



Around Laronde – November 19 2021



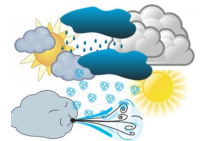
Warm Clothing Drive We would like to thank all those who donated so generously to this year's Warm Clothing Drive. It was such a huge success and we sent an enormous quantity of warm clothing items and shoes to Forsyth Elementary this past Monday. Thanks to your generosity, we were also able to send some donations to Cindrich Elementary as well.

We are truly grateful to those who volunteered their time. Initiatives such as this depend on you! Please see below a thank you note from Forsyth Road Elementary.

We closed our gym down for the afternoon and sent each division to the gym to take whatever clothing they needed and let me just say that it was an absolute success and the big bags of clothing the children walked out with along with their big smiles was so nice to see. From 2pm to 2:30pm we opened it for Forsyth Parents to go "shopping" and we had an amazing turnout too! So, on behalf of Forsyth Road students and family, we thank you so very much for all the clothing and shoes Laronde has provided our families! You all went above and beyond...THANK YOU!

Dress for the Weather - with wetter, colder and windier days - we are asking parents to ensure that their children have appropriate outer wear to go outside for recess, lunch and DPA (daily physical activity). Please send your child(ren) with warm coats or rain coats, boots, mitts, hat, umbrella...whatever they need to stay warm and dry.

We like to send the students out rain or shine.



Dates to Remember

Wed Nov 24 - Grade 6/7 Immunizations

Friday Nov 26 - Tye Die Sprit Day

Friday Dec 3 - Christmas Ugly Sweater Day

Friday Dec 10 - Green /Red Day

Friday Dec 17 - Pyjama Day

Dec 20 - Dec 31 -



Mon Jan 03, 2022 - School reopens

Halloween for Hunger

L'halloween contre la faim



Thank you Laronde Community for your generous donations. In one week we raised \$329.15 which be donated to our local food bank.



Lost & Found

We have many items accumulating in our lost & found box. It really helps when parents put their child's name on their clothing, coats, boots etc. This helps us reunite lost items with their owners. Please look at the pictures on the next page carefully to see all the lost and found items.

LOST PROPERTY Your stuff misses YOU!



LOST
PROPERTY



Mountain West Photo Retakes Mountain West has uploaded the retakes photos onto their website. Please see link below. If you do not have your login code please email the school with your child's name at laronde@surreyschools.ca. Thank you.
<https://weborders.mountainwest.ca/signin>



Squid Game information we have noticed that many of our students are talking about and/or watching Squid Game. This program is **rated R** and should not be viewed by elementary aged students. Here is some info for families: <https://childmind.org/blog/incredibly-popular-super-violent-what-parents-need-to-know-about-kids-and-squid-game/>

Compassion Project Div 03 - Hello Laronde! We are from Mme Carriou's Grade 6 class. We are currently learning about global citizenship and are working on a compassion project. Our objective is to contribute to a non-profit organization of our choice. For this project, the class was divided into 5 groups and each group chose a charity to support. The 5 charities we chose are BC Children's Hospital, Lookout Housing and Health Society, Sources Women's Place, Make a Wish Foundation and SPCA. On Wednesday, November 24th, our class will be hosting a fundraiser, selling handcrafted items. **Each class will get a 15 minute time to shop for items during school hours.** All proceeds will go to each charity. Please come and support a great cause and buy for yourself or as gifts for others. See you there on Wednesday, November 24th, in the gymnasium!



Here is a list of some of the items we will be selling: bookmarks, slime, necklaces, candles, Christmas hats, bath bombs, bath salts, decorated/inspired rocks, Christmas ornaments, bracelets, stress balls.

Students will also be collecting bottle and cans for their bottle drive to raise funds for their charity. If you have any bottles or cans you want to donate please drop them off at the school next week.

It's Christmas Hamper time again!

As most of you know... every year, our sister school, Forsyth Elementary in Whalley, invites families from their school to apply for a Christmas Hamper. They select families based on the level of need, and this must be a very hard task when so many there are faced with so much poverty and struggle. The staff at the school know where the need is greatest, and despite the fact that they could easily suggest four or five times as many families in need, they have chosen those that really need our help the most.

We are so excited to support these families this year with our amazing Christmas Hamper program! Each family will receive a Gift Hamper and a Food Hamper, there will be labelled boxes supplied and distributed to each classroom early next week.

We ask that you please do not put any gift cards or cash donations in the boxes. Please give them directly to your child's teacher or drop them off to Cheryl in the office, through the window for safe keeping.

We will start collecting your donations on the morning of **Monday November 22nd** in each classroom until after the last bell in the morning on **Friday December 3rd**. On Monday December 6th the Surrey School District will pick up and deliver all of the Hampers to Forsyth Elementary, where staff will deliver them to the families.

On Sunday each division will receive information regarding the families that you will be helping along with a contribution sign up link.

If you have any questions or concerns, please don't hesitate to email us at: outreach@larondepac.ca



Social and Emotional Learning (SEL) and Social and Emotional Well-being

In speaking with staff members and parents it seems that several of our students are feeling dysregulated. We know that there may be many factors affecting the children and our own well-being: the pandemic, stresses caused by the pandemic, recent floods in BC, wearing masks for long periods of time, not being able to see each other's full faces/expressions, children going back to very intense practice and game schedules for their sports.

What does this mean for us as adults? It means that we need to check in with ourselves, our students and our children. We also know that children's regulation begins with adults being regulated. Here is a quick checklist of things you can do at home to help support your children that will allow them to be more regulated. We have also included some easy infographics about sleep and regulation. We have our own checklist to help ensure we are staying connected with students and noticing what our students' need. We are also open to hearing from parents about what may be causing our students to be dysregulated and ways we can all work together to support them. We also do realize and acknowledge that we all have very full plates and we are not wanting to add to your plates. Our goal is to remind everyone to be gentle with themselves and to make sure that we check in with ourselves, our children, our families. Our well-being is important.

☐ Have a chat with your child about their day/their feelings. Listen without offering advice.

- Here are some examples of how to get your kid to say more than "fine" or "good" or "bad".
- What is one thing you loved doing/learning today?
- What is one thing that was difficult or frustrating or upsetting for you today?
- If you could do one thing differently today what would it have been?
- Who did you play with today? What did you play today?

☐ Spend 15 minutes one to one with your child without distractions or interruptions.

☐ Eat supper together several times each week. Take time to talk and laugh together.

☐ Snuggle and/or hug a few times each day.

☐ Make sure your child is getting enough sleep. How much is enough? Check out this website:

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/healthy-sleep-habits-how-many-hours-does-your-child-need.aspx>

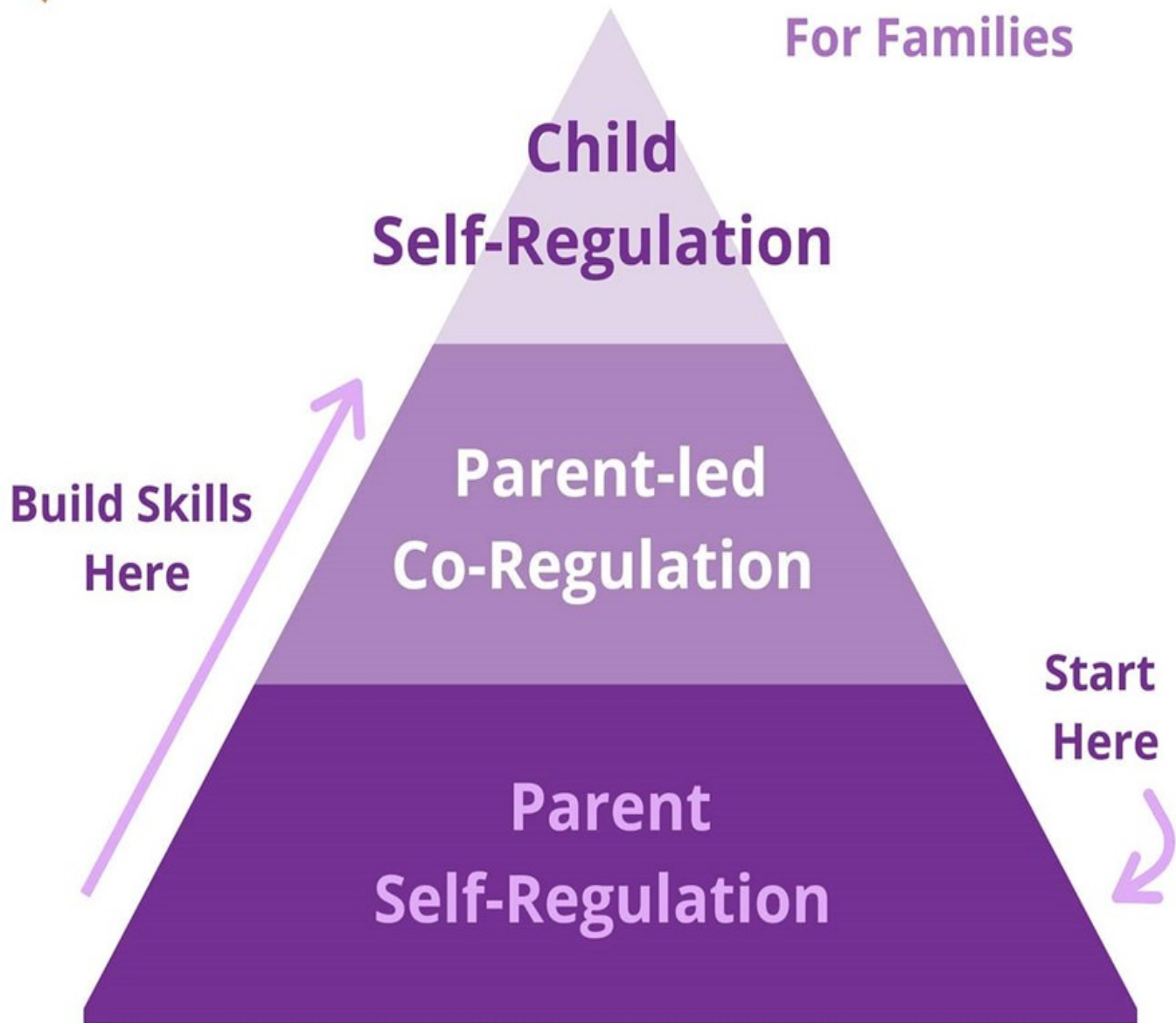
Lastly, here is a link for parents reminding you of the importance of mindfulness for your own well-being. We know the title says "working parents" but we know that ALL of our parents are busy and work hard.

<https://hbr.org/2017/11/how-busy-working-parents-can-make-time-for-mindfulness>



Stages of Regulatory Support

For Families

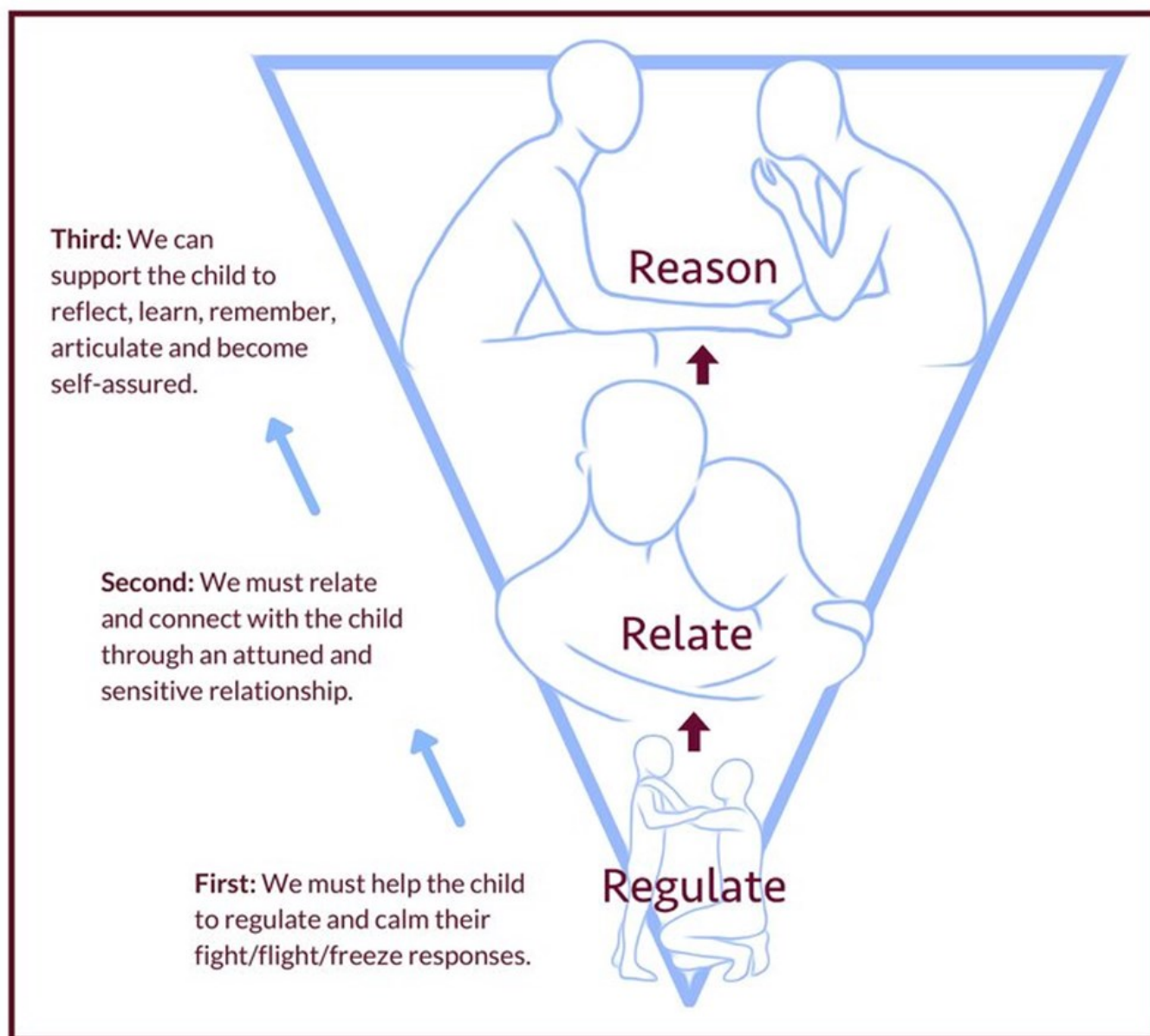


@parenting_works

In order for your child to learn how to regulate their own emotions and behaviors, they need to consistently experience co-regulation from you and witness you modeling self-control and coping skills. In other words, co-regulation is the foundation of all self-regulation skills!

The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



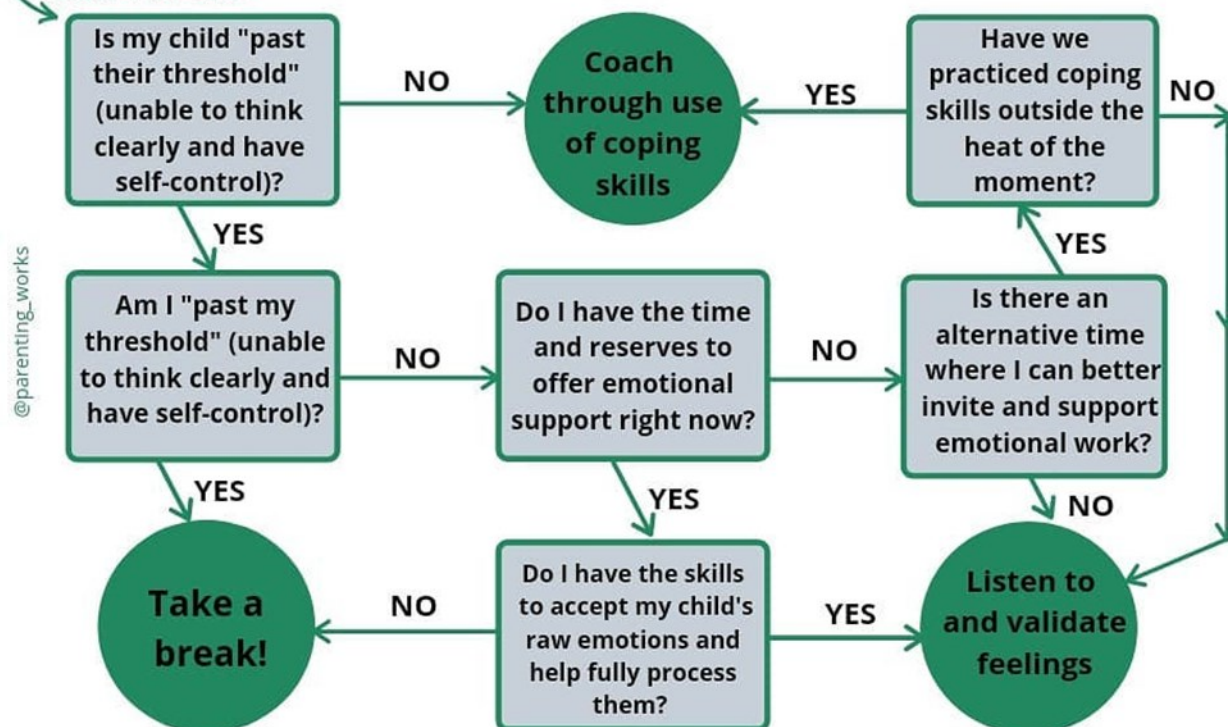
Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.

My Child is Upset: What Should I Do?



When do you just stay to listen and when can you actively coach in coping skills?

Start Here



A flow chart to help you decide between co-regulation and redirection when you want to help your child calm down.

	Wake-up time (AM)						
	6:00	6:15	6:30	6:45	7:00	7:15	7:30
	Sleeping time (PM)						
Age							
5	6:45	7:00	7:15	7:30	7:30	8:00	8:15
6	7:00	7:15	7:30	7:30	8:00	8:15	8:30
7	7:15	7:15	7:30	8:00	8:15	8:30	8:45
8	7:30	7:30	8:00	8:15	8:30	8:45	9:00
9	7:30	8:00	8:15	8:30	8:45	9:00	9:15
10	8:00	8:15	8:30	8:45	9:00	9:15	9:30
11	8:15	8:30	8:45	9:00	9:15	9:30	9:45
12	8:15	8:30	8:45	9:00	9:15	9:30	9:45