



Home of The Waves

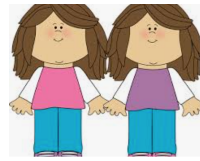
**Twin (Or Triplet) Day Is White Rock Elementary School
Friday, March 12th**

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News Bulletin K • March 10, 2021

Easter Chocolates • A Message From Ms. Woods

Hello wonderful White Rock Waves. Our Soundwaves choir has Easter lollipops for sale! Only \$2.50 per Purdy's milk chocolate lollipop! This fundraiser was interrupted by last year's shut down so we have Bunny lollipops from last March that are individually wrapped and stored in ziplock bags.



Use Cash Online to order until Wednesday, March 31, 2021. Deliveries will be made to your child's classroom on Thursday, April 1st. There is a limited quantity so order early so you won't be disappointed. Proceeds will be used to support the music and choir programs.

Library Programs During Spring Break

The Fraser Valley Regional Library is offering online programs for students during spring break. For more information visit [https://fvrl.bibliocommons.com/events/search/fq=program:\(560d646f57e4ffa40406e776\)](https://fvrl.bibliocommons.com/events/search/fq=program:(560d646f57e4ffa40406e776))

Twin Day

**Twin (Or Triplet) Day is
Friday, March 12th.**

**A Reminder That Spring Break Is March
15th to March 26. School Re-opens Monday,
March 29th**

Counselling Program

As part of our Social Emotional Learning curriculum, students in grades 6 and 7 will be participating in an online School Wellbeing Program sponsored by the Surrey School District called *Open Parachute*. This program is developed by Dr. Hayley Watson, Clinical Psychologist, whose mental health curriculum programs are being delivered across Canada, the US and Australia.

Open Parachute creates online well-being programs designed to promote social and emotional development in students from grades 6-12. They use clinically validated, research based psychological skills building exercises to boost resilience, self-awareness, social responsibility in youth, and increase their connection and systems of support. The program is based on documentary videos of real teenagers sharing their own experiences of overcoming struggle, inspiring students to build resilience in their own lives.



Through a series of lessons, the topics covered are: Peer Dynamics (eg. Healthy friendships/boundaries/bullying); Awareness of cultural issues (eg. Prejudice/Inequalities); and Mental Health (eg. Anxiety/depression/trauma). Each topic is explored at the appropriate developmental level for each grade.