



Woodland Park Elementary Newsletter

November 2014

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Message from the Principal

Over the remainder of the school year, I will be providing excerpts from Stuart Shanker's book titled "**Calm, Alert and Ready to Learn**". The book provides classroom strategies for self-regulation however; I believe many of these are very applicable to the home environment. It is my hope that you will find these excerpts valuable.

Do you ever wonder why kids behave the way they do? At times they are so difficult to get along with and at other times they behave like "angels". Children's behavior is affected by how they feel emotionally and physically. It is difficult for children to manage their behaviors and cope with stress when they are tired, hungry, excited or restless.



When they misbehave, we often think they need discipline. At times they do but there are other ways to understand and respond to children's misbehaviour: **Self-Regulation**. This is the ability to adapt our physical and emotional energy and our thinking and social skills when we need to. Self-regulation helps us to control our behavior, handle challenges and manage stress.

Part of good parenting and good teaching is to help children develop the ability to self-regulate. We do this by being aware of when a child's physical and emotional energy is not right for the situation and helping them change that energy. Children need to recognize what it feels like to be in a calm and alert state, emotionally and physically. It also shows them what it feels like to return to a calm and alert state after being excited or upset.

Our bodies respond automatically to situations. These reactions are not well developed in children. As we mature, our brains and bodies get better at maintaining the ideal level of energy needed for different situations. We also become better at coping with tasks even when we don't feel our best.

Helping Kids Slow Down – Some children find bedtime a challenge and have a hard time winding down at the end of the day. Our first reaction may be to ask, ask again and then raise our voices and tell them to "GO TO BED/SLEEP". We do this out of frustration not realizing we are "amping up" the situation. A few suggestions that may help bring the energy and emotional level down could be:

- No technology or devices an hour before bed time
- Family quiet reading time for the half hour before bed (a great opportunity to connect and enjoy books)
- Speak in a quiet, soothing voice
- Ask your child what helps to calm them and use this to your advantage
- Soft, wordless music as a cue 10 minutes before lights out



PAC Hot Lunches – Please remember to pack a snack for your child as the Hot Lunch is not delivered until lunch time (11:45).

December Important Dates

Dec 2	Photo Retakes
Dec 4	Jumbo Cookie Sale \$1.00 each
Dec 8	PAC Meeting @ 2:45 pm
Dec 11	Christmas Concert
Dec 12	PAC Hot Lunch
Dec 16	Report Cards / Communicating Student Learning go home
Dec 18	Early Dismissal @ 1:30 pm (Parent/Teacher Interviews)
Dec 18	Jumbo Cookie Sale \$1.00 each
Dec 19	Last Day before Winter Break
Monday Jan 5, 2015 – Back to School	



Parent Drivers

From time to time, our classroom teachers need to rely on parent drivers to make field trips possible. We are thankful that so many of you step up to help out.

Please understand that it is not always possible and, can be extremely time consuming, to have specific students with specific drivers. All drivers have submitted the required documents and are therefore able to drive any student. We will, when possible, take into consideration your requests however, cannot promise this request can always be honoured. In addition, parking tends to be problematic at a number of venues and so it may be necessary at times to limit the parent drives to those who are willing to take a full car load. Thank you for your understanding.



Communicating Student Learning

Communicating Student Learning reports will be delayed and will now be going home on December 16. Our new Early Dismissal day is Dec 18 @ 1:30p for Parent/Teacher Interviews. We sincerely apologize for any scheduling conflict this may cause you. If the Parent/Teacher meeting time does not work for you, feel free to contact your child's teacher to schedule a time that works for you.

Christmas Concert



Woodland Park will be having a Christmas Concert/Play this year. The date is December 11 @ 7:00 pm at the Fleetwood Christian Reform Church (9165 160 Street). The cost is \$2.00 per person by donation or \$5.00 per family by donation – payment at the door.

The doors open at 6:15 pm with hot chocolate/coffee for sale for \$1.00.



Ski & Snowboard Program

We are offering a great opportunity for our Intermediate students (grade 4 - 7) to learn to ski/snowboard or, if you already know how, a chance to "brush up" on your skills. Please look for the information and registration package going home with students.

We have a new, fun opportunity available for any interested Grade 4, 5 or 6 students. Cheerleading!

Cheerleading training will be available after the Christmas holidays. It will take place in the gym Mondays from 2:30 – 4:00 pm for both Boys and Girls. The maximum number of participants is 25 so register early to guarantee your spot. Participants are expected to attend each week and work as a team member. There is no cost with the exception of POM POMs (made at a later date).

What to wear? Sweat pants or shorts, indoor runners, and hair in a pony tail (if long). What to bring? Your enthusiasm, a smile and a bottle of water is a must!



The instructor is a certified coach, has a criminal record check and kids first aid. Participation forms will be going home shortly. (Tentative specifics to follow)