



# GOLDSTONE PARK ELEMENTARY

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Fri, Feb 7 <sup>th</sup>	Valentine's Candy Bag Orders Due	Fri, Feb 14 <sup>th</sup>	Valentine's Day
Mon, Feb 10 <sup>th</sup>	Scholastic Book Fair Begins		Candy Bags Delivered
			Chip Sales
Tue, Feb 11 <sup>th</sup>	Jump Rope Event (Afternoon)	Mon, Feb 17 <sup>th</sup>	STAT – Family Day (School Closed)
Wed, Feb 12 <sup>th</sup>	1:30PM Early Dismissal	Thu, Feb 20 <sup>th</sup>	PAC Meeting @ 6:30-7:30
	Student Led Conferences		Div. 23 Art Gallery
	Gr. 7's to Sullivan	Fri, Feb 21 <sup>st</sup>	Pro-D Day – No School

## Kindness Month

Thank you to those who have participated in the first week of challenges! Please see the giant Kindness Challenge Calendar in the foyer of the school to complete the daily challenges with family and friends!

## Be KIND Shirts

Keep a look out, we are expecting the orders early next week!

## Valentine's Day

Grade 7's are selling Candy Bags to help raise money for their camp in the spring! Bags are \$2.00 each. **Candy Bag orders are due to the classroom teacher by TOMORROW Fri, Feb 7th.**



## Jump Rope for Heart



Thank you so much for supporting our Jump Rope for Heart this year! Our school has a goal of raising both money and awareness for the heart and stroke foundation as it affects many families in our community. Your generosity helps make a difference in the lives of those affected by heart disease and stroke

## Scholastic Book Fair

The Scholastic Book Fair is coming to Goldstone Park! Parent help is needed for the following dates and times:

### **Tue, Feb 11<sup>th</sup>**

1:30-2:30 (set up) and 2:30-3:30

### **Wed, Feb 12<sup>th</sup>**

8-8:30 am, 11:45-12:30, 1:30-3:30 and 2:30-5:30

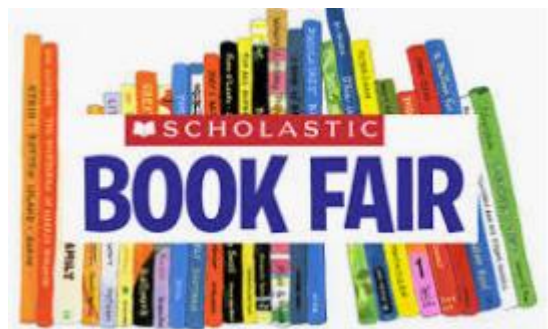
### **Thu, Feb 13<sup>th</sup>**

8-8:30 am, 11:45-12:30 and 2:30-3:30

### **Fri, Feb 14<sup>th</sup>**

8-8:30 am, 11:45-12:30 and 1:30-2:30 (take down)

Please contact Mrs. Colasacco or Ms. Roth if you can help out at any of these times or sign up on the sheet posted outside the library.



# 5

# ways to help CHILDREN build POSITIVE RELATIONSHIPS

Big Life Journal

## 1 MODEL RESPECT

Start by asking your children,

**“What does respect mean to you?”**



Point out the ways you work to show them respect by listening, caring about their feelings, and staying calm when you're upset.

## 3 DISAGREE RESPECTFULLY

Teach children how to **assert themselves respectfully** during conflict. In tricky moments, kids can learn to disagree in ways that even strengthen the relationship.

- **Allow children** to see parental disagreements and their resolution
- Model **peaceful communication** during real-life struggles
- Create a **menu of choices** for disagreements such as using an 'I' Message, walking away, compromising or asking an adult for help
- **Ask your child:** “Do you want to be right or do you want to be friends?” or “What’s most important to you in this situation?”

## 2 PRACTICE MINDFUL SPEECH

There is **power in pausing** before we speak. When children choose words that help rather than harm, positive relationships take root.

Use the **“Three Gates”** technique

**Before we speak,** our words must pass through three gates:



1

Is it true?

2

Is it helpful?

3

Is it kind?

Remind your children  
both people in an  
argument can be correct  
—they just have differing  
viewpoints.



## 4 EMBRACE DIVERSITY

Embracing differences can be a challenge, but teaching children to **treat everyone** with respect will serve them well in life.

- Teaching kids to **treat everyone** with respect will serve them well in life
- Remember a **“strengths-based”** perspective when discussing those who are different from your child



## 5 TEACH EMPATHY

Empathy is a **key ingredient** in positive relationships—it deepens sensitivity and attachment to others.

- **Identify** their emotions and point out your own
- Hold family meetings to **discuss conflicts**, and encourage each member to take the other's perspective
- Write notes of **gratitude**

