

Alert Bay Elementary
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Clothing and the Weather

Students need to wear outerwear that is appropriate to the weather. The school playground can be windy as we are on top of the island. Students go outside for recess and lunch even if there is a light rain. In the fall and winter a warm coat and waterproof footwear keeps children warm and dry. As the temperature drops a hat and gloves are appropriate.

Primary students often get their pants wet when playing outside. It is a good idea to send to school a pair of pants in a plastic bag. These can be left on their hook until needed.

Important Dates

Oct. 25	Provincial Pro-D - no school
Oct. 30	Bingo at 6:30 at Council Hall. Proceeds to Mrs. Bragan's class
Oct. 31	Costume Parade at 1:00
Nov. 1	Fish and Rice Lunch provided to students free
Nov. 7	Salmon Feast at 12:30. Everyone Welcome
Nov. 8	Remembrance Day Assembly at 10:45
Nov. 11	Remembrance Day - no school
Nov. 14	Parent Teacher Interviews 1:00 - 7:00 Students dismissed at 12:30
Nov. 22	School-based Pro-D - no school
Nov. 25 - 29	Book Fair at recess, lunch and afterschool
Nov. 25	PAC meeting at 6:30. All parents and Guardians welcome.
Nov. 27	Performance by "Voices for the Salish Sea" At 1:30
Dec.9 - 13	Missoula Theatre auditions and rehearsals
Dec. 13	7:00 Christmas Concert Everyone welcome!



Alert Bay School Newsletter

October 2019

'Magwabo'yi - Moon Round Beneath

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Principal's Message

This school year we are really trying to change the way we think about Math.

The term "growth mindset" comes from the ground-breaking work of Carol Dweck. She identifies that everyone controls ideas about their own potential. Some people believe that they can do math or they can't. The leading research shows about 40% of students have these damaging "fixed mindset" ideas, which means before students try any Math Question, they believe that they can't do it. Another 40% have a "growth mindset" – they believe that they can learn anything and that their intelligence can grow.

Students with a fixed mindset are those who are more likely to give up easily, whereas students with a growth mindset are those who keep going even when work is hard, and who are persistent.

The good news is it is possible to change mindsets. This year we are focussing on teaching our students practical strategies and activities to improve their Mathematical thinking, even those who are convinced that they are bad at math, so that they can enjoy and succeed in math.

Do you have a powerful story to share with the students about how you learned Math? We would love to hear from you! Please contact the school if you would like to become a Math Mentor, and be apart of our learning journey 250-974-5569.

Kindest regards,
Jen Turner
Principal of Alert Bay School

Salmon Feast

We would like to invite all families to join us at our annual Salmon Feast on **Thursday November 7th at 12:30pm.**

Everyone is welcome.

Orange Shirt Day



For Orange Shirt Day our Teacher Librarian Mrs. Cole and Alert Bay School staff shared the book “The Orange Shirt Story” by Author Phyllis Webstad with students at our school. Our school wanted to honour the day and we embarked on a school-wide art project of painting our own Orange Shirts. Through this process we listened to stories of the children, the families and the communities impacted by residential schools. Peyton in grade six feels that, “We can do our part and inspire others to participate in Orange Shirt Day, because we want others to know and recognize how badly our people were treated back then. We need to continue to tell the stories and help others embrace the love from others and to begin healing.”

Photo: Shaylee with the shirt she decorated.

Dance P13y Workshops



Our Kindergarten to Grade 3 students travelled back in time in the Dance P13y workshops brought to our school by the After School Sport and Art Program. The workshops were led by Brooke, an instructor from Vancouver, who did a residency from September 23 to 27. Brooke took the students back to the Disco and Funk of the 1970s, Rock from the 1980s and HipHop of the 1990s. Dance P13y workshops are a BC Dance curriculum based program. They focus on building positive mental health and physical literacy. The children are taught about rhythm and dance and the three rules of play:

- 1. Be positive.
- 2. Be fun.
- 3. Be yourself.

The Grade 4 – 7 workshops travelled around the world. Students danced in the styles of African folk, Bollywood, Chinese Ribbon, Argentinian Tango and HipHop. They also worked on teamwork and generating their own dance moves. The workshops were very active and the students had fun while working up a sweat. Photo: Samara

Thanksgiving Turkey Math



Students in Mrs. Bragan’s K/1/2 Class, who are working with numbers in Math, built turkeys. Students were given supplies and had to include a minimum of 10 tail feathers on their turkey.

Photos are of Tony and Brees with their turkeys.

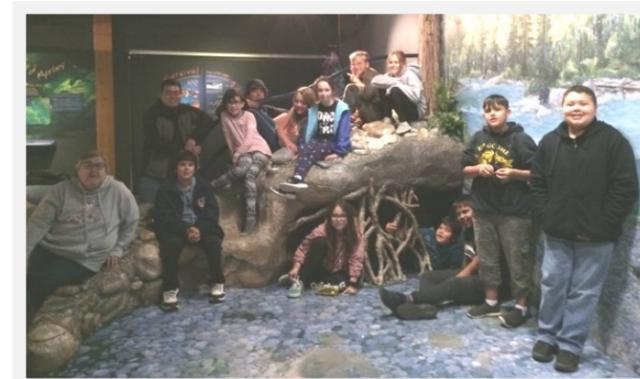


Confident Parents: Thriving Kids - Anxiety Program

A new, free service is available to help BC families with young children who are experiencing challenges with anxiety. The Confident Parents: Thriving Kids – Anxiety Program is a phone-based coaching service for parents and caregivers that effectively reduces mild to moderate anxiety in their children ages 3 – 12. Through a series of online videos demonstrating key concepts and approaches, supported by 4 to 8 weekly coaching sessions, parents and caregivers build skills and strategies they can use with their child at home, at school and with friends. Developed by the Canadian Mental Health Association, BC Division in collaboration with BC experts who work extensively with children experiencing anxiety and their families, this ‘made in BC’ program incorporates concepts from cognitive behavioural therapy (CBT). The new Anxiety Program builds on the success of the award-winning Confident Parents: Thriving Kids – Behaviour Program, in which 85% of families who complete the program report good or very good improvement in their child’s behaviour. These phone- and web-based programs improve access to early interventions by reducing barriers to support such as long wait times, cost, distance and stigma associated with accessing interventions. Confident Parents: Thriving Kids – Anxiety Program is available at no cost to families across BC through physician, teacher or school counsellor referral. For more information visit www.confidentparentsbc.ca.

Quatse Salmon Stewardship Centre

Mrs. Harris’s class visited the Quatse Salmon Stewardship Centre and hatchery on October 9th. The students learned about the spawning, incubation and juvenile rearing activities of the hatchery. The interpretive gallery and displays taught the students about the world of salmon and their natural environment.



Healthy Habits Workshops with Nicole James



On Oct. 16 Nicole James, Health Nurse, did workshops with each class about Health Habits. Kasha said “Nicole showed us a bag of sugar and that was how much sugar is in Orchard Hill ice tea. It was a lot.” Photos left: Mrs. Bragan’s class with Nicole; Right: Peyton in the digestive system shirt

