

Newsletter

January 2022

Happy New Year from our Family to Yours! We hope you had a restful holiday season, and we are so excited to start 2022 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 26 & 27:**
Learning Outcome Checklists
- **January 17 7pm:Parent Advisory Council Meeting**

Themes:

Classes will continue with the wonderment of winter with the snow angels and icicles theme. Then at the end of the month classes will start either the The Farmyard Friends theme or Forest Creatures theme.



Reminders:

Important! Please ensure you continue to follow the [Covid-19 Alberta Health Daily Checklist](#) to determine if your child can come to school. We appreciate our parents' diligence in this matter, as this is the best way to keep students and staff healthy. Covid guidance and regulations continue to change on an ongoing basis, make sure you are keeping up to date by checking the most current information by visiting alberta.ca/covid-19



Healthy Habits:

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

Being Mentally Healthy:

The terms mental health and mental illness are often used interchangeably, 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 26th. Join the conversation on social media to help spread awareness and decrease stigma. Visit their [website](#) for more information and tons of resources, including a special section about Mental Health during the pandemic.



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