



# Alert Bay School Newsletter

January 2019

## Wa'yanx - Herring Spawning Time

We are inviting parents of all kindergarten aged children to register their children now for full-day Kindergarten classes starting in September 2019.

### Inside this issue:

Mt. Cain Trip	2
Recycling Project	2
"Lettuce Eat Healthy"	3
Family Literacy Fairs	3
WITS LEADS Program	3
Bus and Safety Rules	4
Important Dates	4

## Principal's Message

Dear Families,

Self-regulation is currently a big educational buzzword in Canadian Schools, and a second-year goal for our school, but what is self-regulation, exactly? And what's the theory behind all the buzz?

### Defining Self-Regulation

In a nutshell, self-regulation refers to how people deal with stress. The body naturally "revs up" to give itself more energy to deal with something stressful, then "revs down" to conserve energy when it perceives the stressor is dealt with. People with effective self-regulation easily control their response to stress. They spend less time in ineffective states, such as being too revved up (which can look like being "stressed out", overwhelmed, or "hyper") or too-revved down (for example, "zoned-out", bored or sleepy).

If you are able to manage your own energy state, and all the emotions and behaviours that go with that, you are able to be calm, focused and able to learn. The ability to self-regulate is also increasingly being linked to long-term well-being. For example, recent studies have shown links between self-regulation and memory, risky behaviours, personality disorders, obesity, and other chronic conditions.

Dr. Stuart Shanker is a leading expert on self-regulation in children. He notes that sometimes children who are not able to self-regulate effectively are punished for "acting out" when they are simply doing their best to cope with their stress. Shanker suggests that modifying a child's environment to decrease their stress, then teaching them how to handle stress better makes more sense than punishing them for not having better skills. Self-regulation is not about iron-clad self-control or just being more compliant. Instead, the lens of self-regulation helps parents and educators understand why a child might be exhibiting challenging behaviours and what can be done to help. The goal is to address the underlying cause, not merely the symptom, and also teach the child how they might recognize their own stressors and take care of it themselves. Susan Hopkins who works with Stuart Shanker at the Mehrit Institute has been working with our school and the 'Namgis First Nation for the last two years, and is coming back to Alert Bay this Spring to not only work with our teachers, students, but also our parents. Look to our upcoming newsletters for dates and times to meet and work with Susan at our school and in our community.

Kindest regards,  
Jen Turner, Principal

## Learning Self-Regulation with our Students

Starting in mid-February students will be sharing some on the calming strategies or up-regulating strategies that they use at school to be calm, alert and ready to learn. Some of these ideas can also be used at home when they are experiencing big emotions.

We are trying to encourage students to share their learning around Self-Regulation with you at home. For every time they share a new idea with you and the paper gets signed by you at home, their name will go into the draw to win an iPod.

## Grade 6/7 Mt. Cain Trip



Mrs. Harris's class went to Mt. Cain for a day of skiing and snowboarding on Monday, January 21. The group got an early start catching the first ferry and then a bus to the mountain. After gearing up in their choice of skiing or snowboarding gear everyone had a one hour lesson. The students enjoyed a wonderful day on the mountain. A hot lunch was served in the café. The Stellar Jays were eager to have a bit of lunch too. Everyone was tired by the time they caught the bus back to the ferry at 3:00.

## Recycling Project



This year the students in our Grade 6/7 class have begun a recycling program. About every 2 days a pair of students from our class go around our school and collect drink containers. They then rinse them out so they are clean and won't attract pests. The recyclables are then returned to the store by Mrs. Bragan. Our goal is to reduce the amount of garbage being thrown into landfills

By Julia Austin, Grade 7

## “Lettuce Eat Healthy”

The Indigenous Sport, Physical Activity and Recreation Council has funded Karen Reece’s project “Lettuce Eat Healthy”. Karen will be making large salads with the students once a month. The salads will be offered to everyone at school. This project builds food preparation skills and promotes eating fruits and vegetables. Students will have the opportunity to learn and try new salad recipes.



## Family Literacy Fairs

The Mount Waddington Family Literacy Society and Literacy Now are hosting two North Island Literacy Fairs this February. Activities and complimentary books are targeted for children ages 1-10, and a wide variety of local program information will be available for adults.

**Port McNeill – Literacy Fair: Saturday, February 2, 2019, 1-4 p.m. at Sunset Elementary Secondary School**

**Port Hardy – Literacy Fair: Tuesday, February 5, 2019, 4:30-7:00 p.m. at Gwa’sala-Nakwaxda’xw School**

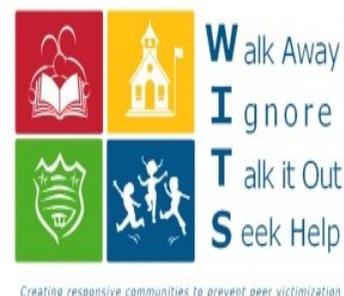
The format will be tradeshow style, with information display tables and/or wall displays, and children’s activities including Mother Goose storytelling, and a presentation by Marine Detective, Jacki Hildering. Refreshments will include water, coffee, and healthy snacks.



## WITS LEADS Program

Our students have started the WITS and WITS LEAD programs facilitated by Constable Garrett Duncan. The WITS Primary Program teaches children to make safe and positive choices when faced with peer conflict. The WITS acronym – **W**alk away, **I**gnore, **T**alk it out, and **S**eek help – provides a common language that children and the adults in their environments can use to talk about and respond to peer victimization.

The WITS LEADS Program is being taught to the Grade 6/7 class. This program emphasizes problem-solving skills represented by the LEADS acronym: **L**ook and listen, **E**xplore points of view, **A**ct, **D**id it work? and **S**eek help. Each skill builds upon the previous one.



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## Bus Safety and Rules

Students who travel on the bus to and from school need to follow safe, respectful rules which are:

Students will:

- board or disembark a bus in an orderly manner.
- remain seated in a seat from the time they board a bus until the time when they arrive at their destination
- be kind and respectful to all passengers, as well as the driver.
- maintain a quiet noise level on the bus at all times (refrain from talking to the bus driver while the bus is in motion).
- do everything possible to keep the bus clean, tidy and neat.
- abide by instructions given by the bus driver.

Travelling on a school bus is a privilege which may be suspended or revoked for a student who does not observe or respect bus rules. The Principal or Bus Driver may notify the parents in writing and/or by phone about misbehaviour on the bus. Prior to restoration of riding privileges, a pupil whose riding privileges are suspended shall be required to meet with the Principal to determine the terms and conditions of restoring the privileges (the pupil must be accompanied by the parents or legal guardians).

## Important Dates

Feb. 7	“Old Day” dress up in old fashioned clothes
Feb. 12	Performance by Rick Scott and Nicko Rhodes at 1:00
Feb. 13	NISS Trades Afternoon for Grade 6/7s
Feb. 18	Family Day - no school
Feb. 22	District Pro-D - no school
Mar. 12	Performance by Karima Essa 1:30 - 2:30
Mar. 15	Report Cards go home
Mar. 18 - 22	Spring Break - no school

