



Royal Heights Elementary

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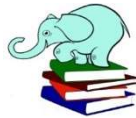
www.surreyschools.ca/schools/royalheights



Reaching great heights by honoring deep roots

February 25, 2021

Principal Message



Wow -- what a month February has been. The winter weather has hung on bringing some very cold, windy days and snow. I am thankful that the snow came when the children were able to spend all day playing in it. I hope that the recent warmer temperatures are here to stay now - our garden is growing so nicely ... please no frost now!

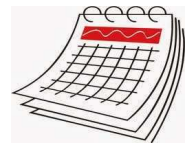
Students had a great time on Valentine's Day, so many cards! The students always get so excited to spend this fun day with their friends.

Pink Shirt day was yesterday and lots of students were sporting pink. We had a good virtual assembly with several students presenting about the importance of kindness and taking a stand against bullying. This year's focus was thinking about what we can do every day to help others feel better. Please also remember that it isn't just one day a year that we think about kindness to others - respect is something we strive for everyday and something Royal Heights has been really talking about. I have witnessed so many great acts of kindness this month, you should all be proud of your children.

March will be a slower month. Student reporting will occur March 12th - Please communicate with your child's teacher if you have any

questions about your child's progress. I have seen lots of students posting to their Freshgrade accounts - make sure you log in to check it out!

We hope you enjoy your Spring Break, and have many chances to get out and enjoy the warm weather.



Dates to Remember:

- March 12 - Second Student Progress report
- March 12 - Twin Day!
- March 12 - Last day before Spring Break
- March 29 - First day back after Spring Break
- April 2 - Good Friday - No school
- April 5 - Easter Monday - No school
- April 14 - Ready Set Learn
- April 30 - Crazy Hair Day



Homework Solutions that Work



Like an actor rehearsing his lines or a batter working on their swing, your child does homework to practice what they learn. Please remember that reading every night is the most important homework your child can do. This is a nightly activity. Other homework should be limited to no more than 30 minutes per night, and is mainly for the upper intermediate grades. In elementary school many students do not have homework as time is given in class to complete activities. If however your child does come home with homework - here are some solutions to common problems they might face from now right through Secondary School.

Getting Started

When your child gets home from school or after-school care, they might want to relax for a little while, or may want to jump right in and work. Have them try each method for a week and keep track of how it goes. They could write notes in their planner or on a calendar ("went great" or "Hard time starting"). After two weeks, they can review their notes to see which method works better for them.



Staying Motivated

Does your child ever feel restless when they are doing their homework? Suggest that they get up and move to a new spot. For example, they may finish their spelling work in the kitchen then move to their bedroom to read their Science work. A planned break (say for a quick walk or a snack break) can also give your child a second wind.



Solving Problems

Help your child make a list of strategies they can use when they get stuck. For a math assignment, they might try tools such as a number line or calculator. For reading - a dictionary comes in handy for learning the meanings of words. And if they are stumped... call a friend or write the question down to ask the teacher the next day.

Please see the attached 'Supporting Learning at Home' brochure. It displays the Core Competencies that teachers are focusing on in their daily work and provides some suggested conversation starters to use with your children.



Please note also the digital resources that are available for all students - Literacy Pro has lots of reading books while Discovery Education has video links to many different subject topics - all of which is designed for children. The log in information is included (sd36bc). Enjoy this with your children.



February is Anti-bullying month - and Feb 24th was Pink Shirt Day. Simply put - bullying is a pattern of unwelcome or aggressive behaviour, often with the goal of making others feel uncomfortable, scared or hurt. It is almost always used as a way of having control or power over another person and it is often based on another person's appearance, culture, race, religion, ethnicity, or sexual orientation.

All incidences of bullying are serious and need to be address, but it also needs to be noted that bullying is distinctly different from conflict. Conflict is generally a disagreement between people of equal power. Conflict happens often between peers who are playing outside. Conflict leads to great teaching moments with children who are then able to learn better ways to deal with their frustration. It also helps children learn empathy skills and to be accountable for their actions. I think all of us can think back to times in school where we had conflict with another student - your children are the same. The staff at Royal Heights deal with each conflict situation that they are made aware

of. Bullying is handled by Mrs. Mrak. We know that you are dealing with conflict that happens during the evening hours - so together we are all helping develop strong, resilient students. Keep it up!



New App Simplifies Students' Daily Health Check

Thanks to a new app, it's easier than ever for your students or their parents to complete their daily health check each morning.

Developed in partnership with Public Health and the BC Centre for Disease Control, and a group of students, the [K-12 daily health check website](#) and [mobile app](#) help students and families make the best decisions on whether to attend school, stay home, or take other measures. Questions and answers are easy to understand and are based on current health guidelines. All content is written with the K-12 age group in mind.

As indicated in the [Provincial COVID-19 Health Safety Guidelines for K-12 Settings](#), parents and caregivers should assess their children daily for illness before sending them to school. Please share the information about the new K-12 Health Check App with your students and families to make this process easier.

Afterschool Playground Time



A few reminders from the
Surrey School District Health & Safety Team

All families need to do daily health checks before leaving home for school.

It is very important that all adults continue to **use social distancing (2M guideline) and wear masks** during pick-up and drop-off at the school. The wearing of masks for all adults on school grounds is **newish**. Please make sure you do not forget your mask at home or in the car.

We also understand that younger children like to be accompanied by their parents/guardians to the school, near their exterior classroom doors. Please always **wear your masks and continue to maintain a social distance of 2 metres**. Please do not approach your child in the line-up.

Lastly, we ask that all families please leave school grounds as soon as possible after drop off and pick up. As much as we like to play on the playground afterschool, now is not the time to be engaging in such activities – we need to maintain social distancing, so please head home as soon as possible.

Let's keep up our very good COVID practices to ensure we continue to keep Royal Heights a really safe place to learn and work. **Together we can do it!**

Give Your Eyes a Break!



Would you agree that most people are somewhat addicted to their screens? Just look around at people in the dog park, walking down the street, or on the bus. People are interacting more and more on their phones.

Did you know that adults are estimated to spend more than 10 hours a day in front of screens? Researchers are discovering what physical and emotional effects excessive screen time can have on us. As screen time activities are mainly sedentary, this exposure has been linked to higher rates of obesity and diabetes.

Research has identified that screen time has a **negative** health effect on the following:

1. **Vision.** Staring into a screen for extended periods of time can cause computer vision syndrome. Symptoms can include strained, dry eyes, blurred vision, and headaches. Poor posture also causes neck and shoulder pain.
2. **Sleep.** Studies link heavy computer and mobile phone use to more sleep disturbances. The blue light from digital devices suppresses the sleep-promoting hormone melatonin, keeping us from having a restful sleep.

To be healthy and happy, we need to meet our basic human needs. These needs include sleep, physical activity, a healthy diet, and social interaction. If screen time is interfering with meeting any of these needs, you may experience problems with your physical and mental health.

REDUCE YOUR SCREEN TIME

Here are some tips for reducing screen time at work and home:

- **Track your screen time for a few days.** Monitor how much screen time you generate and where it is being spent. This can be very insightful as people tend to underestimate the amount of time they spend on electronic devices.
- **Keep yourself accountable.** With a group of friends, family, or colleagues, make an agreement to keep each other accountable about reducing screen time.
- **Turn off notifications.** A simple, yet valuable, step is to turn off notifications. It is hard to focus when your phone is constantly buzzing with notifications from messages or social media platforms.
- **Create a phone-free space.** A phone-free space could be intentionally set up by designating activities and times where devices are not used. This could simply mean putting devices away during a break at work, during conversations and activities with friends, and during meals. When it's time to sleep, it's best not to bring your phone to bed. If you must, set it to airplane or do-not-disturb mode.
- **Go outside during work breaks.** Put the phone down and take a walk outdoors to boost your mood and physical health.
- **Disconnect to connect.** Quality time with people in your life is important — there's no app for that. Have a coffee or a quick *audio* phone call with a friend.

REDUCE YOUR EYE STRAIN

Here are some ways to reduce the strain of screens on your eyes:

- For every 20 minutes you spend near a screen, stare at an object 20 feet away from you for 20 seconds.
- Place your computer and laptop screen 20 to 26 inches away from your eyes and a little below eye level.
- Reduce any glare or reflection on your screen. Ideally, your light source should be to the side, not behind or above your screen. Where possible, turn off overhead lights.
- Adjust your screen settings by enlarging the font size or adjusting the contrast and brightness to a comfortable level. Turn on the blue light filters on your phone.
- Blink often to keep the eyes moist and healthy. We tend to blink less when looking at screens. Use eyedrops to refresh your eyes when they feel dry.
- Get enough sleep as sleep deprivation can contribute to more frequent eye strain.

- Wear sunglasses when going out in the sun during the day.
- Get your eyes checked regularly by a specialist to make sure your eyes are healthy and prescription eyewear is up to date.

RELIEVE YOUR TIRED EYES

Here are some suggestions to ease your eye strain:

Cold water

- Splash cold water on your face when your eyes feel strained or tired. This will quickly relax your eyes.
- For a more concentrated remedy, dip a soft washcloth in cold water and wring it out. Place the cold washcloth on your closed eyelids for 1 minute. Repeat as needed.

Palming Technique

1. Sit up straight in a comfortable position.
2. Warm your hands by rubbing them together rapidly.
3. Close your eyes and place your warm palms over them, without applying pressure on the eyelids.
4. Relax and enjoy the darkness for about 30 seconds.
5. Slowly open your eyes and look around.
6. Repeat the process three to five times per sitting.
7. Follow this technique frequently throughout the day.

Warm Compress

A warm compress is another way to reduce eye strain. It relaxes the muscles around your eyes, reduces strain, and soothes dry eyes. Dip a clean, soft cloth in warm water and wring it out.

1. Lie down comfortably, close your eyes, and place the warm cloth over your eyelids.
2. Relax and breathe slowly for 1 minute.
3. Repeat the process three or four times.
4. Follow this treatment one or two times daily.
5. You can also add 2-3 drops of menthol on the compress for a soothing effect.

SUPPORTING LEARNING AT HOME

CORE COMPETENCIES TO TALK ABOUT



COMMUNICATION

- Speaking & Listening
- Reading & Writing
- Presenting
- Collaborating



THINKING

- Creative and Critical
- Generating and developing ideas
- Pursuing ideas over time
- Designing, analyzing, evaluating



PERSONAL & SOCIAL

- Personal identity, values, and choices
- Perseverance & ownership
- Sustaining balance
- Caring of self, others, & environment

NOTICE → NAME → NURTURE

WHEN YOUR CHILD ASKS FOR ASSISTANCE, ASK:

What were you supposed to learn? What is the criteria for this assignment?

SUGGESTED CONVERSATION STARTERS

- *I notice how you ... (be specific, focusing more on perseverance and less on "ability", avoiding phrases such as "you are so smart" or "you are such a talented artist")*
- *What were you supposed to learn by doing this work?*
- *How does your work compare to the criteria?*
- *What are you most proud of? Why?*
- *I can see you tried really hard to....*
- *I can see evidence of growth. You used to... but now you...*
- *When I compare what you used to do with what you do now, I notice...*
- *What do you notice when you compare these two pieces of work?*
- *Can you explain your thinking about this...?*
- *What I like about this work is...*
- *What do you like most about this work?*
- *Do you think you need some help with...?*
- *What do you think you could do differently next time?*
- *How could you have done that differently?*
- *What would you like to get better at? Why?*
- *What do you think you will try next time?*
- *Tell me (more) about ...*

DIGITAL RESOURCES YOU CAN ACCESS AT HOME

ALL RESOURCES: www.surreyschools.ca/digitalresources

USER ID & PASSWORD: sd36bc

DISCOVERY EDUCATION: surreyschools.discoveryeducation.ca

USER ID & PASSWORD: sd36bc (or ask your child or your child's teacher for a personalized USER ID & PASSWORD)