



Around Laronde – January 21 2022

UPDATED BCCDC GUIDANCE

The amount of time you need to self-isolate depends on your vaccination status and age:

- Those who are fully vaccinated, regardless of age are being told to isolate for 5 days
- Unvaccinated adults are told to isolate for 10 days, kids under 18 only for 5 days

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

COVID PROTOCOLS

We are happy to let you know that things are going well at Laronde. Students and staff are following the updated protocols. Our staff and our students seem to be fairly healthy. We want to thank all of our families for phoning in their children's absences and for following the BCCDC guidelines in regards to self-isolation, self-monitoring and travel. We are in a really good place right now. Let's continue working together to follow protocols to help keep our families, students and staff safe and healthy.

Important Dates & Holidays

Thur Jan 27 - Family Literacy Day!

Jan 31 - Feb 4 - Soundkreations
Dance Classes

Mon Feb 14 - Valentine's Day 
Wear Pink Purple or Red

Mon Feb 21 - Family Day Stat
School Closed

Wed Feb 23 - Pink Shirt Day &
Early Dismissal @ 1:40pm

Friday Feb 25 - Non-Instructional Day
No School

SECOND STEP PROGRAM

Our school is currently working on the unit focusing on growth mindset, the belief that the way we think about ourselves and our brain, as we learn, can affect our effort and the outcome.

It is remembering to stay positive and determined.

It is knowing that we can do difficult things and that with practice we can get better at things. At school, we encourage students to use the phrase "I can't do this **yet**".

Here are a few things to keep in mind or try out as parents:

- Notice and praise your child when they show that they are paying attention and are willing to keep trying to learn something new.
- Notice and praise your child when they make an effort or make mistakes **and** keep trying.
- Notice and praise your child when they make changes on their own to overcome a roadblock so that they can keep working towards their goal.

FAMILY LITERACY DAY THURSDAY JAN 27

Mme Montgomery will be putting together a fun digital choice board to share with families. It will be ready for next week and will include read alouds and activities that go along with the outdoor theme.



**Make outdoor time,
fun family learning time.**



**Get outside and exercise both your
mind and body together as a family.**

Enjoy the wonders of Canada's Great Outdoors!

**Find more fun family learning activities at:
FamilyLiteracyDay.ca**

#FamilyLiteracyDay





**Faites du temps en plein air
un moment d'apprentissage
familial amusant.**



**Sortez en famille pour exercer
votre esprit et votre corps.**

Profitez des merveilles de nos grands espaces!



**Vous trouverez des idées d'activités
familiales amusantes ici : fld-jaf.ca**



ROAD SAFETY A friendly reminder to families and students about being careful when and where they cross the roads around our school. Parents, please remind your children to cross at crosswalks and to look and listen before crossing. Making eye contact with drivers and waiting until they have completely stopped is also very important. We want to ensure that all of our Laronde students and families stay safe.

Drivers - please continue to drive slowly and carefully on the roads surrounding our school.



Free webinars in February - parents can register at www.familysmart.ca/events

1. ADHD - The Real Deal (February 16, 6-8pm, FREE Virtual Event)

Join us for a live presentation and Q & A with Dr Don Duncan, renowned Child and Adolescent Psychiatrist and ADHD specialist. Dr. Duncan will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. There will be 1 hour of facilitated questions and answers that follows the presentation.

Dr. Don Duncan resides in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic and operates an assessment clinic for students at the University of British Columbia.

Dr. Duncan holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honoured by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA).

2. What to say to kids (and teens) when nothing seems to work. (February 23, 6-8pm, FREE virtual event).

Join us for a live presentation and Q & A with Dr. Ashley Miller, a Child and Adolescent Psychiatrist, Family Therapist and Clinical Associate Professor of Psychiatry at the University of British Columbia. Dr. Miller will share quick and effective strategies to help your child and you weather difficult moments in a way that strengthens resilience and relationships.

Dr. Ashley Miller loves working with children, teens and families daily, helping them to reconnect to their own strengths and to each other. She is also the co-author with Dr. Adele Lafrance of What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers.



POSITIVELY PARENTING SERIES

FOR PARENTS & CAREGIVERS OF CHILDREN AGES 6 - 12

Thursdays
February 3 - 24, 2022
6:30-8:00 pm

FREE ONLINE - LIVE ON ZOOM!
Zoom Instructions and Support provided

**Learn positive parenting strategies,
share ideas and gain new perspectives.**

What's Love Got To Do With It?

Relationship building and the connection to parenting

Why Are You Acting This Way?

Taking a look at the meaning of challenging behaviour and our response

Listen to Me!

Listening, understanding and communicating with your child

We Have A Problem...

Problem-Solving with your child



**To register and for more information
Call or Text Alex at: 236-889-9832
agowen@alexhouse.net**

