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the

# Baldonnel

WE ARE: KIND, SAFE, RESPECTFUL, RESPONSIBLE



## Speech Contest

Congratulations to all of the students that participated in the speech contest either in their classroom or our school contest. The speeches were very interesting!

Winners from the school speech contest are:

1. Avey Wuthrich: Dogs
2. Brooklyn Nurse: Saving the Oceans
3. Madison McArthur: 5 Craziest Inventions
4. Runner up: Kalina Olmstead: Katie Taylor.

The district speech contest is held at the Cultural Centre at 9 am on May 18<sup>th</sup>, 2018. Avey, Brooklyn and Kalina will be representing our school. Good luck girls!

## Principal's Message

Currently we are making plans for the 2018/2019 school year and looking at our classes. All of our classes next year will be split classes including a Kindergarten/Grade 1 class with Mrs. Miller. Please let us know as soon as possible if there are any changes in your family plans, which would impact schooling. It has been an amazing year so far at Baldonnel and I would like to thank each family for your support.

Save the Date! May Dates to remember.

**May 11<sup>th</sup> + 14<sup>th</sup>**  
**Pro-D Day**

There will be no school for students on these days.

**Victoria Day**  
**Mon. May 21st**

Enjoy this holiday with your family.

**Last day**  
**June 28th**

Just for advance planning, last day of school June 28<sup>th</sup> at 11:50



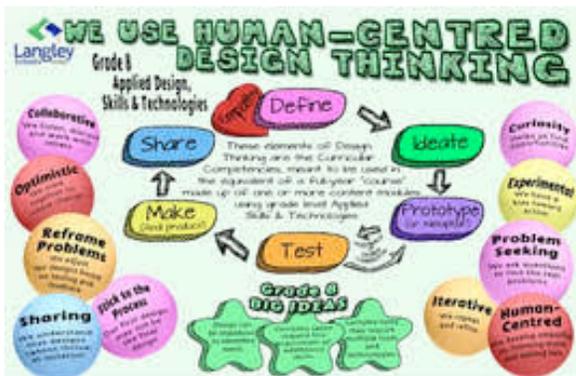


## Art in the Halls!

Don't forget to check out the great artwork in the hallways. There are some amazing pieces that the students have created!

### May 15<sup>th</sup>: Discover E

On May 15<sup>th</sup>, engineering students from University of Alberta will be coming to our school to do workshops with the students. We were awarded a full scholarship for this program to cover each of the 6 classrooms. Students will be doing a Science and Tech./Engineering workshop. Very excited for this!



### ADST

The ability to design and make, acquire skills as needed, and apply technologies is important in the world today and a key aspect of educating citizens for the future. The ADST curriculum builds on students' natural curiosity, inventiveness, and desires to create and work in practical ways.

### ADST

Learn more here:

<https://curriculum.gov.bc.ca/curriculum/adst>

### Fun ADST Afternoon

We are in the planning stages for a fun afternoon of Applied Design, Skills and Technology. Students will sign up for one activity that they are interested in doing. Ideas about the types of activities include: Robotics, Painting, Baking, Archaeological Dig, Weaving, Roping, Plumbing, Exploring Circuits, Lego and more to name a few. The idea is for students to explore, build and create. One of our school goals!



# RESILIENCE

[ri - zil - yuh ns]

The power to be able to recover readily from adversity or challenge.



## Student Wellness and Resiliency

Building Resiliency through Social Emotional Learning: Current studies are providing evidence that including social-emotional learning elements across the curriculum and in targeted learning activities has a positive impact on students' capacity for resiliency and on their: social emotional competence, positive self-orientation to self and others and academic achievement.

Social-emotional learning involves the development of knowledge, attitudes and skills that assist students in: identifying and managing their emotions, communicating care and concern for others, forming and sustaining

positive relationships. The development of social emotional learning is critical for assisting students in calming themselves, managing their emotions, initiating friendships and resolving conflicts. Learning these competency skills help with problem solving, and making choices that are healthy, safe and respectful of others.

Strategies for promoting Resiliency:

- Mindfulness and calming strategies
- Practices for focusing on the positive
- Proactive approaches



## 10 Sandwich free ideas

Lunch Ideas for Kids and Grownups alike!

<https://www.thekitchen.com/thinking-outside-the-lunch-box-10-sandwich-free-kids-lunch-ideas-222906>

Check out this website!

*The website link will take you to a site that has a few ideas about interesting lunch box variations that keep everyone's appetites healthy! Try foods on sticks, quesadillas, spring rolls, deli meat roll ups, vegetable sushi, cold noodle salads, hummus and pita, quinoa salad, breakfast for lunch! Check out these fun ideas!*

## BC's Core Competencies

### Positive Personal & Cultural Identity

Positive and Cultural Identity involves awareness, understanding, and appreciate of all the facets that contribute to a healthy sense of oneself. It includes awareness and understanding of one's family background, heritage, language, beliefs, and perspectives in a pluralistic society.



### The Competency Profiles

Visit the BC New Curriculum website to learn more about the competency profiles and get an overview.

<https://curriculum.gov.bc.ca/competencies/ppci>

The profiles are written from the student's point of view, reflecting student ownership and responsibility.

### Personal Awareness / Responsibility

Personal awareness and responsibility includes the skills, strategies, and dispositions that help students to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations.



### Awareness/Responsibility Profiles

Students who demonstrate personal awareness and responsibility demonstrate self-respect and express a sense of personal well-being. To learn more visit:

<https://curriculum.gov.bc.ca/competencies/personal-awareness-responsibility>

## Student Corner

### The Sea Shore by Avey Wuthrich

We walked down the beach, the sand under my feet, the sun beating down on us as we walked down to the water. We ran and splashed in the water as the seagulls flew above. The waves were crashing against the beach. I felt completely free, the water felt soft as it rushed past me. I closed my eyes for a moment, I could feel the wind blowing in my hair, and I could hear the splashing of the waves. I opened my eyes. I could see seaweed and sea shells all over the beach, and the boats in the water as I could hear their motors. I loved this place, and I knew in my heart that this was the place for me.

### The Beach by Ryan Dyck

Seeing the surfers on their surfboards, doing their best moves. Watching tides moving sea glass, and shells to the shore in waves. Smelling the seaweed and coconut oil sunscreen. Seeing the sunshine like diamonds on the water. Feeling the warm sunshine on me. Hearing the laughter from people in the warm breeze. That's the way I like the beach.

### Sunny Side Beach by Liam Ehmann

Sunny side beach; water so clear. You can see right through the water, Surfers flying from the beach into the water. Can you hear the water crashing on the sharp rocks? You can smell the delicious food on the boardwalk. You can taste the delicious salty mini donuts and hot dogs. You can see the amazing view form the hotel and the clear water with jellyfish swimming,

and glowing from the amazing tall hotel. You can touch the smooth seaweed and the sand that is cold.

### The Gram River by Mallory Maclean

A long time ago my Papa Ross and his dad build a cabin at the Gram River. When they both passed away my dad and his brothers build a shack for a kitchen and they also made a wing. Later on my dad and his brothers all had kids. When all of the kids were old enough to go to the Gram River, we all learned how to fish, roast marshmallows, and hot dogs and more things. Later in the year 2017, my father made a Zip line for us kids. I think it is really fun. Sometimes at Gram River we play badminton and go fishing. That is what my life is like at the Gram River.

### The Relaxing Beach by Drew Mathieson

The sand feels wet on my feet. It tastes salty at the beach. I can see birds flying in the blue sky. I can hear the water splashing on the wet sand under my feet. It smells fishy at the beach and I love it at the beach.

### Splash by Brett McCracken

Splash, Splash, I was in the water, I got pushed into the water! I saw a fish and I felt salt running through all of my fingers. I tasted salt in my mouth. I saw shells on the beach.



# Next PAC Meeting

Please join us at our next PAC meeting, which will be held in the staff room on Wednesday June 6th at 7 pm.

Please keep in mind our June Fun Day!  
help from Parents running stations.

We will need

Together we are  
Better!



## Baldonnel Elementary School

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Feel free to call or email if you have any questions or comments.