

Summerhill Street Elementary School - FEB/MARCH 2023

Shannon Atherton – Principal

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During the month of February, we are focusing on Kindness and discussing **self-compassion and self-love** to connect to Valentine's Day.

We have some amazing lessons and leadership ready for our School assembly on Feb. 22 and students understand and know what is expected in terms of how we treat others. We do expect positive interactions with others to continue and we would like students to focus on treating people with respect and kindness every day.

Sometimes, there are challenges in how we get along with others. We want to ensure that if mistakes are made and if students treat each other unkindly that they own the issue and make it right. We do appreciate students following through with others in a positive way rather than holding on to a problem. If students need help with problem-solving, they need to go to an adult.

We are hoping you can speak to your child at home to encourage this as well. It is not okay to lash out at others verbally or physically. Neither is it okay to "get revenge" or retaliate when someone is bothering you.

We do encourage students to report to adults if someone has made them feel uncomfortable or if they see something that is not safe. Our staff works hard to follow through on incidents so that students recognize that if they come to an adult with an issue, the adult is helping to work and mediate with the students involved.

If there is fighting, disrespect, defiance or unsafe behaviour shown at school, follow through for this behaviour can include: doing a "Think/Reflection" sheet, missing part of a recess, having to walk with an adult outside or a phone call home. Incidents are entered in PowerSchool with the details of what happened and how it was handled.

Here are the messages we are sharing with students about Kindness:

February – Pink Shirt Day: February 22nd, 2023

- **Did you know that when you are kind, more people want to be around you. One of the best ways to make a new friend and keep your friends is by being kind. How will you show kindness to others today?**
- **Do you have a friend that is always there for you? Has one of your family members done something special for you? Say thank you to the people who mean the most to you. Remember saying "thank you" makes people feel good!**
- **How do you think it would feel to play by yourself everyday at recess? How would you feel if you were the only one not invited to eat lunch together? A friend is helpful, cares about you, includes others to play with them, tells the truth, and takes turns. I know we can all be good friends today.**

• **How would you feel if someone stood up for you? Or spoke up for you when you were being picked on? Bullying is not cool. Stand up for yourself and your friends by telling the bully to “Stop”. Remember to use your WITS. Together we can make difference.**

• **Remember to always be kind and make others feel welcome. This helps make our school feel safe and friendly. Remember that together we can all do something to stop bullying.**

• **Choose friends who make you feel good about yourself. If your friend says mean things to you or makes you feel bad, they are not being a good friend. Tell your friend how you want to be treated. If your friend doesn't want to listen, try to find new friends through clubs and activities like sports, drama, music and art. Joining a group is a great way to meet new friends.**

• **One of the BEST ways to solve a conflict is to walk away calmly and go somewhere safe like a classroom with a teacher in it. By walking away, it takes you out of the conflict. Remember to use your WITS.**

• **Do you know that ignoring a bully and keeping calm will often stop the bullying. Hang out with friends that are kind, helpful and supportive. Let's all try to be a good friend to others!**

DATES TO REMEMBER: Mark Your Calendar	
Feb. 14	HAPPY VALENTINE'S DAY!
Feb. 13 – 17	STAFF APPRECIATION WEEK
Feb. 20	Math Challenge Tracker Sheets are due
Feb. 22	PINK SHIRT DAY - SCHOOL ASSEMBLY AT 2:00
Feb. 27 – March 17	Hot Lunch Orders for April/May online. Paper copy available on request. Next round of Popcorn order online or send \$11 to the office. Hot Lunch and Popcorn orders are due on March 17
March 16	Black History Month Presentation
March 17	Happy St. Patrick's Day
March 14 – March 24	Parent Survey is open
March 25	NO SCHOOL FOR STUDENTS – PL DAY
March 28	PSSC at 6:30 in Summerhill Conference room
April 6	Report Cards Issued
April 7	Good Friday

April 10	Easter Monday
April 13	Evening Parent Teacher Interviews 4:00 – 7:00
April 14	Parent-teacher Interviews in a.m. /PL day – NO SCHOOL FOR STUDENTS
April 11 – 14	Scholastic Book Fair
May 5	NO SCHOOL FOR STUDENTS – NBTA Council Day
May 15	NO SCHOOL FOR STUDENTS – NBTA Branch Meeting Day
May 8-26	GRADE 4 PROVINCIAL ASSESSMENT FOR READING AND SCIENTIFIC LITERACY
May 8-26	GRADE 5 PROVINCIAL ASSESSMENT FOR MATH AND FI READING
May 22	NO SCHOOL FOR STUDENTS – Victoria Day
June 23	Last day of school for students

DISMISSAL at 3:10 – 3:15 IN FRONT PARKING LOT

There have been a few instances when cars have parked in the line up and exited the vehicle while waiting for students to come out. When you leave your vehicle in the line up and have to wait, it can cause a longer line up out front that blocks our buses. This has happened on a few occasions and we need to keep the cars moving. If you plan to exit the vehicle to wait for your child, please park in the parking lot. Thank you in advance for your cooperation with this.

We also have a crosswalk to be aware of as we usually have a few rounds of students who are walking across with an adult.

WE'RE STILL COLLECTING!

We are still collecting pop tabs for Muscular Dystrophy so please keep sending them in. It is great to see our families helping to support such a worthwhile cause.

ELECTRONIC DEVICES/TOYS BROUGHT TO SCHOOL

In our Student Handbook under “General School Rules”, there is a section about toys and electronics. “Toys, cards or electronics are not the responsibility of the school. We appreciate children not bringing any items to school that are valuable to them. Also, CELL PHONES are not permitted at school. If students need to contact home, they can use the phone at school. If your child is bringing a cell phone to school, it is not to be used during the instructional day.

MINDFUL MONDAYS

Ms. Jones continues to plan activities each week for staff and students for Mindful Mondays. One example of an activity this week is an Art lesson for the Emotional Color Wheel because it asks students to feel emotions and then breathe in and label the emotion. Helping students use breath to self-regulate is an excellent strategy and the color wheel activity helps students extend their knowledge of labeling emotions.

We will also be starting a schedule for Yoga in the Gym on Wednesdays once a month for the school!

PSSC

The PSSC will be meeting at 6:30pm the evening of March 28th. All are welcome to attend. We will be reviewing results of the parent survey and our goals of our School Improvement Plan. There is always great discussion on how we can be the BEST we can be at Summerhill!

MATH CHALLENGE RESULTS will be tabulated after Feb. 20. Please continue to track how many minutes you are practicing your Math facts at home every night! Adding, subtracting, multiplying and dividing activities all count as practice! Our goal as a school is 75 000 minutes practiced at home and at school.

3 G Strong – THEME FOR THE MONTH

This month, we'll be focusing on **WeMe Success** with the **Weeks of Teamwork Tips, Friendship Fun and Gratitude Goodness**.

Students will learn to be more aware of what makes a good friend or teammate and what it takes to maintain that positive relationship. Now, we know that kids won't always get along, so they'll learn to identify problems or conflicts with peers and find solutions through compromise or an appropriate resolution. They'll also predict how one's own behavior can impact others' emotions. Some have never thought about **how their actions impact others!** This will be some good awareness for them!

Before you begin a group activity, **be sure to talk through what having GRACE for each other in teamwork looks like and sounds like.** If you practice this each day, you will reinforce and model expectations. Not all students practice these skills at home or have direction when having interaction with peers outside of their time with you. When students are lacking skills, we must teach them, not punish them. With behavior, practice makes progress!

One other important skill we'll **focus on is gratitude.** **Gratitude has been shown to change the brain in allowing for more prefrontal cortex activity.** As Theo would say, that's the "smart part" of our brain. It's where we make good decisions. So focusing on what you're grateful for is powerful! **Even better... it can have lasting effects.** Gratitude helps people feel more positive emotions, can help improve their health, help them deal with adversity, and build strong relationships. Gratitude helps us be more resilient! SO... let's make sure we are focused on all we are grateful for. Even better, let's tell the people we're grateful for why we are grateful for them. Students will learn the importance of a thank you and appreciation of small things. Let's share that gratitude goodness!