

The Baldonnel

We are Respectful, Kind, Safe and Responsible



November 2018



## Inside

Wellness: The BC Children's Hospital Kelty Mental Health



Important upcoming dates and healthy snack ideas.

## Volunteers Wanted!

We would like to thank the many volunteers that have been helping us this year so far! We have had parents come to read with children, help exchange the books for the home reading program, baking, coaching and more.

If you are interested in helping out at our school please make sure you have a criminal record check completed. Please ask Mrs. McDermott about the forms for a criminal record check. Once completed, it lasts for a number of years.

We are looking for parents to help with come in and listen to children with the morning reading, exchange home reading books, help with centres, on field trips, special activities, helping the teachers in the classroom with scrapbooks or getting craft materials ready. If you are interested please let us know.

Please continue on to read page 4 for important dates:



## Wellness

## Website of Interest: The BC Children's Hospital Kelty Mental Health

BC Children's hospital is excited to introduce the launch of the new and improve Kelty Centre Website:

<a href="https://keltymentalhealth.ca">https://keltymentalhealth.ca</a> The website includes updated information and resources in a newly designed format that makes it easier for families, health care professionals, school professionals and young people across BC visiting the website to find out what they are looking for.

#### What you will find?

 Sections for parents and caregivers, health professionals, school professionals and youth and young adults to help them find relevant information and resources

- New collection tool to help website visitors save and share personalized collections of resources from the website.
- Improved search functionality to help website visitors easily find information and resources
- Updated information and resources across mental health and substance use challenges and disorders
- Help for families across the province navigate the mental health system, they will listen and offer peer support, and connect people to resources and tools.

Please check out the new website.



## Building Student Success BC Ministry

A person's career is considered their "journey" through life, and the Career Education curriculum offers students the opportunity to pursue this journey in personally meaningful and goaloriented ways.

Career development is the ongoing process of self-discovery, growth in competence, and learning from experiences in educational, work-related, and personal life contexts.

Visit to learn more about the big

https://curriculum.gov.bc.ca/curri culum/careereducation/core/introduction Career Education supports students in becoming successful, educated citizens by helping them learn how to effectively manage their life journey toward preferred future possibilities. This area of learning required students to identify and develop personal interests, passions, and competencies. Students reflect on learning experiences throughout school and community, build confidence through their contributions and explore multiple career-life roles and choices.

Career Education begins in Kindergarten and continues through to graduation and beyond. Key Features of the Career Education curriculum:

- \*Promotes a holistic view of the student and provides opportunities to explore, identify, purpose, and well-being in diverse learning contexts.
- \*Recognizes the value of experiential learning, community connections and reflections in advancing career-life development.
- \*Organized into three content areas: personal development, community connections, and planning.
- \*Structured to facilitate integration across multiple areas of learning.

In Kindergarten to grade 6, career-life development is largely about the expanding sense of self, positive community engagement and reflection on learning and goal setting. Students develop an awareness of their personal interests and strengths, and the roles and responsibilities of family, school and community in supporting their lifelong learning journey.



#### Important Dates to Remember:

Monday November 12th Remembrance Day NO School.

Wednesday November  $28^{\rm th}$  and Thursday November  $29^{\rm th}$  are early Dismissal Days.

Friday November 30<sup>th</sup>: Non-Instructional Day. No school for students. Parents can call to make appointments for Parent-Teacher Interviews for Friday. Please call early to make an appointment.

Orders for Baldonnel T-shirts and Sweatshirts are due on November 8<sup>th</sup>. Mr. Read's wife created the image and it looks amazing!

Winter Order Form for Poinsettias, Holiday Indoor Tropical Planter, Mixed Wreath, Greenery Planter and Table Top Pack are due in by Friday November 16<sup>th</sup>. The plants are really beautiful and you won't be disappointed.

All orders help to support our school.





### Snacks

Looking for ideas for healthy snacks and lunches? We have a few online sites for you to visit to get some ideas. One of the most important features of successful lunchboxes have are the snacks you tuck inside. You need a main meal for lunch and to keep energy levels high throughout the day it is best to have well balanced, tasty and healthy snacks at the ready.

100 Healthy Snacks

https://marlameridith.c om/over-100-healthydelicious-easylunchbox-snack-ideas/

- Healthy but Fun!

  <a href="https://www.marthastewart.com/1012916/healthy-fun-lunches-kids">https://www.marthastewart.com/1012916/healthy-fun-lunches-kids</a>
- 3 Kids Lunch Ideas

  https://www.modernhoney.c
  om/back-to-school-kidslunch-ideas/

#### **Indigenous Learning**

The BC Ministry of Education has supported the development and implementation of Aboriginal Education Enhancement Agreements as a primary tool to increase student success and to bring Aboriginal learning to all students.

At Baldonnel we start off each assembly by the following welcome:

Welcome everyone on this lovely day. We would like to acknowledge that we are on the traditional territory of the Dane-Zaa. We thank them for sharing this Beautiful land and their teachings. Je aa Haanache'e (means welcome in Dane-Zaa). Students take turns welcoming our community.

Each month the primary students and (on a separate day) the Intermediate students will all meet with myself (Mrs. Todd) in the library and they will listen and learn about an Indigenous story.

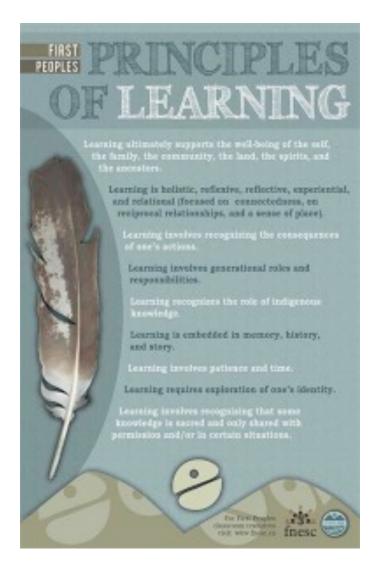
In September they heard the story: The Orange Shirt Story by Phyllis Webstad.

https://medicinewheel.education/product/the-orange-shirt-story-shuswhap/

The October Story is Thirteen Moons on Turtle's Back by Joseph Bruchac and Jonathan London.

https://www.publishersweekly.com/978-0-399-22141-5

We are also talking about the thirteen moons of the Cree Nation at our assembly. Each month the Cree moon is introduced.



# ADST Challenges

The intermediate students did an amazing job on making arcade games out of cardboard. The primary students had an great time playing the games. In fact, some of the students said this was the best day ever!!!

The students learned so much! They had the chance to be creative and to put some critical thinking skills to work in order to make a successful game. It was amazing to watch our older kids interacting and playing with the younger students. A big thank you to the many parents that donated prizes and sent money to support the Terry Fox Foundation.

Baldonnel school was one of 6 elementary schools to attend the Catapult Pumpkin Chucking Contest. Students in grade 4-6 made mini catapults and a 6 member team went to NPSS for the event. Thank you Mr. Wuthrich for helping out!



November 2018

Together we are better!

## Baldonnel School

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