

Newsletter

January 2020



Happy New Year from our Family to Yours! We hope you had a restful holiday season, and we are so excited to start 2020 with all of you.

Learning Outcome Checklists will come home from school with your child at the end of January. This will provide you with a snapshot of your child's learning and how much they have grown and developed already this year!

Important Dates:

- **January 28 & 29:**
Learning Outcome Checklists
- **January 16 7pm:Parent Advisory Council Meeting **note date change****

Themes:

Classes will continue with the wonderment of winter with the snow angels and icicles theme. Then at the end of the month Mrs. Parnas' class will start The Farm Animal theme, while Mrs Blake and Mrs Hasset's classes will start the forest animal theme.



Reminders:

Important! Please ensure your children are dressed appropriately for the weather.

When we have children who are not equipped to be outside it hinders the physical activity and play of the rest of our students. ☺ Please be sure to send outdoor clothing and boots everyday and ensure that your child is wearing socks. If you do not have all of these items, please come and see me or your teacher and we will be happy to try to help you get some. We appreciate your cooperation in helping us provide appropriate activity for all of our students.



Healthy Habits:

by Ashley Williams, RN, BN BELA Health & Wellness Consultant

Being Mentally Healthy:

The terms mental health and mental illness are often used to mean the same thing, but in reality, they are different. Everyone has mental health; not everyone has a mental illness like depression. Having good mental health helps us manage our emotions, care about others and cope with problems. It's important for kids and adults alike.

Research shows a strong link between having social emotional skills, being resilient and having school success. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, do better in school and feel positive about themselves and the world around them. Family life is our first “classroom” for social and emotional learning.

As a parent, you can be a strong positive influence on your child's social and emotional growth and you can reflect and build on your own skills, helping you and your child in the process. Here are 5 areas you and your child can learn more about and work to improve.

Self-awareness: Know your emotions and recognize their impact on your behaviour.

Self-management: Know how to control your emotions and behaviours in challenging times and how to set and work towards goals.

Social awareness: Understand, respect and have empathy for all people and their perspectives.

Relationship skills: Know how to establish healthy relationships with others by communicating clearly, listening, cooperating, managing conflict, resisting peer pressure and seeking and offering help.

Responsible decision making: Understand how your choices impact you and others.

Bell Let's Talk Day is January 29th. Join the conversation on social media to help spread awareness and decrease stigma.



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