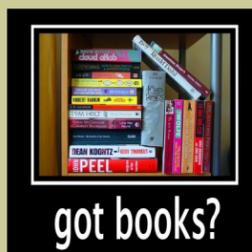


Alert Bay Elementary
School
381 Larch St.
PO Box 29
Alert Bay, BC
V0N 1A0
Jen Turner, Principal

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Please check your home for library books. We are always happy to get our library books back.



Package Free Lunches Every Tuesday

The students are challenging each other to have package free lunches on Tuesdays. This is part of our effort to reduce our waste by using reusable products. For example instead of packing a sandwich in a plastic bag, pack your sandwich in a re-useable container or a bees wax food wrap. This keeps a plastic bag out of the landfill.



Important Dates

April 4	Science Fair open to public at 1:00
April 10	Bingo for Alert Bay School
April 11	Regional Science Fair at NISS
April 19	Good Friday - No School
April 22	Easter Monday - No School
April 23	Non-Instructional Day - No School
May 1	Whole School and Class Photos
May 8	Bingo for Alert Bay School
May 10	Pro-D - No School
May 20	Victoria Day - No School
May 28	Magician Leif David 1:00 - 2:00
May 29	District Track and Field Meet at PHSS
June 7	Cultural Celebration 1:00 at the Bighouse
June 27	Last Day of School and Report Cards Sent Home

Mrs. Cole is looking for volunteers to help at bingo on April 10. If you can help, please call the school and let her know, 250-974-5569



K̓w̓ik̓wa'lan̓x - Sprouting Season

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Alert Bay School Newsletter

March 2019

Principal's Message

In the last week before Spring Break we welcomed Dr. Susan Hopkins to Alert Bay School. Susan is the Executive Director of the Mehrit Institute; working alongside Dr. Stuart Shanker, and has been helping our school and community for the past three years on our Self-Regulation school goal.

On her visit this time, she worked directly in classes with students and teachers teaching lessons, and sharing some of the Science behind Self-Regulation and what our bodies do and react when we are over stressed. She also stayed late on Tuesday March 12th and gave a great workshop for Parents that was well attended.

Children have such different ways of responding to being over-stressed. Some get physically ill. Some get nervous and anxious. Some become manic and hyperactive. Some have trouble going to sleep and others don't want to do anything but sleep. Some won't say a word and others won't stop talking. Some become emotionally volatile and some shut down. Some get clingy and others become distant. Some can't focus on anything and others have problems with hyper-focus. And some kids get very angry and aggressive.

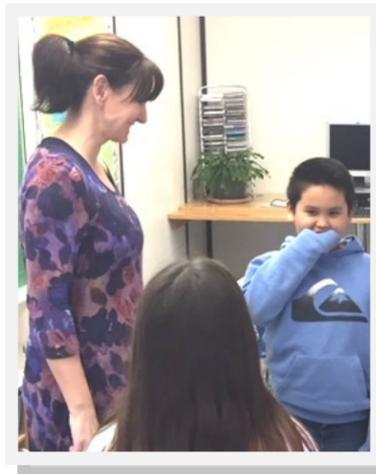
What all these children have in common is that they behave in a characteristic way when they are over-stressed: what becomes a sort of patterned response. How it shows in each child is just as different, but what distinguishes between them, is how we react. Recognizing the difference between misbehaviour and stress-behaviour is the first step to helping a child.

Susan helped the students start to understand what their bodies and emotions do when stressed and shared some calming activities and strategies with the students to help them calm in times of stress. We were grateful to have Susan with us for two days, and thankful to the 'Namgis First Nation for funding Susan's visit to Alert Bay and our school.

Starting next month, students will be sharing some more of their lessons to deepen their understanding and share their learning with you at home.

Kindest regards,
Jen Turner
Principal of Alert Bay School

Photos from Dr. Susan Hopkins' Visit



Student Learning Survey



Every year, students in Grades 4 and 7, their parents, and school staff are asked to participate in the Ministry of Education Student Learning Survey. Before Spring Break a letter containing login codes were mailed to parents of Grade 4 and Grade 7 students. Your response to the survey is important to us. Please take a few minutes to complete the survey if you haven't done so already. If you lost your code call the school office and we'll give you a new one. If you don't have access to the internet please call 250-974-5569 and request a paper copy of the survey. The survey is open until April 15, 2019 can be accessed at:

https://www.bced.gov.bc.ca/sat_survey/access.htm

Self Esteem Workshop with Sirreal



On Wednesday, March 6, the grade 6/7 class went to the Cook Shack for a presentation by Matt Dunae, aka Sirreal. Senior students from the T'Lisalagi'lakw School also participated. The workshop examined mental health from a general standpoint of a person who has struggled. The group discussed anxiety, the masks that we wear to protect ourselves, self-esteem, self-injury, self-care and methods of coping. There was also talk about unhealthy cycles and how we can break them.

"Lettuce Eat Healthy"



Mya, Jasmine, Jazy, Adrienne, Karen and Anne washed, peeled and chopped vegetables creating a colourful and delicious salad. They served it to the classes salad bar style letting each student add exactly what they wanted to their bowl. Thank you Ladies! Karen was awarded a Healthy Living Challenge grant, and "Lettuce Eat Healthy is funded by ISPARC (Indigenous Sports Physical Activity and Recreation Council).



Water Bottle Filling Station

Over Spring Break a water bottle filling station was installed in the foyer across from the office. **Students are encouraged to bring their reusable water bottles to school.** Using a refillable bottle is better for the environment than using disposable drink containers. Staying well hydrated helps our students feel awake, alert and ready to learn. Big thanks to DASH funding and the After School Program for bringing this water station to our school.

Photo: Lachlann at the water bottle filling station



Performance by Bollywood Dancer



On March 12 Karima Essa performed a Bollywood Dance in full costume. She then led the students in a fun workshop incorporating popular dance moves from classic Bollywood cinema. Thank you to Alert Bay Library for bringing Karima to our school..

