

## **GEORGE GREENAWAY ELEMENTARY** 17285 – 61A Ave Surrey, B.C. V3S 1W3 Phone: 604-576-1136 Fax: 604-576-7952

www.surreyschools.ca/schools/georgegreenaway Principal: Bhupinder Shergill Vice Principal: Neda Matterson

January 19th, 2024

#### **UNEXPECTED EVENTS**

This week proved to be an eventful one; one where we had to dismissal early on Monday due to broken boilers resulting in no heat in the school to two snow days later in the week that closed down the district. Thank you for your adaptability throughout the week in light of these unexpected events. We are truly appreciative.

Particularly in times like these, it is extremely important that the school is able to contact you. Please ensure we have your most up-to-date contact information. If your email/phone number, or those of an emergency contact change, please ensure you call our office to notify us of the change.

### KINDERGARTEN REGISTRATION

Registration for Kindergarten in Surrey Schools for the 2024-2025 school year is now open. Children born in the year 2019 are eligible to begin school in September 2024. As we are a closed catchment school, as per district policy, you must live in our catchment in order to attend George Greenaway. There are a number of documents that are required for registration. Please see the attachment and the Surrey School District's website for more details.

#### EARLY DISMISSAL

Please note, there will be an <u>early dismissal on Wednesday Jan. 24<sup>th</sup>, at 1:22pm</u>. Please make plans to ensure your child(ren) are picked up at this time. Students will be dismissed early for staff to have time for assessment, evaluation and/or program planning as per district policy. This dismissal is not meant for parent/teacher conference purposes. However, as always, should you need to meet with your child's teacher throughout the year, please set up a time with them to have a meeting.

#### DRILLS

Over the next couple of weeks, we will be practicing some of our safety procedures. As such, we will be conducting an Earthquake Drill and a Lockdown Drill. These safety drills help us prepare for such incidences (should they occur). These procedures have been developed with the support of law enforcement agencies and are consistent throughout the district. Teachers will be going over the protocols for these drills with their classes so they are aware of what to expect.

## **COLD WEATHER**

As temperatures continue to dip, it is important that all students come to school dressed appropriately for the weather. Please ensure your child is dressed in warm layers and that they bring with them all the items needed to be outside (i.e.: warm jacket, boots, mittens/gloves, toque). Thank you for your help with this.

#### COMING UP...

January 22:	Spirit Day: Jersey Day
January 26:	Spirit Day: Pajama Day
January 29:	Hot Lunch Day (McDonalds)
Fabricary O.	Spirit Day, Easthall Day
February 9:	Spirit Day: Football Day
February 10:	Lunar New Year
February 12:	Hot Lunch Day (Hot Dogs)
February 14:	Valentine's Day
	Spirit Day: Pink/Red/White Day
February 19:	Family Day (School Closed)
February 23:	<b>Pro-D Day (School Closed for Students)</b>
February 26:	Hot Lunch Day (Pizza)
February 28:	Pink Shirt Day

#### **INFORMATION FOR PARENTS FROM FRASER HEALTH**

# **Mental Health**

#### Know when and how to access mental health support for your child

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

#### Where do I start if my child or teen needs help?

A good place to start is by talking with your child/teen about how things have been going for them and what you've noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what's going on for them or make the connections between something in their life and their struggles.

#### How do I talk to my child or teen?

Here are some tips to help start a conversation with your child:

- Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.
- Ask how they are or if they'd like to talk about anything that's going on for them.
- If they say they're fine or nothing is wrong, explain why you're concerned and offer specific examples that you've noticed.
- Acknowledge how it must be difficult for them.
- Ask about what strategies/actions they find helpful. Acknowledge their strengths.
- Discuss how mental health is part of everyone's life and not just about severe problems.
- Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.
- Ask them what they think would help or what they think they need.
- Offer to make an appointment for your child/teen to see your family doctor physical issues can sometimes have mental health symptoms associated with them. It's important to check if there's any physical issues.
- Let them know you want to help and that they can always come to you.
- If your child doesn't want to talk, let it go and try again in a few days.
- If you have concerns that your child may using alcohol or other drugs, <u>get tips on how to talk to your</u> <u>child about drugs</u>.

Get more information about child and youth metal health: <u>https://ow.ly/KgZZ50PehL0</u>