

Newsletter

November 2020



RAK Day 2020! We are challenging our BELA families to complete Random Acts of Kindness throughout the month of November. Gestures of kindness, no matter how small can go a long way to fill up another person's bucket! Visit the [RAK Day](#) section of the CFSEA website for more information, and some great kindness ideas for all of our bucket fillers, big and small!

Unfortunately due to the current COVID situation we won't be able to host our Fall Family Learning Celebrations this year. We hope to be able to in the spring!

Important Dates:

- **November 13th: NO SCHOOL**

Themes:

Mrs. Parnas' students are excited to learn all about zoo animals! Mrs. Blake's and Mrs. Hassett's classes are enjoying the Fairy Tales and Nursery Rhymes theme! Both classes will incorporate season changes, colours, shapes and concepts like small and large, tall and short, long and short into their learning as well!



Reminders:

****IMPORTANT**** Please ensure that you are sending winter clothing with your child every day, so that the children are able to go outside as much as possible. Also be sure to send clean indoor shoes now that the weather has changed.

Please remember to take all of your child's belongings with you at the end of the day, including shoes/boots & coats. Any items left behind will be put into the lost and found.

It is also important to check your child's bag for any papers that are sent home from your teacher.

Keep an eye out for the Scholastic book orders! When you order any of their great products, BELA earns special points that we can use for supplies for the school!

Healthy Habits:

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



8 months into the COVID-19 pandemic, the situation continues to be challenging in many ways. The BELA family is here to help! There are many resources available to children and families, to help us cope including these tips from Alberta Health Services:

Coping and Connection for Children & Families During COVID-19

Children react, in part, on what they see from the adults around them. Coping with COVID-19 calmly and confidently, can help you support your child. Here are some things you can do to support your child.

- Get the facts about COVID-19. Find a few sources of credible information.
- Check in with your child, encourage questions to make sense of the current situation.
- Encourage positive activities and thoughts of safety. Keep doing regular activities. It helps provide a sense of security and safety.
- Self-care for parents and caregivers is important. You are best able to support your children when you take good care of yourself too.
- Limit media coverage. Keep informed but limit your time. It can leave you and your children feeling overwhelmed.
- Seek support and continued connections.
- Keep active.
- Be mindful of how you speak about the situation.

Check out the full article and other helpful resources on the AHS website: [Help in Tough Times](#)



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