

Around Laronde January 29, 2021



For keeping students safe, we appreciate that you are keeping your children home when they are ill and letting us know. Please remember that if you are travelling to quarantine as per PHO guidelines.

VALENTINE'S DAY PROTOCOL DURING COVID-19:

Activities that can go ahead:

- * Student/staff exchange of paper cards
Be mindful of how the exchange occurs, to not involve large groups of students/staff gathering in a enclosed area.
- * Crafts that involve paper - ensure students are using their own set of supplies.
(glue, scissors, colouring pens, etc.)
- * Valentine's Day themed dress up day (or pajama day).

Activities that can't occur:

- * Sharing of food of any kind (includes but not limited to, individual exchange or communal sharing of chocolates, cupcakes, candy, treats that come with Valentine's day cards, treats that are pre-packaged and are individually wrapped, pancake breakfasts, staff potlucks, etc.)
- * Exchange of items wrapped in plastic or made of plastic, such as treat wrappers or plastic bags.

Important Dates and INFORMATION

- February 4, 2021 - 7 pm Laronde PAC Meeting
Via Zoom
Login details TBA
- February 15, 2021 - Family Day Stat - No School
- February 19, 2021 - Pro D Day - No School
- February 24, 2021 - Pink Shirt Day &
Early Dismissal @ 1:40pm
- March 15-26, 2021 - Spring Break

Exciting news!!!

Happy News - Mme Hardiman is expecting her first baby this June.

More happy news.... Mme Workun is off on her 2nd mat leave as of February 1, we wish her all the best!

LARONDE FOREST

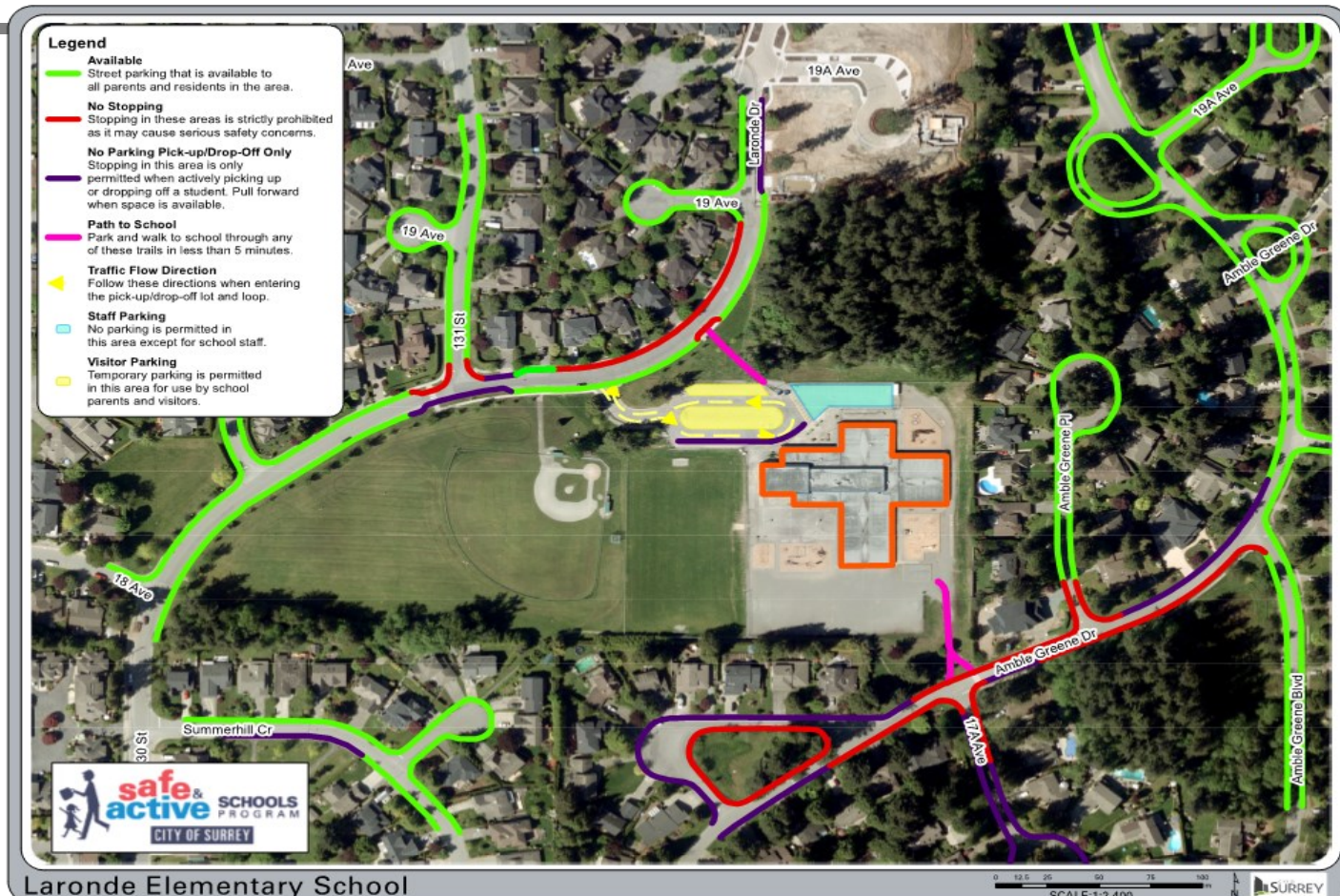
We have heard of and seen a few issues with the Laronde Forest. Please note that the forest is school district property. We ask that everyone help preserve this beautiful piece of land and keep it safe.

We recognize that our students want to play with their friends after school, but right now we need to continue following our health and safety protocols. This includes maintaining a physical distance of 2 metres, parents wearing a mask during pick up and drop off, and not congregating on school grounds. When we all gather on school grounds before and after school, the mingling of adults and students creates unnecessary risk for our school community. Please be prompt in leaving the grounds at the end of the day and ensure your student does not continue to play after the bell has rang, supervised or unsupervised.

The public is welcome to use our playground outside of the hours of 8 a.m. to 4 p.m. Monday-Friday, as well as during the weekends. At all other times, the grounds/play structures are closed to the general public, including our families. When using the playground after school hours, please stay safe and follow the BC Centre for Disease control's playground recommendations.

The city of surrey has provided us with map that shows parking and no parking areas.

Please review it carefully and be aware of the no parking zones around the school area.



Check out this great website (and the poster below) that offers information for families on healthy social and emotional development.

<https://heartmindonline.org/>

12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and
Engaged



heartmindonline.org



Secure and
Calm

1. Take a Time-In



Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.

2. Listening Break



Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.

3. Rainbow Breath



Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.

4. Sing Vowel Sounds



Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.

5. Face Painting



Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.

6. Cool Down



Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.

7. Smell the Flowers



The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.

8. Move Like Animals



Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.

9. Smiling Contest



See how long you can smile for together! Turning a frown upside down can really make you feel happier!

10. Tense and Release



Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.

11. Freeze Dance



Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.

12. Reflect Together



Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.