gets Along With Others and then February's focus will be Compassionate and Kind.

The students have been getting "Beach Grove Heart and Mind" Gotchas from staff members who see them displaying any of the 5 qualities of the heart and mind. We had a lot of entries this week for our first draw on Friday for both Primary and Intermediate. Each Friday we will have a draw.

What is Here4Peers?

The Here4Peers Program trains teams of high school students (grades 10-12) to become Here4Peers Youth Facilitators. These Youth Facilitators then facilitate the Here4Peers Youth Mental Health Awareness workshop in teams of three/four for grade 7 students who are experiencing both: a transition into adolescence and a transition to high school. The workshops are supervised and designed to be interactive, utilizing challenges, games, discussion groups and media to engage participants.

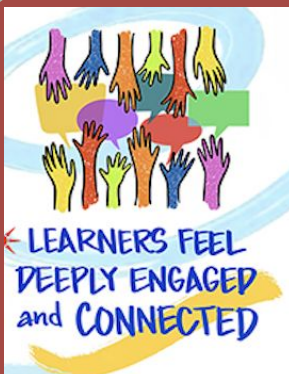
The Here4Peers Workshop goals are to:

- Diminish attitudes of stigma
- Increase awareness of mental health issues and coping tools
- Encourage peer-to-peer supportive responses
- Improve access to resources

You can find out more about it here:

<https://cmhavf.ca/programs/here4peers/>

This Week's Classroom Highlight: The Baby Salmon have hatched!



Division 13 eagerly awaits the birth of many baby salmon

Division 13 has an important job- taking care of baby salmon! The class has 33-gallon tank that's currently hosting 55 coho salmon eggs resting cozy in a casserole dish, aka "the redd." In the wild, the mother salmon get crafty and use her tail to make a snug gravel nest (casserole dishes are a bit hard to find in streams). Once the eggs hatch the class will be there to watch them grow and take care of them making sure they have clean water that is the perfect temperature for their development as we get closer to the spring when it will be time to release them so they can continue their journey!

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 20th:

January 21st: Division 5&6 ice skating

January 22nd: Here4Peers workshop with the grade 7s at 9am
(Mentors from the highschool)

January 23rd: PAC fundraiser-Family Glow Dance 5-8pm (gym)

January 24th: Pro-D (no school for students today)

This Month

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

Kindergarten Lunar New Year parade 11:50am

January 31: Hot Lunch (Hot dog day)

Order closes for A&W Hot Lunch

Jacquie von Schulmann
Principal, Beach Grove Elementary
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We can't heal the world today but we can begin with a voice of compassion, a heart of love, an act of kindness.

MARY BAEY

REMINDERS

PAC:Hot Lunch February

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

A&W- February 14th

Ordering Closes: January 30th

If you have any questions please email bge.pac@gmail.com

Thank you

Beach Grove PAC

PAC fundraiser-Family Glow Dance this Thursday 5-8pm in the school gym! Come out for some family fun!