



## December 2020 Newsletter #3

Principal: Mrs. P. Middar  
Vice-Principal: Mrs. K. Grewal  
Phone: 604-596-7517



Website: <https://surreyschools.ca/schools/sanford>

Dear Parents and Guardians:

Winter Break is just around the corner, but there is still so much learning and fun to be had at M.B. Sanford! The days are getting darker, colder and icier as winter takes hold. Please remember to remind your children to dress appropriately for the weather as students will continue to be outside at recess and lunch every day, unless it is stormy conditions. Students need to have a jacket, boots, gloves and hats in order to be comfortable outside and you may want to send in extra clothes for the times that they may get wet.

We appreciate those parents/guardians who are parking in designated areas. This allows for us to keep the traffic flow moving and the students safe when arriving in the morning, or leaving school in the afternoon.

Sanford Stars will be participating in the Surrey Food Bank Drive in the next couple of weeks. Please stay tuned for more information.

Thank you to those parents/guardians who continue to help us do our part in flattening the COVID curve by wearing a mask when on school property. As well, thank you for continuing to maintain a 2 metre (6 foot) distance between yourself and others when waiting for the school bell.

CSL reports will be coming home on December 18. If your child's teacher is using Fresh Grade for communicating student learning please take some time to review your child's digital portfolio.

The last day of instruction will be Friday December 18. We are looking forward to an amazing December!

Principal: Mrs. P. Middar  
Vice-Principal: Mrs. K. Grewal  
Phone: 604-596-7517

### Calendar

Dec. 18	Last day of instruction
Jan. 4	First day back to school

### In Case of School Closures

In extreme weather conditions the school could be closed on short notice. In the event of a potential school closure during the school year, please listen to the following radio stations:

- CKNW (980AM or [www.cknw.com](http://www.cknw.com))
- NEWS 1130 (1130 AM or [www.news1130.com](http://www.news1130.com))
- CBC (690 AM or [www.vancouver.cbc.ca](http://www.vancouver.cbc.ca))
- RED FM (93.1 FM or [www.redfm.ca](http://www.redfm.ca)).

**PLEASE DO NOT PHONE THE SCHOOL.**



## Research Study Recruiting Participants

### Research Study: A New Game-based Cognitive Intervention for Children: Improving Attention and Executive Functions

- Attention and Executive Functions (EF) are important for self-regulation, flexibility, school/work success, making/keeping friends, mental health, quality of life, etc.
- Attention and EF problems are very common in children and failure to remediate them may lead to difficulties with learning, self-regulation, and aspects of physical/mental health.
- Prior studies show that children can demonstrate significant gains in attention, memory, self-regulation, emotional and behavioural control, self-efficacy, use of problem solving strategies, and academic performance, in response to attention and executive function interventions.
- The process of delivering the intervention also can help interventionists to develop their knowledge and skills for supporting children with neurodevelopmental disorders.
- Children will be randomly assigned to one of two intervention conditions: Dino Island and educational games. Interventions will be delivered in a 1:1 parent to child model within homes. Parent facilitators will receive training and ongoing support from the research team.
- Please note that not all families/children may be eligible to participate at this time.



**The Research Study will run from January 2021 to June 2021 approximately.**

**If you are interested in participating or need more information; please visit <http://uvicdinoisland.cogtrain.ca> or contact [macounlab@uvic.ca](mailto:macounlab@uvic.ca) by December 20<sup>th</sup>, 2020.**

This project is being conducted as a joint initiative amongst Dr. Sarah Macoun (University of Victoria), The Uncomplicated Family/Kids Uncomplicated, The Centre for Child Development Lower Mainland, Healthtech Connex, Woodview Autism and MH services, and Surrey School District.

