



Director of Instruction: Chris Wong
Principal: Harjinder Sandhu
Vice Principal: Amber Logie
PAC Chairperson: Melissa Hayward-Cheung and Monica Singh
School Liaison Trustee: Janet Fraser



National Day of Truth and Reconciliation

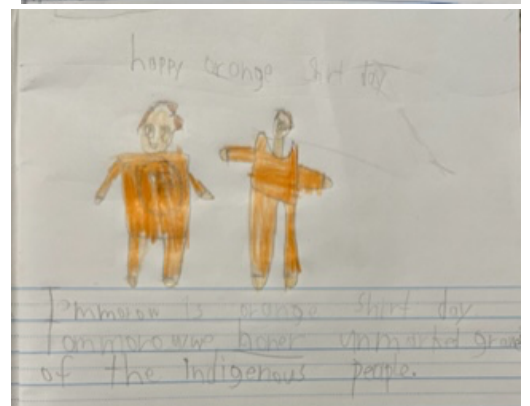
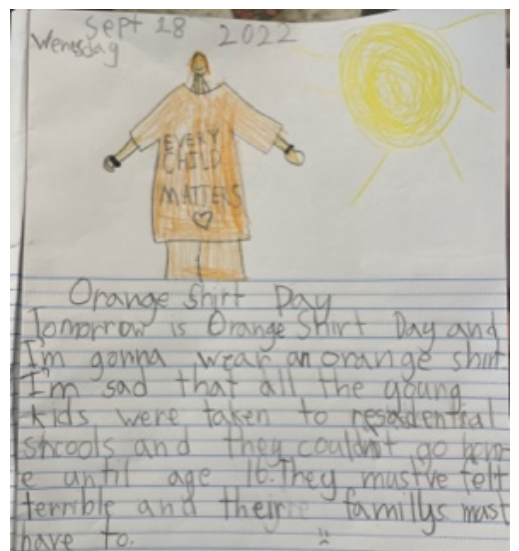
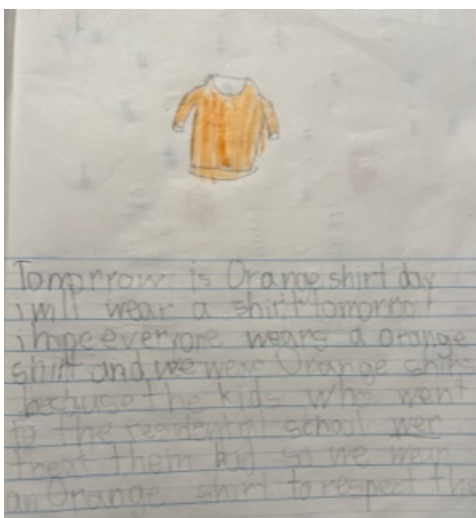
On September 30th we took time to reflect on what we have learned and continue to learn about our Indigenous community and recognizing the harm that was caused to the self-esteem and well-being of Indigenous children by the residential school system they were forced to attend. We look back and remember the injustice of the process and we want all in the community to know that each and every one of us matters.

As a community we continue to learn about the Indigenous communities on who's land we have settled and their histories. Through dialogue and exposure, we deepen our understanding and our commitment to actively engage in acts of reconciliation of Indigenous and Non-Indigenous people. The better we understand one another, the stronger a community we build together. Many classes reflected on the stories they heard and learned through picture books and videos.

Many classes read Trudy's Rock Story by Trudy Spiller. The story is about a Gitsxan Nation tradition. Trudy, as a young girl, has many worries and her Ts'iits (grandmother), a knowledge keeper, taught her a strategy to deal with her worries. Trudy's ts'iits taught her how to find a personal rock to which she could transfer her worries.

As the year progresses, we will continue to explore Indigenous ways of knowing. One of the principles of learning is recognizing that learning is holistic, reflexive, reflective, experiential, and relational, focused on connectedness, on reciprocal relationships, and a sense of place. Enhancing our understanding of Indigenous culture continues to be one of our school goals.

Below is a link you might want to check out that provides titles of books to explore: <https://canlitforlittlecanadians.blogspot.com/2021/09/national-day-for-truth-and.html>



The Seven Sacred Grandfather Teachings

“The traditional concepts of respect and sharing, that form the foundation of the Aboriginal way of life, are built around the seven natural laws or sacred teachings. Each teaching honours one of the basic virtues that are necessary for a full and healthy life. Each can be seen as an animal to point out that all our actions and decisions affect the world, we live in. The animal world taught man how to live close to the earth. For those who follow the traditional Aboriginal way, the respect for all life is based in this connection between the animal world, man and the environment.”

The animals and the virtues they embody:

The eagle embodies the teachings of love.

The buffalo embodies the teachings of respect.

The bear embodies the teaching of courage.

The Sabe embodies the teachings of honesty.

The wolf embodies the teachings of humility.

The beaver embodies the teachings of wisdom.

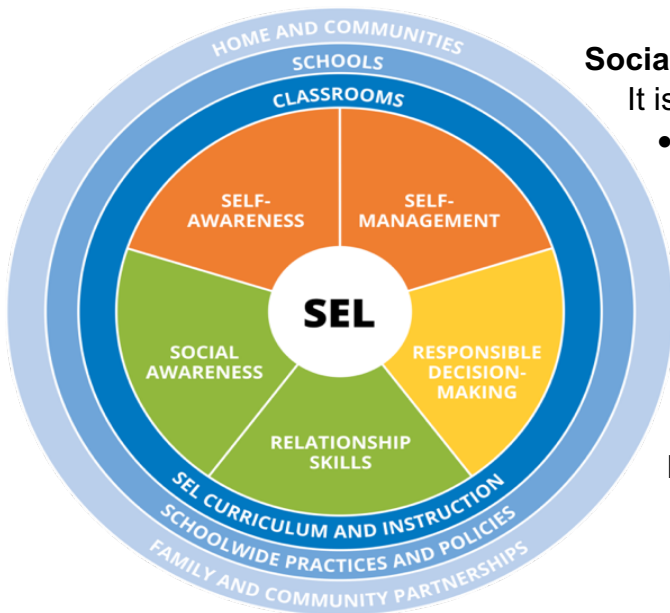
The turtle embodies the teachings of truth.

All of these teachings lead one to the good way of life.

<https://www.youtube.com/watch?v=ZnAT4LGkfKo&t=29>



SOCIAL EMOTIONAL LEARNING (SEL)



Social Emotional Learning is a process.

It is a series of **five competencies** (skills):

- **Recognize and manage emotions**
- **Developing caring and concern for others**
 - Establish **positive relationships**
 - Make **responsible decisions**
 - Handle **challenging situations**

This year we will be focusing on developing our SEL skills and our understanding of Indigenous ways of knowing as part of our school plan.

My Mindful Brain

Mindfulness occurs when we pay close attention to what is happening in the moment. Mindfulness occurs when we observe our emotions, thoughts, our surroundings, in a neutral and nonjudgmental way. By learning to be mindful of what's happening in the moment, we can learn to make sound decisions rather than acting on our emotions.

Having students learn about the parts of the brain and the role they play is impactful. When we have an impulsive reaction, triggered by our emotions, it is the work of the amygdala. This is our flight or fight responses. However, when we engage in mindful practices, we engage our pre-frontal cortex and regulate ourselves and make wise decisions. Mindful practice then makes us less reactive. We diminish the amygdala's reactivity and strengthen the pre-frontal cortex.

Practicing mindfulness calms the amygdala and reconnects us to our calm, clear prefrontal cortex, so that we can make thoughtful choices for how to respond. Mindfulness helps us regain access to our [executive functions](#): the intention to pay attention, emotional regulation, body regulation, empathy, self-calm, and communications skills—even when under stress.

One mindfulness exercise we engage in is to focus on breathing. Being able to control our breathing helps us become less reactive when stressed. Focused breathing helps calm the body by slowing the heart rate, lowering blood pressure, and improving focus. Mindful exercises like Tai Chi and Yoga are ways to engage our bodies and mind.

The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.



The Henderson TERRY FOX RUN

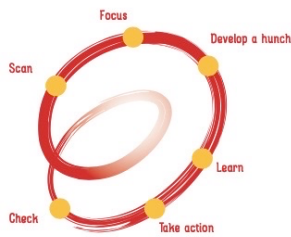
Terry Fox was a Canadian athlete, humanitarian, and cancer research activist born in Coquitlam, BC. At the age of 18 in 1980, he was diagnosed with osteogenic sarcoma just above the right knee and had to have his leg amputated. While having cancer treatment on the Children's ward, Terry saw



other young children with cancer and decided he needed to do something to help them. He was determined to end the suffering cancer caused by helping fund the research needed. He knew the only way to change what was happening in the world was to get involved. Terry embarked on an East to West Coast, cross-Canada run to raise

money and awareness for cancer research. He thought if he could get each Canadian to donate one dollar, he could raise a million dollars. Terry passed away before he finished his cross Canada race, but each year, in his honour, Canadians run and raise money for Cancer Research. This year we would like to raise \$550 at Henderson, collecting \$1 from or for each member of the school community, teaching and learning here each day. Each morning Grade 7 students from Division 3 will be making an announcement and coming to collect donations. If you can, please donate a dollar to this worthy cause. On Friday, October 7th we will be hosting our run, honouring Terry Fox and all those who have had to fight or are fighting cancer. Since Terry began his Marathon of Hope, \$850 million has been raised to help bring Canadians hope and better health care. Thank you for continuing to help fulfill Terry Fox's dream.

School Plan 2021 to 2024



We have been working on a Social Emotional Learning goal this school planning cycle. Our inquiry question is: What educational practices, strategies, programs, and school-wide, common language might we implement to increase students' skill development in Social Emotional Learning (SEL) to better self-regulate and thus be more equipped to engage in learning? How can we make First Peoples teaching and learning more authentic?

Goal Setting Conferences

We will be having our first set of Goal Setting Conferences on **Wednesday, October 26th** and **Thursday, October 27th**. Parents are encouraged to make time to meet with their child and their child's teacher. It is a great opportunity for you and your child to discuss and set learning goals for the upcoming term with the teacher. We believe that when the school and family work together, we see the benefits to our children's learning.

Dismissal on these two days will be **early at 2:00 p.m.**



Please check out the eLearning newsletter to check for guidance or a reminder on how to help your child set up accounts on Microsoft TEAMS. All classes will have a school team set up, but it is up to the teacher if they use it regularly. We will also have a school team for sharing school-wide events. Students should automatically see their Division Team and the Henderson Hawks Team once they log in. If you have any problems, please check out the e-learning newsletter or contact us in the office.



MEET the HENDERSON STAFF

Be on the lookout this month, in TEAMS on the HENDERSON HAWKS channel, for a brief school PowerPoint/slide show. In this presentation, you will be introduced to the wonderful staff and get a glimpse of the new class in their classrooms.

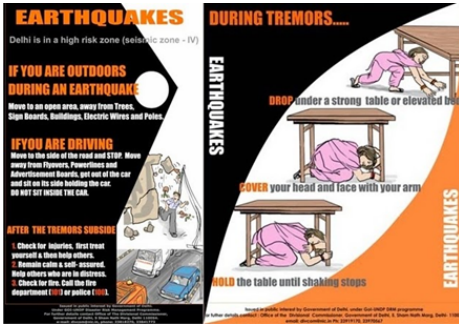
STUDENT ACCIDENT INSURANCE- THE FAMILY ACCIDENT REIMBURSEMENT

STUDENT ACCIDENT INSURANCE - The Family Accident Reimbursement Plan (FARP)

The Family Accident Reimbursement Plan (FARP) is a student insurance program. This coverage is still provided by Industrial Alliance and enrollment in the plan is voluntary. The plan offers coverage for students and their families against accidental injury, unexpected medical expenses, and critical illness. The FARP is ideal for supplementing costs not covered by provincial health insurance or existing employer extended health and dental plans. Families can register online to participate in the Plan by using the URL provided: [https:// www.solutionsinsurance.com/aonbc](https://www.solutionsinsurance.com/aonbc)

There is no administration required on the part of the school. If any of your families have questions about the program, they can contact Industrial Alliance directly using the following contact information:
Phone: 1.800.266.5667 or Email: solutions@ia.ca

Earthquake Preparedness



One of the annual VSB Emergency Preparedness Earthquake Simulation Drill, which will be held in conjunction with the provincial, is “The Great Shake Out,” on Thursday, October 20th. At Henderson, we have a school emergency plan which all staff have familiarized themselves with and this gives us and the students an opportunity to



practice what to do if we were to experience an earthquake. This year we will not incorporate “Student Release” component to our emergency evacuation this fall. We will be looking for a small number of volunteers to help us test out our procedures in the Spring. The first drill will be held early in the day at 10:15 as some of us will be absent in the afternoon for the district track meet. It is helpful for us to go through this drill so that we are prepared in case a real emergency should arise. This might also be a good time for you as a family to review what your home plan is should an earthquake were to occur. There are many great resources out there to support you. Here are a few web-based ones:

<http://www.earthquakecountry.org/sevensteps/>

<http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery-preparedbc/know-the-risks/earthquakes>

http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-recovery/embc/preparedbc/eparedbc_household_preparedness_guide_web_final_2015.pdf

Please be on the lookout for the unification forms we send out. It is important that you complete your emergency contact information and that you always keep your contact information up to date.

Our emergency assembly area at our school site is on the Westside, grass field. We assemble here for both our fire drills and our earthquake drills. Please note that during an emergency the expectation is that parents will follow the signage and direction of staff. During these times you will not be able to walk onto the site and simply remove your child. We will have formal release procedures to ensure the safety of each student. We will only release students to the adults that have been identified on your forms so please make sure you have thought of all of the scenarios for your family and have included the names of all of the adults that might need to pick up your child(ren) in the case of an emergency. Please make sure you have discussed with your child who is allowed to pick them up during an emergency and that all emergency contacts know your child and that your child knows the emergency contacts.

Here are some important things for you to remember during a school emergency:

1. The school site will not be accessible to you or the public.
2. We will do our best to rope off or secure the area and will have a table set up to formally release students.
3. Parents or Authorized Adults will need to sign out students at pick up. In order for this to happen, parents will need to form a line on East 53rd Avenue. All students will need to be signed out.
4. If you have multiple extended family members in our school community, please make sure that you have coordinated your family plan and all of the necessary adults are aware of the plan and listed on the release form.

Roots of Empathy



Roots of Empathy **Racines de l'empathie**

The Roots of Empathy (ROE) program is delivered to elementary school children who are coached to recognize and connect with the vulnerability and humanity of a baby who visits their classroom throughout the school year with their parent(s), along with a trained Roots of Empathy Instructor using a specialized curriculum. The experiential learning with the neighbourhood parent and infant is biologically embedded in the student's brains as they observe this secure attachment relationship. Through guided observation the children label the baby's feelings and intentions, learning the affective aspect of empathy (emotion) and the cognitive aspect of empathy (perspective-taking). In Roots of Empathy, emotional literacy develops as children begin to identify and label the

baby's feelings, reflect on, and understand their own feelings, then bridge to understand the feelings of others.

Through our activities in this Family Visit the students are given opportunities to discuss their feelings and listen to the feelings of others. The instructor also visits the classroom the week before and the week after the Family Visit to deliver activities in preparation for and in reflection of the activities of the Family Visit. These Pre and Post Family Visits deepen the development of emotional literacy (affective empathy) and perspective taking skills (cognitive empathy) in children, helping them to understand how their behaviour or words can hurt others. This enables children to build connections and healthy relationships which leads to inclusion and integration.

This year, YFW, Valerie Pomeroy, would like to deliver this program at Henderson. We are looking for a baby born no earlier than August 2022 and their parents/caregivers to be our ROE volunteer family this year! If you are interested, please email Valerie at vpomeroy@vsb.bc.ca

Parent Advisory Council (PAC)

Parents play an important role in the school and we encourage parents to participate as much as they can. Henderson School is well supported by our PAC. The PAC provides wonderful support in many areas of the school—planning and organizing special events, fundraising for fieldtrips and school needs, and communicating with parents and the school. They are always open to new members and welcome both new families and returning families to become involved. All PAC information can be found on the PAC website: www.hendersonpac.com



Upcoming meetings:

The PAC welcomes all parents and caregivers to monthly meetings throughout the school year. No RSVP is needed to attend. Meetings are on Mondays in the Nest (school library). Doors open at 6:30 and childminding is provided.

Social time: 6:45pm

Meeting agenda: 7:00pm

- October 17, 2022
- November 21, 2022
- December - no meeting
- January 23, 2023
- February 27, 2023
- March - no meeting
- April 17, 2023
- May 15, 2023
- June 19, 2023

Upcoming Events and Volunteer Opportunities:

- Set up for pumpkin patch on October 25th at 7:30am
- Book fair: Oct.25th-28th for set up, working the fair, & clean up [Scholastic Book Fair - Volunteer sign-up](#)
- For more information, please email johnhendeersonpac@gmail.com

Mark Your Calendars



- **October 6th – Picture Day**
- **October 7th – Terry Fox Run**
- **October 10th – Thanksgiving – No School**
- **October 20st – The Great Shake Out – Earthquake Drill @ 10:15M**
- **October 20th – District Cross Country Meet for Team @ Trout Lake (12:00 to 3:00)**
- **October 21st – Pro-D Day – No school for students**
- **October 24th – Diwali and Band Chhor Divas**
- **October 25th – Henderson Pumpkin Patch for all students**
- **October 26th – Early Dismissal at 2:00 pm – Goal Setting Conferences**
- **October 27th – Early Dismissal at 2:00 pm – Goal Setting Conferences**
- **October 31st – Hallowe'en Dress Up**
- **November 4th – Kindergarten Audiology Screening**
- **November 6th – Daylight Saving Time Ends (Set your clock back one hour)**
- **November 8th – National Aboriginal Veterans Day**
- **November 10th – Remembrance Day Assembly**
- **November 11th – Remembrance Day - No School**



- **November 16th** – Grade 6 Immunization Clinic
- **November 17th** – Individual Student Photo **Retakes**
- **November 21st** – **PAC Meeting @ 6:30 pm** in the Nest (library)
- **November 25th** – Pro-D Day – **No School for students**

COMMUNITY EVENTS

Reading Buddies

Readers needed! South Hill Branch

Thursdays,

**Oct. 6 – Nov.17
4-5pm**



Kids, practise your reading skills at the library with a teen reading buddy!

For kids in grades 2-4

FREE

You must be available to participate in all sessions. Must be a Vancouver resident.

Contact the branch to register [604.665.3965](tel:604.665.3965)

Reading Buddies – FAQs for Parents

Is Reading Buddies a tutoring program?

- No. Reading Buddies is designed to help instill a love of reading through the use of teen role models.

Where did Reading Buddies come from?

- Many libraries run a Reading Buddies type of program. Our particular one was modeled after Surrey Public Library's.

My child has trouble reading and didn't get into the program. But I see lots of kids who are good readers in it. How is that fair?

- All kids benefit from the program. It's true that some need the program more, but it is difficult for us to know this. We're sorry it didn't work out this time. Please apply again for the next one.

Why doesn't Reading Buddies run longer – say 15 or 20 weeks?

- Again, the program isn't about tutoring. It's about mentoring. Seven weeks is enough time for children to appreciate that teens like to read, and that they too can grow up loving to read.

My child has a great attention span. Why isn't the program longer than an hour?

- Most children at this age cannot focus on a task for more than an hour before needing to move on to something else. If your child is able to, then why not spend some extra time at the library reading together? It would be a very nice way to end the session!

I'm worried that my child is not a good enough reader for this program.

- Our teens will take time to work with your child so that they select the books they want and will be patient with them while they read.

My child is in kindergarten and can read. Why can't she join?

- We do not accept applicants based on how well they read. It is entirely by age (grades 2-4). When your child is older, she will be eligible for the program.

Why do I have to stay in the library with my child?

- While we do our best to provide a safe and comfortable environment, parents and guardians are still responsible for their children.

What if my child wants to quit?

- Joining the program meant agreeing to come for seven weeks. Children and volunteers were turned away when the program was full. Unless there is an extenuating circumstance (illness, family emergency, etc.), we ask that you please stick with the program. Let us know if there is something we can do to make it more manageable for you.



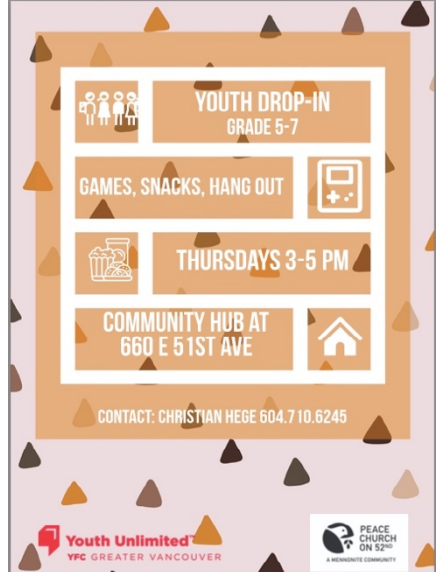
CREW PRETEEN PROGRAM

FOR STUDENTS GRADES 4-7
TUESDAYS AND THURSDAYS 5:15 - 7:15PM
LITTLE MOUNTAIN NEIGHBOURHOOD HOUSE
3981 MAIN ST V5V3P3

JOIN US FOR ART, COOKING,
LIFE SKILLS, AND SO MUCH MORE!

FOR MORE INFORMATION AND TO REGISTER:
PLEASE CONTACT STEPHANIE
AT STEPHANIE_FENG@LMNHS.BC.CA
OR CALL 604.879.7104 EXT 310

SCAN ME FOR FORM!



YOUTH DROP-IN
GRADE 5-7

GAMES, SNACKS, HANG OUT

THURSDAYS 3-5 PM

COMMUNITY HUB AT
660 E 51ST AVE

CONTACT: CHRISTIAN HEGE 604.710.6245

Youth Unlimited
yyc GREATER VANCOUVER

PEACE CHURCH ON 52ND
A FELLOWSHIP COMMUNITY