



Director of Instruction: Chris Wong

Principal: Harjinder Sandhu

Vice Principal: Scott Hughes

PAC Chairperson: Holly Flauto and Miriam Maxcy

School Liaison Trustee: Preeti Faridkot

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 whose 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.

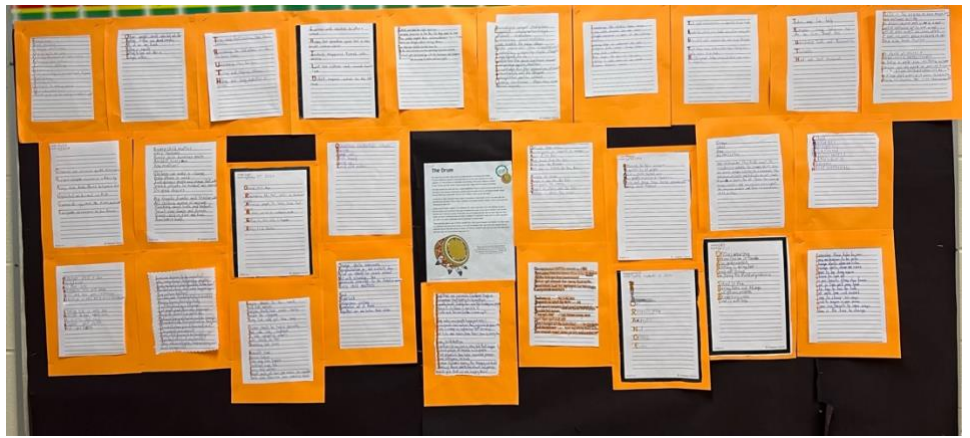
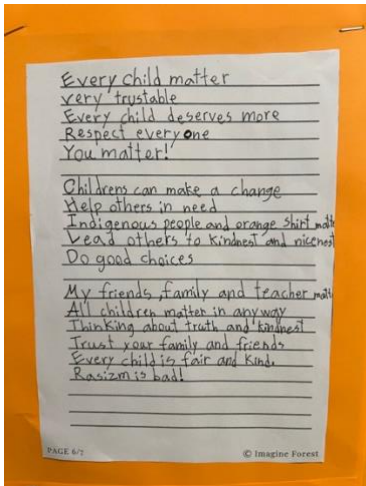


As the year progresses, we will continue to explore Indigenous ways of knowing. One of the principles of learning is recognizing that learning is holistic, reflexive, reflective, experiential, and relational, focused on connectedness, on reciprocal relationships, and a sense of place. Enhancing our understanding 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 with recommended ages 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, human, 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 teachings 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>



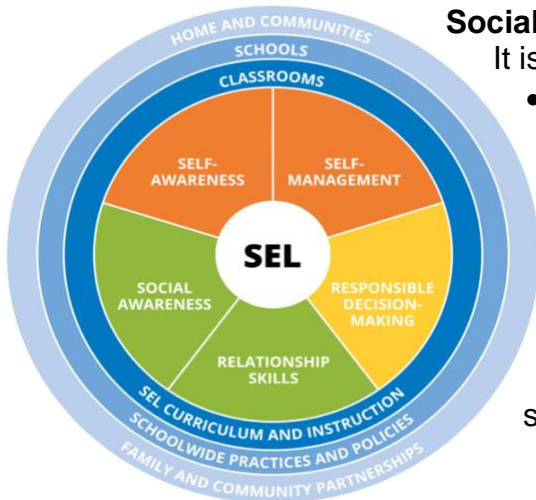
SOCIAL EMOTIONAL LEARNING (SEL)

Social Emotional Learning is a process.

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

- **Recognize and manage emotions**
- **Develop care 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, our thoughts, and 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.

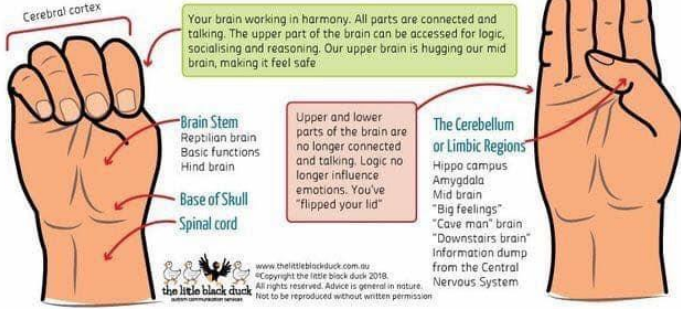
Having students learn about the parts of the brain and the role they play is impactful. When we have an impulsive reaction, triggered by our emotions, it is the work of the amygdala. This is our fight or flight responses. However, when we engage in mindful practices, we engage our prefrontal cortex and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

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.



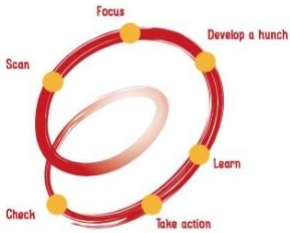
One mindfulness exercise we engage in is to focus on breathing. Being able to control our breathing helps us become less reactive when stressed. Focused breathing helps calm the body by slowing the heart rate, lowering blood pressure, and improving focus.



Mindful exercises like Tai Chi and Yoga are ways to engage our bodies and mind.

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 **Tuesday, October 22nd** and **Wednesday, October 23rd**. 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.**

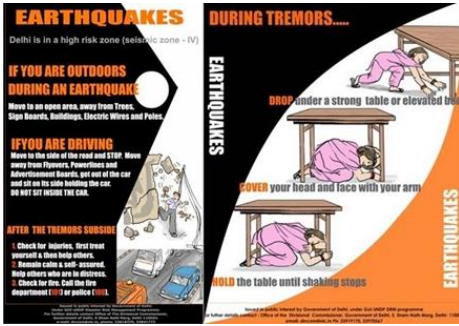


ADST with Ms. Walker



Students experimented with water and colour to create tie-dye effect art. The goal of the art was to represent the individual student through a picture or a word.

Earthquake Preparedness



One of the annual VSB Emergency Preparedness Earthquake Simulation Drill, which will be held in conjunction with the province, is “The Great Shake Out,” on Thursday, October 24th. 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 the “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. 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-response-recovery/preparedbc/know-the-risks/earthquakes>

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

Please be on the lookout for the reunification 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.

Thank you for your support



As a school community we collect \$314.40 at school and \$100 online. If you would still like to contribute to The Terry Fox Foundation please click on the link below:

[Click here to donate online](#)

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.



The PAC Executive for 2024-2025 is:

- Co Chairs - Holly Flauto and Miriam Maxcy**
- Treasurer – Naveen Gopal**
- Communications Coordinator – Simmi Puri**
- Community Engagement: George Owusu**
- Fundraising – Rash Rasoda**
- Members at Large –**
- Hot Lunch – Angela Yu**
- Volunteer Coordinator: Monique Owusu**
- DPAC Rep – TBA**

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 Monday's in the Nest (school library). Doors open at 6:00 and childminding is provided.

Social time: until 6:15 pm

Meeting agenda: 6:15pm

- October 7, 2024
- November 4, 2024
- December 2, 2024
- January 13, 2025
- February 3, 2025
- March 3, 2024
- April 7, 2024
- May 5, 2024
- June 2, 2024 (AGM and voting for Executive Positions 2025-2026)

For more information, please email johnhendersonpac@gmail.com

Mark Your Calendars



- **October 2nd**– **First Cross-Cross Country Mini Meet for Team @ Moberly**
- **October 5th** – **World Teacher Day**
- **October 7th** – **PAC Meeting @ 6:00 pm** in the Nest (library)
- **October 9th** – **PAC Hot Lunch – BitterSweet**
- **October 9th**– **Second Cross-Cross Country Mini Meet for Team members**
- **October 14th** – Thanksgiving – **No School**
- **October 16th** – **Picture Day**
- **October 22nd** – District Cross Country Meet for Team @ Trout Lake (12:00 to 3:00)
- **October 22nd** – **Early Dismissal at 2:00 pm** – Goal Setting **Conferences**
- **October 23rd** – **Early Dismissal at 2:00 pm** – Goal Setting **Conferences**
- **October 23rd** – **PAC Pizza Hot Lunch**
- **October 24th** - The Great Shake Out – **Earthquake Drill @ 10:00am**
- **October 25th** – Pro-D Day – **No school** for students
- **October 30th** – One-to-One Parent Ready Reading Workshop 9-10:30am in the library
- **October 31st** – **Hallowe'en Dress Up Day**
- **November 1st** - [Diwali and Band Chhor Divas](#)
- **November 3rd** – Daylight Saving Time Ends (Set your clock back one hour)
- **November 4th** - **PAC Meeting @ 6:15 pm** in the Nest (library)
- **November 5th** – Individual Student Photo **Retakes**
- **November 6th** – Grade 6 Immunization Clinic
- **November 8th** – [National Aboriginal Veterans Day](#) and Remembrance Day Assembly
- **November 11th** – [Remembrance Day - No School](#)
- **November 13th** – **PAC BitterSweet Hot Lunch**
- **November 16th** [Louis Riel Day](#)
- **November 20th** – [World/National Child Day](#)
- **November 22nd** – Pro-D Day – **No School** for students
- **November 27th** – **PAC Pizza Hot Lunch**