



Woodland Park Elementary Newsletter

January 2015

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Mr. B. Caley, Vice-Principal
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Message from the Principal

Self-Regulation and Emotions

Emotional self-regulation involves skills such as: talking about feelings, managing fears and anxieties and controlling feelings when necessary.

These skills develop as children grow and their brain develops as well as through their interactions with others. Parents have 3 main tasks: comfort children when they are upset, share their joy when they are happy and teach children to talk about their feelings.

When kids feel sad, angry or frustrated we often want to “fix” things by talking them out of their negative feelings. Sometimes this is fine however, children need to know negative feelings are normal and that we can recover from and learn from the feelings. Children need time, support and comfort to help them settle down from temper tantrums or other strong emotions. Only when calm can a child listen to what we have to say and talk about what has upset him/her. Parents need to remain calm and wait for a child to calm before trying to address the situation. If possible, try to refrain from trying to cheer them up, scold them or ask them to do something they are incapable of during heightened emotions. Once calm, parents can work with children to identify why they were so upset and work together to find solutions.

When we talk to children about emotional experiences, it helps them learn how emotions affect people. It also teaches them how to repair emotional mistakes. This is an important part of the way they learn to understand and manage their own feelings.

BE A ROLE MODEL! How you manage your own emotions is a powerful lesson for your children. Watch what you say when you are upset, when you are angry with your children or partner. Take time to cool down. Let your children see you taking deep breaths to control your feelings and not lashing out with harsh words or actions.

Next Month – Anxiety

Blue Clothing Bin

We want to express our Thanks to the Woodland Park Community for the clothing donations to the Blue Clothing Bin. Over the last 3 years, we have received over \$3,500 in donations!

Skipping Club

Skipping Club is underway for all grade 2 - 7 students, on Tuesdays and Thursdays at lunch in the gym. This will culminate with Jump Rope for Heart skipping challenge on Thursday February 19th.

Parking

We have been informed by the Elim residences (located across the street from the school) that they will call the City of Surrey to issue tickets for people who park on the corners and their side streets.

February Important Dates

Feb 2 – Monday	PAC Meeting @ 2:45 pm
Feb 5 – Thursday	Cookie Sales \$1.00 each
Feb 9 – Monday	Family Day – no school
Feb 13 – Friday	PAC Hot Lunch
Feb 19 – Thursday	Jump Rope for Heart Cookie Sales \$1.00 each
Feb 20 – Friday	Pro D Day – no school
Feb 25 – Wednesday	Anti-Bully Day – wear pink
Feb 27 – Friday	PAC Hot Lunch

Parent Satisfaction Survey

During the months of January to April, the Surrey School District is participating in the 2015 Ministry of Education Electronic Anonymous Satisfaction Survey Project in cooperation with all other school districts throughout the Province.

Parents/Guardians can complete the Internet Electronic Anonymous Surveys **any time before midnight April 30th, 2015**, providing immediate satisfaction level results to the school and the district.

Students in Grade 4 and 7 will complete the Survey at school. We will be sending home the Survey Information for Parent Completion in the next few days.

Ready, Set, Learn

You are invited!

Who: Three- and four-year-old children and their parents/caregivers

When: April 28, 2015 @ 9:00 – 10:00 am

Where: Woodland Park Elementary
9025 158 Street, Surrey
604 589 5957

You're invited to visit our school for this exciting early learning event.

Ready, Set, Learn is a program designed to provide children and families with an opportunity to participate in a series of play-based learning activities within the school setting. This early learning program is part of an initiative sponsored by the Ministry of Education.

Parents/caregivers will receive helpful tips to support their child's learning and development, as well as information about the early learning programs offered by the school district and the community resources available to families. It is a great way for you to get to know your future school and meet the principal, staff and students.

Please visit the BC Ministry of Education website for the booklet *Helping your preschooler get ready for school* (English and translations available).

http://www.bced.gov.bc.ca/early_learning/rsl/

Please share this information with anyone you know who has a three- or four-year-old child.

****** Please call the school to confirm your attendance ******