

ELWICK COMMUNITY SCHOOL



New Year, New Learning!



February 2022

IN THE ISSUE

A Word from Ms. Lorelei

Phys. Ed, Music & Sistema
News!

Classroom Updates: What is
happening around Elwick!?

Important Dates

February 4th
PD Day No Classes

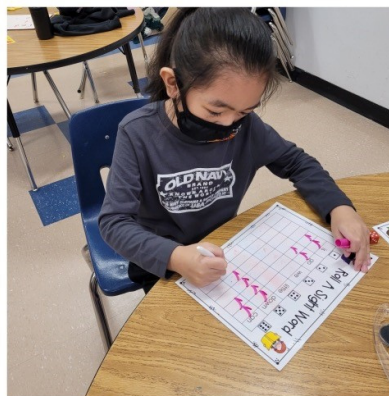
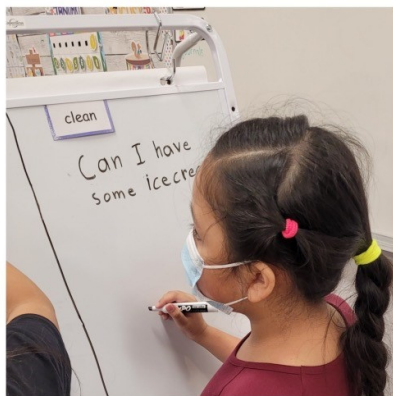
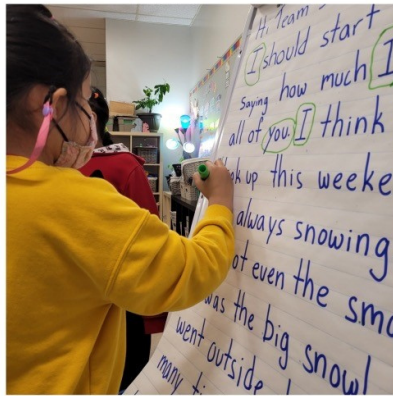
February 18th
Louis Riel Day Celebration

February 21st
Louis Riel Day No Classes

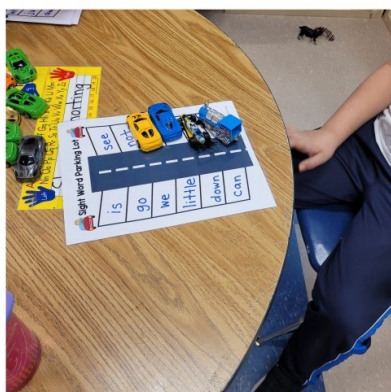
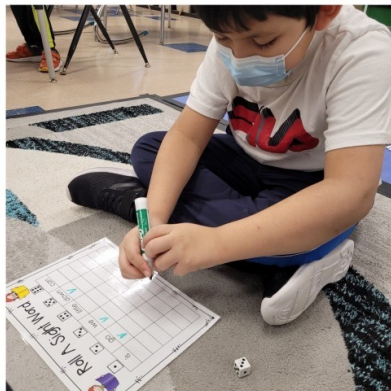


SEEING WORDS IN ROOM 3

By: Mr. Darsh

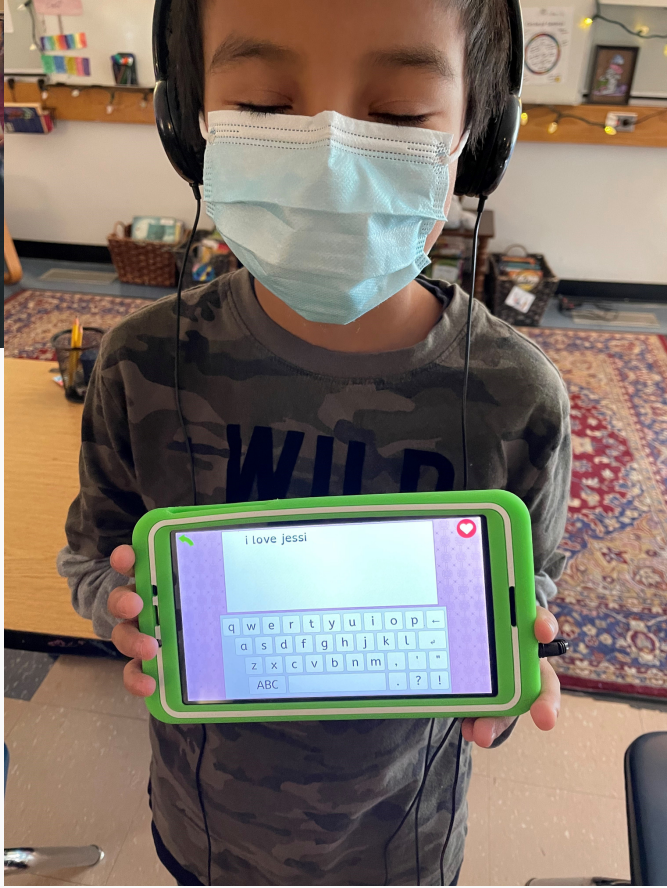
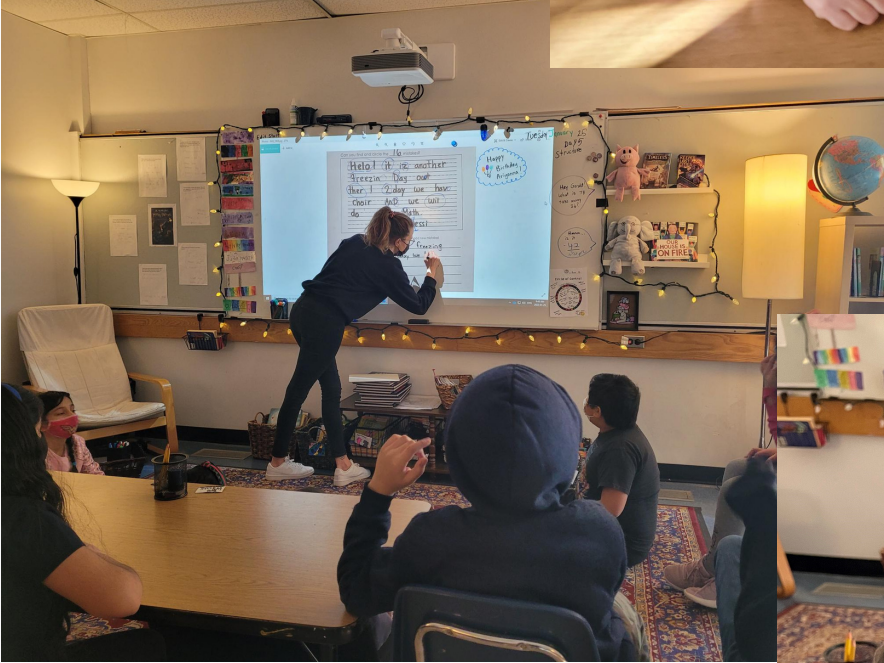
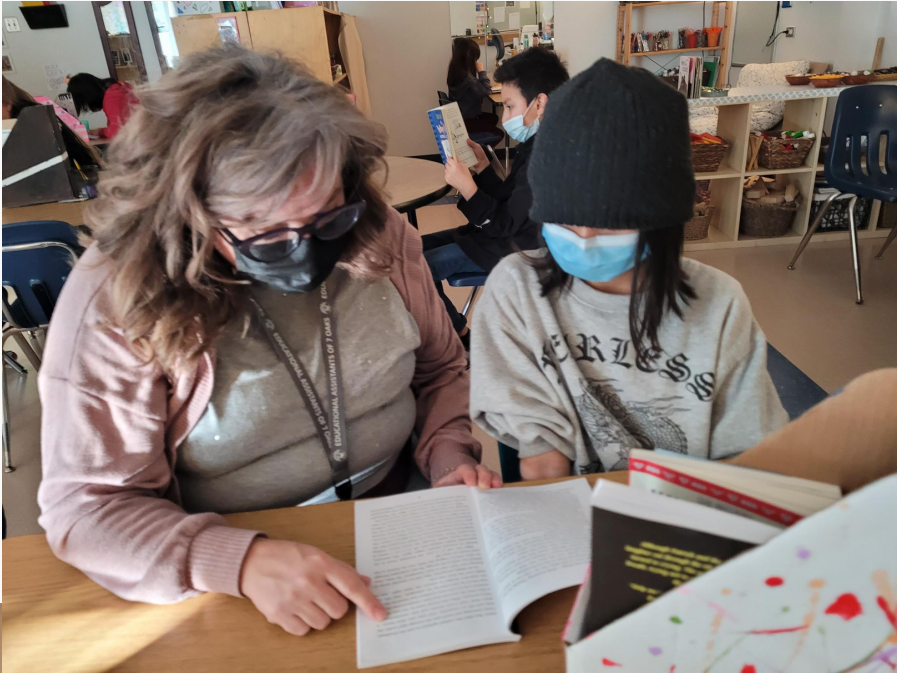


Room 3 has been working hard on their sight words! We have been learning these words by recognizing, creating, writing and many other fun ways! Room 3 students have found sight words everywhere, including YouTube! Do you see any sight words around you?



LITERACY IN ROOM 12

By: Ms. Jessi



MEASURING IN ROOM 4

By: Mr. Jaura



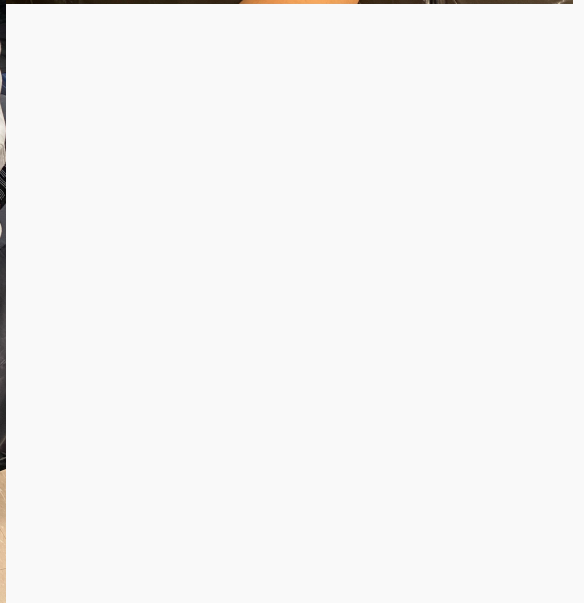
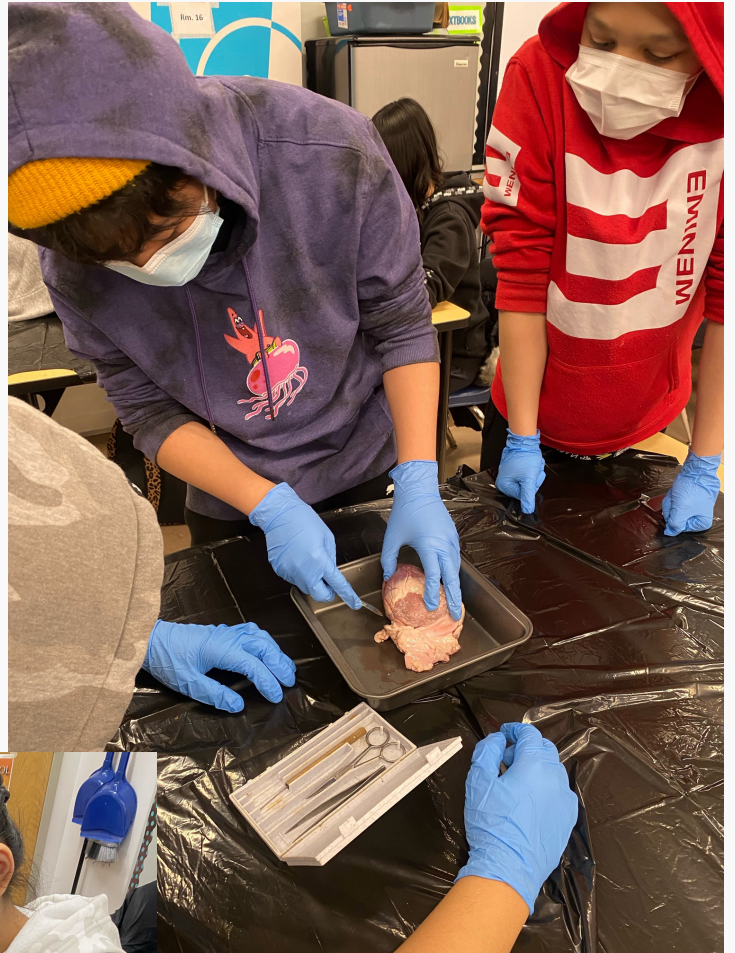
Room 4 is developing new measurement skills. Students are building on their abilities to compare and learn to order three or more objects. They have come to understand that objects can be measured in different ways.



HEART DISECTION IN ROOM 16

By: Ms. Ziegler

Room 16 got to dissect pig hearts after learning about the circulatory system.



ROOM 19

By: Mrs. Pidhirniak

Room 19 did some coding with robots!



ROOM 7

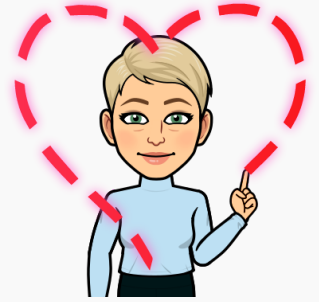
By: Ms. Tanya

Room 7 has started our Learn 2 Skate lessons at Maples Multiplex Arena. We are learning to stand up, it's hard work! We are having a lot of fun.



A WORD FROM THE PRINCIPAL

Ms. Lorelei



Dear Elwick Families,

February in schools is often a favourite month for teachers. The school year is in full swing. By this time, we know the children as learners well. We celebrate the 100th day of school. "I Love to Read" activities mark many of the days in February as well. Smack dab in the middle of the month is Valentine's day where love is celebrated!

This February is particularly sweet. Seeing how we have come out of the December holiday with continued worries and fears about Covid, January was a month of 'wait and see' for many.

We are here to tell you that we are back! School is in full swing and children are busy learning. This past week, our middle years Gr. 7 & 8 were coding with robots and dissecting pig hearts in science. The skating rink is open both daytime and evening. Our basketball team has gone undefeated in their last two games and they are killing it! Pow Wow club starts next week! Six of our Gr. 7 & 8 students have joined the Seven Oaks Hockey Skills Academy once a week. Our band students have performed a concert at SOPAC! There are many special activities happening as part of "I Love to Read" in February with diversity as the theme! As a whole school, we are celebrating Louis Riel day on February 18th with a whole day of awesome activities.

The days are getting longer and hopefully warmer. Spring WILL come! This last Omicron variant is viewed as an important step to this pandemic is coming to end and life getting back to normal.

Look around at all that is happening at Elwick Community School. There are so many reasons to feel optimistic about our children's future.

Much love,
Your Elwick Staff

PHYSICAL EDUCATION NEWS

By: Ms. Schettler & Mr. Lister

M.Y.A.C Skating

Ready for some fun? Grade 5-8 students are invited to come out to the Elwick Community Centre on Tuesdays and Thursdays from 6:00-8:30pm for some skating. The Maples Youth Activity Centre will be supervising skating sessions on these evenings. Skates and helmets are available along with some hot beverages and snacks.

School Skating

Students will soon have the opportunity to use the rink during some of our activity breaks, class and Phys. Ed. sessions. Please make sure that you are dressed for the weather.

Basketball

Our grade 7/8 Divisional Basketball team has been busy practicing with Mr. Weekes and Mr. Lister in order to prepare for the season. Practice days are on Day 4 & 6 at 10:35 during the activity break. Game days will take place at various schools on Thursdays. Students will be taking a bus from Elwick at 2:15pm with Mr. Nick and will be coming back to Elwick just after 5:15pm. Go Elwick!

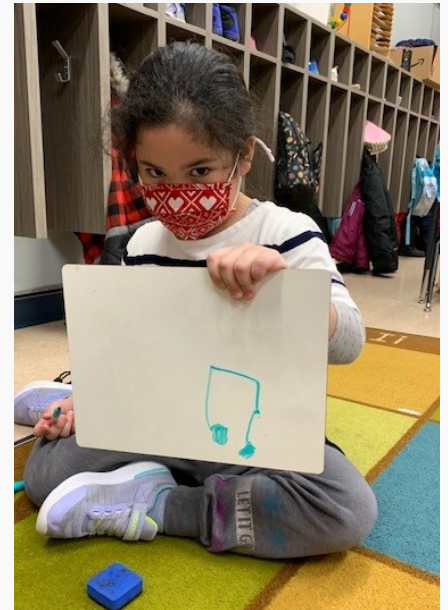
Hockey

A few of our grade 7/8 students have taken the opportunity to be part of the 7 Oaks Hockey Skills Academy program this term. Students will be attending the program on Day 3's in the morning. The focus will be on skill development through drills and scrimmages with qualified coaches. We hope you enjoy the experience.



IN THE MUSIC ROOM

By: Ms. Bond



Kindergarten students learning how to draw rhythms.



New Year, New Instrument! Grade 3 - 5 students are starting to learn ukulele.

Did you know... you can see photos and videos of our music program on Instagram? Follow @elwickmusic

NEWS FROM THE BAND HUT

By: Mr. V

Our band students just finished their live recorded performances at SOPAC for our Winter Concert. We have sent the recording by email to all band parents, we hope that you were able to enjoy that together and celebrate the performance your children have worked so hard to put together.

Presently, band students are learning more advanced playing techniques and will be happy to share with you their achievements in our future public performances.



SISTEMA

By: Mr. Donn

Sistema students started the new year with a staggered start, with Vivaldis, Beethovens, and Mozarts each attending on their own for a few days. This allowed for extra support from teachers as each group chose new songs and started working on them, as well as an opportunity to reinforce routines and expectations before all student return daily on January 31st. Students also brainstormed ideas for future performance videos, and are excited to work toward these goals and make them a reality!



Important Dates

Friday, February 4th - No Sistema (PD Day)

Friday, February 18th - No Sistema
(Cancelled due to Louis Riel Celebration)



BASKETBALL TEAM



The boys basketball team has been crushing it so far! They won their first two games against Dashmesh and Faith Academy!!



FEBRUARY

I LOVE TO READ MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
Have a family member tell you an oral story.	Celebrate Diversity! Listen to "I am Enough" by Grace Byers on Youtube.	Learn to say "Hello" in a new language.	Wear Words Day Wear clothing that people can read.	Read the lyrics to your favourite song.	Tell someone what it means to be kind.	Beach Party! Read a book in your bathing suit.
Read a label in the bathroom.	How many words can you make from: VALENTINE'S DAY	Read a book that takes place in winter.	Read a book with an animal in it.	Read a book in the dark with a flashlight.	Draw a new cover for your favourite book.	Movie Night! Watch a movie that was made from a book.
Read a book in your PJs.	Celebrate Louis Riel Day by going for a walk with your family.	Read a book that makes you laugh.	Ask your family to tell you about your culture.	Circle all the vowels on a cereal box. (a, e, i, o, u)	Read to a little sibling or your stuffies.	Family Cooking! Read a recipe and ask an adult to make it with you.
Read a book as a family.	Read a book before school.	Share 3 silly jokes with a family member.	Read the label on your snack.	Read the label on your snack.	Make a tent and read in it.	



GOAL SETTING

For the month of January, Elwick Community School has been learning about GOAL-SETTING! So far this year, we have learned about identity, belonging and generosity. As part of a continued journey learning about ourselves, goal-setting is a way to plan for our future and give us motivation.

GOAL-SETTING CAN HELP US WITH:

- motivation
- teaching responsibility for our own behaviours and learning
- taking action
- promoting a "can-do" attitude
- increasing positivity
- forming a powerful lifelong habit
- enhancing one's sense of purpose
- improving one's self-worth
- increasing self-esteem

ACCORDING TO THE CIRCLE OF COURAGE:



The Spirit of Independence:

Free will is cultivated by responsibility so that the child can say, "I have the power to make decisions."



HOW CAN WE TEACH CHILDREN TO SET THEIR OWN GOALS?

WANT ADDITIONAL RESOURCES?

Picture Books that help children learn about Goal-Setting:

- The North Star by Peter H. Reynolds
- Salt in His Shoes by Delores Jordan
- Ruby's Wish by Shirin Yim Bridges
- Rosie Revere, Engineer by Andrea Beaty
- Whistle for Willie by Ezra Jack Keats
- The Power of Yet by Maryann Cocca-Leffler
- Squirrel's New Year's Resolutions by Pat Miller

The 4 PROVEN STEPS to GOAL-SETTING for kids

by Big Life Journal

- 1 LET THEM CHOOSE THEIR BIG GOAL**
Ask questions like:
 - What's something you wish you could achieve?
 - What would you do if you knew you couldn't fail?
- 2 DISCUSS THE PURPOSE OF THEIR GOAL**
Ask questions like:
 - What do you think is the greatest benefit to you doing well in this class?
 - How can that help others?
- 3 BREAK THE BIG GOAL INTO SMALLER STEPS**
Use a "goal ladder" to break down their big goal. At the top of the ladder, write down the big goal, then work your way through the steps it would take to achieve it.
- 4 BRAINSTORM POTENTIAL OBSTACLES**
Encourage them to plan for potential obstacles. Talk about bad habits or negative thoughts, including a desire to give up. Ask: "If you feel like giving up, what will you do instead?"

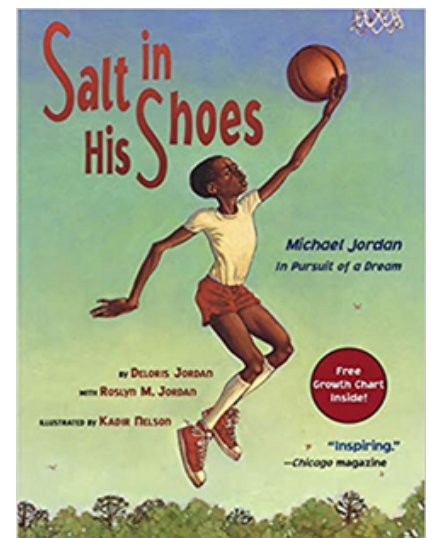
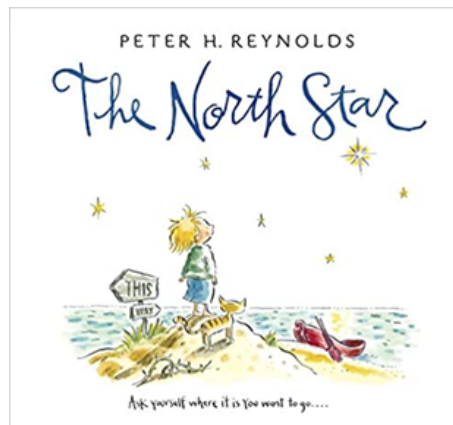
BONUS TIP: ASK TO WRITE IT ALL DOWN

By writing down their goals, they're 42% more likely to achieve them.

IF THEY WANT TO GIVE UP ON THEIR GOAL...

- Remind them of the **purpose** behind their goal.
- Remind how they decided to deal with this **obstacle**.
- Recognize as they climb the **steps** on their "goal ladder".
- Give examples of **your** own struggles at their age.
- Focus on how they can continue **improving**.
- Celebrate their **effort, determination, and persistence**.
- Teach them **positive** self-talk.

Big Life Journal - biglifejournal.com



WANT MORE INFORMATION ABOUT GOAL-SETTING?

Setting Smart Goals for Kids: <https://video.link/w/wPtVc>

5 Facts about Goal Setting by Teen Health (Nemours) <https://kidshealth.org/en/teens/goals-tips.html>

CO-TEACHING WITH MRS. COLLETTE & MRS. HUBER (GUIDANCE TEACHERS)

Did you know that if your child is in grades 3-8, they receive weekly classroom lessons with a Guidance Teacher? These lessons often involve social-emotional themes and are designed and tailored specifically for the needs in each classroom.

These lessons are developed through a co-planning process which involves teamwork and the sharing of ideas between the classroom teacher and guidance teacher.

Here is an example of some of the themes that have already been covered this school year!

Class	Topics
Room 5 Mr. Weekes	Identifying Emotions Circle of Control - Worries Emotional Regulation
Room 8 Ms. Tanya	Digital Citizenship Friendship Skills Conflict Resolution Healthy Relationships Consent
Room 9 Mr. Bell	Worry & Anxiety Coping Skills Healthy Relationships Generosity Mental Health
Room 11 Ms. Catanese	Friendship Skills Conflict Resolution Circle of Control - Worries Inserting Emotion into our writing
Room 12 Ms. Jessi	Identifying Emotions Friendship Skills Identity Circle of Control - Worries GSA & Advocacy
Room 13 Ms. Everall	Worry & Anxiety Coping Skills Multiple Intelligences Belonging Mental Health
Room 14 Mr. Ross	Digital Citizenship Mind Up (Brain-based Learning Mindfulness program)
Room 15 Ms. Ariana	Worry & Anxiety Relationship Building & Teamwork
Room 16 Ms. Ziegler	Mental Health Project 11 (Mental Health and Social-emotional development)
Room 17 Mrs. Storm	Opinion Writing Article discussions with social emotional themes
Room 18 Ms. Prout	Music & Mood Worry & Anxiety Coping Skills Thrival Kit – Canadian Mental Health Association Mental Health
Room 19 Mrs. Pidhirniak	Pronouns & Identity Peer Pressure Working Well with Others/Teamwork skills
Room 20 Ms. Conner	Opinion Writing Article discussions with social emotional themes
Room 21 Mr. Nick	Mental Health Mind Up (Brain-based Learning Mindfulness program)

SPOTLIGHT IN ROOM 11

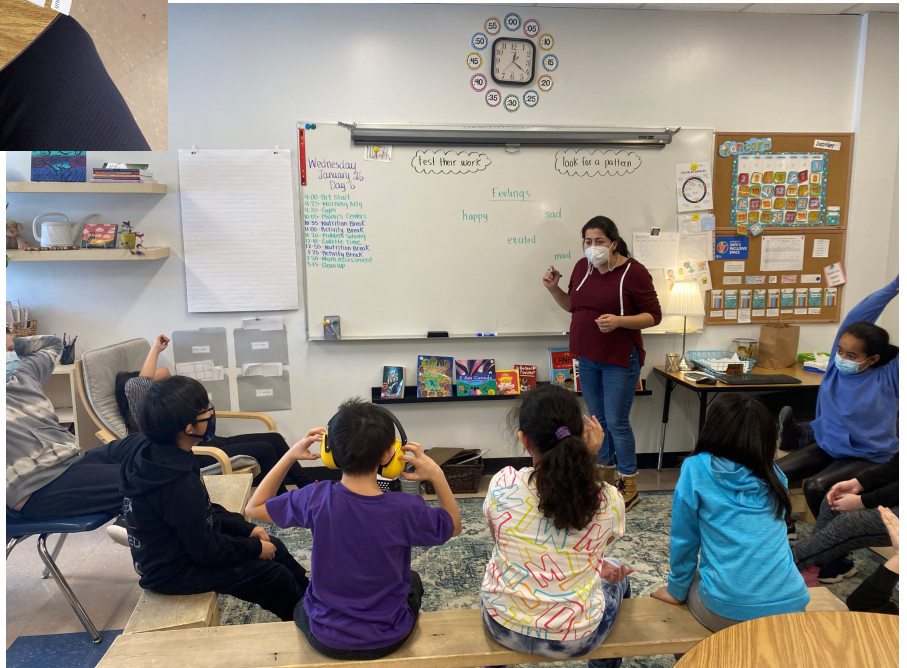
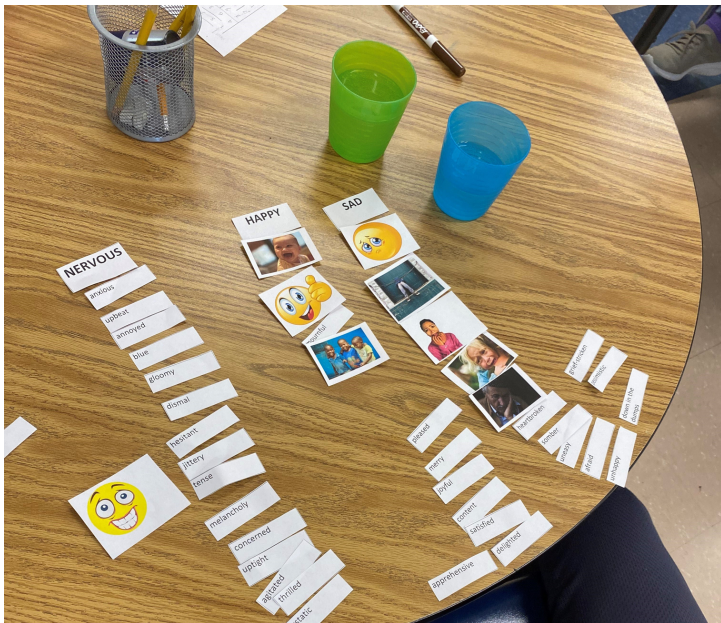
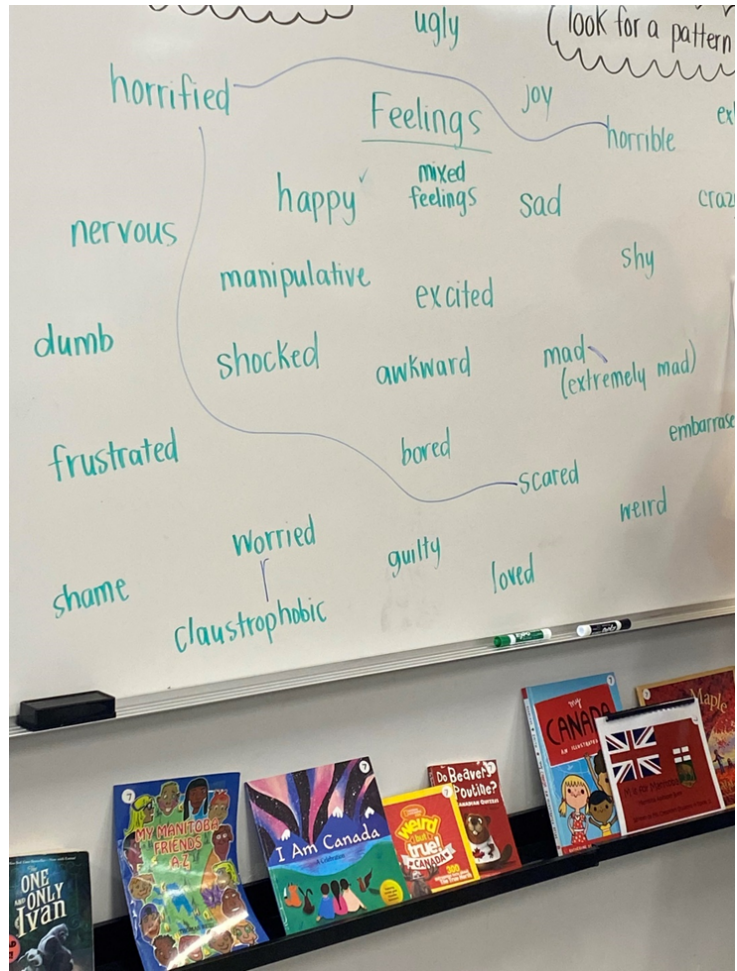
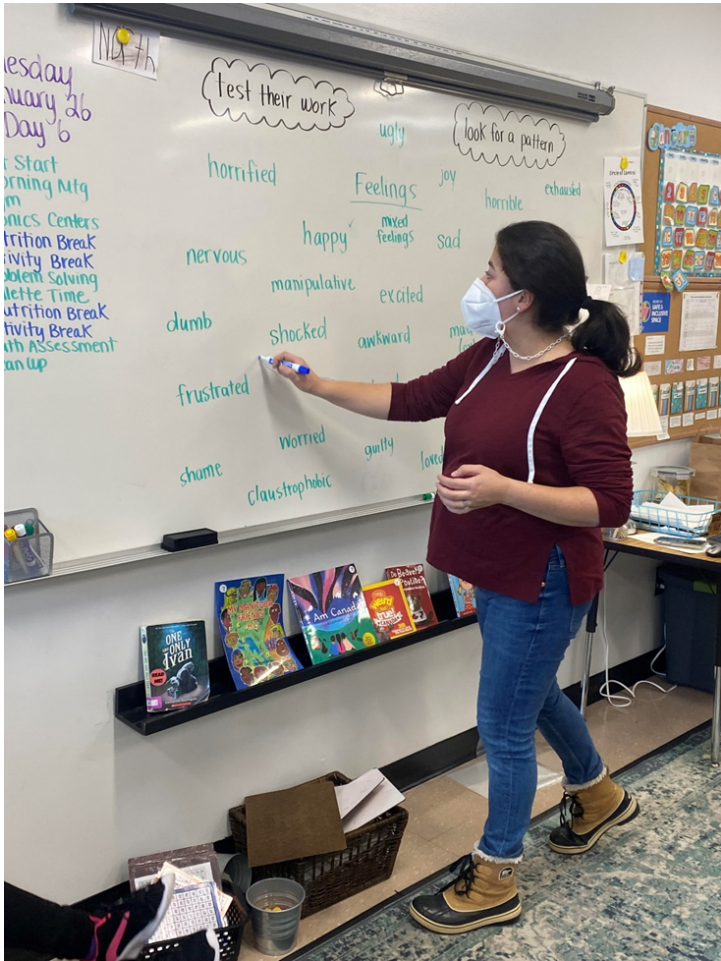
In Room 11 this month and next, Ms. Catanese and Mrs. Collette have co-planned lessons which will allow students to become better readers and more expressive writers.

Students are learning various synonyms for common emotions such as happy, mad, sad and excited. Learning these new variations of emotions will allow them to recognize and understand these terms when they are reading and to create diverse pieces of writing.

Did you know that you can experience more than one emotion at one time? We learned that we can also feel a variety of different emotions in one day alone!

New terms are also included in their writing folder, in order for students to access whenever needed.

HAPPY	SAD	NERVOUS	EXCITED
merry	heartbroken	afraid	enthusiastic
joyful	dismal	agitated	delighted
content	mournful	annoyed	eager
elated	melancholy	concerned	passionate
pleased	unhappy	jittery	roused
delighted	blue	anxious	thrilled
thrilled	down in the dumps	hesitant	charged
ecstatic	somber	uneasy	stimulated
upbeat	pessimistic	tense	awakened
jubilant	gloomy	apprehensive	fired up
satisfied	grief-stricken	uptight	wired



BUT WHERE HAS MR. ARNOLD BEEN.....?

Some of our student may have noticed that our custodian Mr. Arnold had been away for the first two weeks of school.

We really missed him!

He was all the way in Uganda, visiting his family that lives there. We are so glad he is back but are very happy he got to spend some time with his family and that he shared this photo with us!

How cool is it that he was on the equator?!





Emergency Preparedness Plan

We would like to share our school emergency preparedness information with you.

EVACUATION:

In the event we need to evacuate the entire school, we would walk to Wayfinders, 950 Jefferson Avenue or our alternate site is James Nisbett School, 70 Doubleday Drive.

BUSSING:

If you have inquiries regarding bussing during inclement weather conditions, please check the division website and/or major radio stations.

CONTACT INFORMATION:

In the event, we need to contact you, it is imperative that you keep all contact information current.

Please update information on Parent Connect or call the office at 204-633-5641

Upcoming School Closures

FEBRUARY 4TH - DIVISIONAL PD DAY

FEBRUARY 21ST - LOUIS RIEL DAY

