

School Number:  
780-352-0224

Bus Number:  
780-352-2239

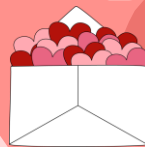
# Early Education & Family Wellness Centre's Newsflash



Issue Number: 6

February 2017

Have any extra empty Kleenex Boxes? Send them to school! We are looking for empty Kleenex boxes so each child can make a valentine mail box. Send them in before February 3. Thanks for the help!



## Pink Shirt Day

On February 22, 2017 we encourage everyone to practice kindness, and wear a Pink Shirt to symbolize that you do not tolerate bullying. Staff will be wearing pink that day and we encourage our students to join in and wear pink! If you'd like to know more about Pink Shirt Day and/or resources to deal with bullying please check out these resources:  
[Pinkshirtday.ca](http://Pinkshirtday.ca)  
[cabc.onamap.ca](http://cabc.onamap.ca) (Canadian Anti-bullying Coalition)  
Let's stand together against bullying.



## Dates to Remember:

**Feb.1-** Winter Wak

**Feb.9&10-** *NoSchool*, Teacher's Convention

**Feb.20-** *No School*, Family Day Holiday

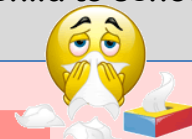
**Feb.22** - Anti-Bullying Day/Pink Shirt Day- Remember to wear pink!!

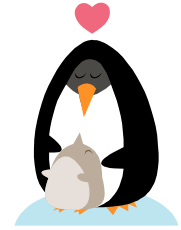
**Feb.24-** *No School*, staff planning day



## Illness:

Several of our students have compromised immune systems and can become quite ill if exposed to viruses. Please remember, if your child becomes sick with a fever, diarrhea, or vomiting, please keep him/her **home for at least 24 hours after the last symptom has resolved**. If your child (or anyone your child is in regular contact with) comes down with chicken pox, measles, mumps or any other childhood illness, please contact the school before bringing your child to school. Thank you very much.





## Name It to Tame it!

This is a phrase coined by Psychiatrist Daniel Siegel to help us think about how to support kids when they are having a meltdown. It is important first to connect with our kids before we move on to problem solving. If a child could do better, they would! It's no fun being upset and out of control! Consider some of these things when you are being a detective in "naming it" for them:

What kinds of sensory experiences are happening?

- Loud noises, big smells, unexpected touch, changes in routine, unfamiliar people, .....

What kinds of emotional experiences are happening?

- What kind of temperament do they have, Do they feel their voice is heard, What are they feeling?

How does the expectation match their development?

- Is this a realistic expectation, has their regulatory state altered their engagement, Is it a "can't" or a "won't".

Once you have reflected on some of these questions , you will have some ideas to "name it" in future uprisings ☺.

"You look mad" ..... "Oh, that's too loud" ..... "Hmmm, that's tough" ..... "Oh, you don't like this change" .....

Sometimes a little validation can go a long way in circumventing a big blow out! Of course, blow outs will still happen, and these tools can give you a way to connect, before you move on to solving the problem together.





## Valentine's Cards

We are not able to send out class lists due to confidentiality reasons. However, if your child chooses to give out valentines cards to their classmates, please just sign your child's name on the cards and leave who they are for blank. We will have decorated mail boxes for each of the children and your child can distribute the cards into their classmate's mail box.

The number of children in each class is as follows:

### Laura

A.M. class 11 students

P.M. class 10 students

### Kim

A.M. class 13 students

P.M. class 10 students

### Celia

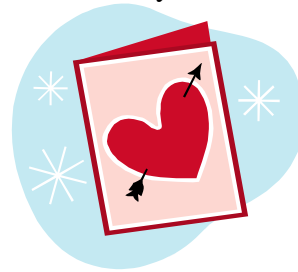
A.M. class 12 students

P.M. class 8 students

### Chelsea

A.M. class 11 students

P.M. class 8 students



*Happy  
Valentine's  
Day*

## Four Minute Cinnamon Scented Glitter Play Dough:

- 2 cups flour
- 2 Tbsp. vegetable oil
- 1/2 cup salt
- 2 Tbsp. cream of tartar
- 2 Tbsp. cinnamon
- Up to 2 cups of boiling water- (start with less, then add more as needed)
- Red food coloring
- Glycerin (optional- a few drops)
- Red glitter



1. Mix the first 5 ingredients in a mixing bowl. The Kitchen Aid is an easy option- just use the dough hook!
2. Add the hot water, red food coloring, a few drops of glycerin (optional, but it gives the dough more shine), and lots of red glitter. Turn on the Kitchen Aid for a few minutes and let it mix and knead the dough. (If you are not using a Kitchen Aid, then stir until the dough turns into a big sticky ball, and then knead it for a few minutes on the counter.) The kneading is what makes the stickiness go away, so don't skip this part! You can also add some flour if it is still sticky.



## PARKING



Parking **IS NOT PERMITTED** in the alley on the side of the school. We had a By-law Officer pay us a visit and he let us know that it is **illegal** to park in the alley and there could be a **fine of \$78.00** and your **vehicle will be towed**.

Parking is available in front of the school (in the parking lot), facing 47 street (East). Please enter at the alley on 47 Street and exit closer to the stop sign at the intersection- it is **one way** drive. Additional parking is available on 56<sup>th</sup> Avenue on the south side of the school. Parking is very limited and it can be very busy at drop-off and pick-up times. If there is no parking available you could try driving around the block once and when you come back around a space may become available.

Thank-you

### February 20

1:00-3:00

Are you looking for a fun way to spend  
**'FAMILY DAY'?**

Come out to "By the Lake Park" and enjoy horsedrawn sleigh rides, ice skating, tobogganing, face painting and tours of a fire truck, ambulance and a police car.

Refreshments of hot dogs, cookies and hot chocolate

will be provided free of charge to those attending

