

Sheldon Coates News

January 2020

Principal's Corner

Welcome to 2020!

I hope everyone enjoyed some time with family and friends, as well as had some time to relax and have fun. We had a chance to visit family in Saskatchewan, and friends in Alberta. My newest niece was born at 3 am on Jan. 1; what a wonderful way to ring in the new year! I am excited to hear the students' stories of their adventures these last two weeks.



This is a very exciting time of year for our students! This is when we see many students take giant leaps in their learning. Teachers often notice that after a break, learning starts to take off; reading fluency improves, math concepts start to click, and academics seem to really start to flow. This is a true testament to all the work done at school and at home since the start of the school year.

So, let's keep the positive growth going with the coordinated efforts between home and school. Remember, you can/should read with your child each night. Students need to read with you for a fluent model of what reading sounds like, seeing that you value the practice needed to grow as a reader, continued practice of strategies and skills learned at school, and quality time for you and your child.

Thank you for your continued support at home!

All the best,
Michelle Bolay



Upcoming Events

- Jan. 6 - Welcome back to school!
- Jan. 13 - School Council meeting @ 7 pm
- Jan. 24 - STAR Assembly - Mrs. Harley's class presents
- Jan. 29 - Pizza with the Principal
- Jan. 27-Jan. 31 - Student-Led Conferences
- Jan. 31 - Big Wig Day (wear your best wig!)
- Jan. 31 - Winter Activity Day
- Jan. 31 - New leader teams start

Christmas Reading Night



Student-Led Conferences

During the last week of this month we will be hosting Student-Led Conferences. These conferences are a time for your child to show you around their classroom, show the work that they have been doing, teach you a few of the games/activities from their class, and have a quick chat with their teacher to set goals and celebrate successes. This is not yet the end of our second term, so report cards will not be going home at the same time as the conferences, they will be sent home in mid-March. Please keep an eye out for communication from your child's teacher in regards to setting up a time for your Student-Led Conferences.



Preschool Update

Welcome back preschool children and parents. We hope you enjoyed your holidays. We are rested and excited to welcome everyone back.

We are excited to start an outdoor component to our school days. This will start taking place the week of January 13, 2020. Please watch for more details to be sent home.

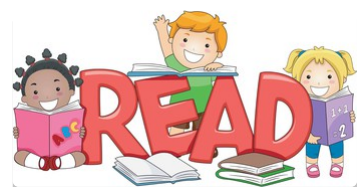
We are also going to start show and share. We recognize that the kids are all eager to share information about themselves at carpet time. A perfect way to do this is introducing show and share. More details will follow soon.

We have a fun month planned and look forward to getting back into routine.

Miss Sharlee and Miss Catie

Library Update

Students will be visiting the library again, starting this week. If you haven't already, please locate all library books and send them back to school on or before your child's library day. The library schedule is as follows:



Kindergarten - Wednesdays
Grade 1 - Tuesdays
Grade 2BK - Wednesdays
Grade 2/3L - Tuesdays
Grade 3K - Thursdays



To Note

-- Midway through this month students will be bringing home forms to select a leader team for the second half of the year. The new leader teams will start Jan. 31.

- When it is -20 or colder in the morning before school, a message on ClassTag will be sent out to notify families that children will be coming in through the front doors. We will also be watching the side doors and the playground to ensure that all students come in right away and enjoy an indoor recess.

Dance Party!



Children Learn What They Live

by Dorothy Law Nolte, Ph.D.

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with [fear](#), they learn to be apprehensive.
If children live with pity, they learn to feel sorry for themselves.
If children live with ridicule, they learn to feel [shy](#).
If children live with [jealousy](#), they learn to feel envy.
If children live with [shame](#), they learn to feel [guilty](#).
If children live with encouragement, they learn [confidence](#).
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to [love](#).
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.



If children live with sharing, they learn [generosity](#).

If children live with honesty, they learn truthfulness.

If children live with fairness, they learn justice.

If children live with kindness and consideration, they learn respect.

If children live with security, they learn to have [faith](#) in themselves and in those about them.

If children live with friendliness, they learn the world is a nice place in which to live.

Loving the Snow!



A Note from the BEST Coach

Connection/ Relationship, why is are the so important?

The bond between parent and child is the single strongest emotion in all of human existence. Then it spreads out into what we would call, a connected childhood. It is the greatest gift you can give your child. Guess what? It's free!

Connection is being not just physically present, but emotionally present. Connection is putting yourself into their experience; imagining what it's like to be them. Connection is enjoying, savoring, being grateful for being in their presence. Connection is paying attention, being sincerely interested. Connection is openness; connection is curiosity.

So why is connection so important to healthy development in children?

1. Connection makes children feel NOT alone.
2. Connection makes children feel important.
3. Connection becomes internalized and gives children confidence.

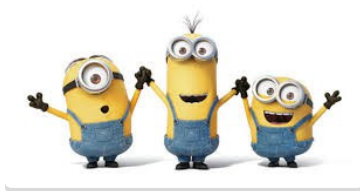
4 Things you can do to cultivate it.

1. Practice mindfulness. Mindfulness is a powerful skill that helps us to work with our emotional states, and thoughts so that we can be present to others.
2. Detach from screens!
3. Establish times of the day that you commit to connection.
4. To listen. Listening is truly a skill. Train yourself to listen without judgment.

Habit of the Month


This month's habit is Habit 5: Seek First to Understand, Then to be Understood


Too often instead of really listening, we are busy forming our response in our mind. This Habit is about not just hearing with our ears, but looking at body language with our eyes, and using our hearts as well. We listen to understand who that person is, how they feel about something, and how they view the world.




Connect with us!

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