

## December 2021 Newsletter

<b>Dec. 8</b>	<b>Spirit Day: Winter Theme</b>
<b>Dec. 9</b>	<b>Spirit Day: Cozy/Festive Sweater</b>
<b>Dec. 10</b>	<b>Women In Crisis Fundraiser Ends</b>
	<b>Spirit Day: Comfy Clothing Day</b>
	<b>Snowman Cookie Sale #2</b>
<b>Dec. 15</b>	<b>DanceEd ends</b>
<b>Dec. 17</b>	<b>Last Day Of School</b>
<b>Jan. 3</b>	<b>Back to School</b>

### **From the Principal's Desk**

A feeling of the holiday season is definitely in the air and another calendar year is almost over as we approach 2022! Please note that the last day of classes prior to the Winter Break is Friday, December 17th. The school will re-open on Monday, January 3rd, 2022. On behalf of the staff and students, I would like to wish everyone in the École Arbour Vista Public School community a peaceful, restful, and joyous holiday season. We sincerely hope the New Year brings prosperity, good health, and happiness to all!!

We would like to extend a huge **Thank You** to our school community for supporting the Women In Crisis fundraising initiative! The response has been overwhelming and we are so very grateful to be a part of such a caring and giving community. Your support is greatly appreciated!

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### **Students Repeatedly Arriving Late**

We continue to have a number of students arriving late to school each day. A helpful strategy for students who are often late to school is for parents to set their alarm clock ten minutes earlier each morning. Students who arrive late not only impact their own learning but also that of their peers as they disrupt classrooms upon entering, when they are in session. Please be mindful of the fact that being on time is an important life skill. Assisting our students to be on time helps them develop a sense of responsibility, which will benefit them as they grow and mature into adults. Thank you for helping to ensure the timely arrival of our students to their jobs.

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### **Let it Snow, Let it Snow, Do Not Throw!**

As the season changes to winter, we are faced with an issue that over time has remained the same...the inherent danger in throwing snowballs. For everyone's safety, École Arbour Vista Public School does not allow the throwing of snowballs. We encourage students to let 'gravity

do its thing' and keep the snow on the ground. Students will be re-acquainted with the phrase, "If you pick up snow, you pick up trouble." Please reinforce this message at home, helping to remind our students about the dangers of throwing snow.

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### **Cold Weather and Warm Clothing!**

Now that winter is finally upon us, students should be wearing hats, mitts, boots and a winter coat while on the yard during recess. Proper attire during the winter months will help ensure our students enjoy their time outside while being comfortable in the process.

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### **Upper Grand Learning Foundation**

Lately the school has had a number of requests from parents and community members who would like to donate money to the school. As a means to assist the school with financial donations, parents are encouraged to utilize the Upper Grand Learning Foundation. Charitable tax receipts are provided for donations of \$20 or more and only when the donor's name and address are provided in full. For more information regarding the Upper Grand Learning Foundation and the process through which to donate, please visit [www.uppergrandlearningfoundation.com](http://www.uppergrandlearningfoundation.com)

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**Reminder** to please send us your most recent contact information if your email address or phone number have changed.

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### **Wellness Works December 2021**

#### **Gratitude**

Gratitude is not just "good manners" and it plays a significant role in overall wellbeing. Gratitude can be expressed by a simple "thank you" but there are many other ways to nurture and identify gratitude. Gratitude can happen in four ways:

- NOTICE what it is that you are grateful for
- THINK about why you are able to be grateful or why the thing you are grateful for is there
- Identify how you FEEL about the things we are grateful for
- DO express appreciation back "outwards"

Gratitude is not just about receiving, it is also about giving. So what can you do with your child/ren or even yourself?

- Point out the things you are grateful for and remember that modeling for your child/ren is a very powerful technique
- When you are grateful make sure to point out why you feel grateful

- Help your child/ren find gratitude in the things they may take for granted such as something in nature, or a simple meal
- Encourage them to use their own areas of strength to give back and be helpful and cooperative with others
- Notice accomplishments - even the smallest ones are something we can be grateful about
- Have a gratitude wall or space on your fridge where everyone can write something they are grateful for - the whole family, visitors, friends. Seeing what others are grateful about is also quite powerful
- Identify someone your child/ren is grateful to have in their life (e.g., an extended family member, an elder, a peer, a teacher, a principal, a counsellor) and encourage them to let that person know

Taking just a bit of time to identify gratitude can have an impact. We are very grateful to all of the parents, guardians, elders, and caregivers who support our communities' children and youth.

Jenny Marino, Mental Health Lead  
And the Wellness Works Committee