

LORD LIONS P.R.I.D.E

PURPOSE, RESPECT & RESPONSIBILITY, INTEGRITY, DIVERSITY, ENGAGEMENT

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SEASON'S GREETINGS

We are grateful for the patience of our community while we continue to adapt to guidelines related to COVID, fuel consumption and extreme weather conditions. We have been slowly welcoming volunteers and increasing extra-curricular activities this term. What an exciting time to be involved in Education! On that note, if you are planning international travel this holiday, please carefully read the information in the International Travel section of the Daily Health Check (attached).

Students have been spreading peace, joy, hope and happiness this month. A couple of examples: They have been singing winter celebration songs from around the world with Ms. Young Eng. Grade 2/3 listed holiday wishes for their family, friends, the world, and the animals. The P.R.I.D.E Leadership group has organized a school-wide **Pyjama Day** on Friday, December 17th.

The Lost & Found collection will be hauled out to 1) the undercover area after school and 2) Hastings OSC during the week of December 13th for final inspection before we donate the items December 17th.

Indigenous Focus Day

On Friday, Nov. 26th our teaching and support staff joined staff across the District for a day to listen, learn and understand. The theme of the learning was **néca?mat- We are one... Future Awakenings**. This follows on our work together last year which had a theme of anti-racism. The three Host Nations provided rich teachings that informed our understanding of working on the unceded traditional territory of these Nations. Also, young people from a VSB Youth Panel and The Assembly of First Nations Youth Panel provided insight about the importance of the Truth & Reconciliation Commission (TRC) and Calls to Action. We reflected on our collective and individual responsibilities.

Self-Reg & Holiday Stress: Restoring the Balance

Reference: Dr. Stuart Shanker & [The Altruistic Brain](#)

A basic self-reg concept is that *you must be calm in order to enjoy being calm*. Sounds simple right? Winter is a cold and dark time in general (not to mention current world events) and these conditions are hard on human minds and bodies. So, along with most of the population, we chose to focus on winter festivals at school. The shared experience nurtures us. Neuroscience tells us that altruism and social harmony are every bit as important as rest and relaxation for wellbeing.



UPCOMING EVENTS

Kindergarten Registration
Know a child born in 2017?
[Kindergarten Registration](#) closes
Jan. 31st. Please share info widely.

December 20-January 3:
Winter Break

January 4th, 2022: School Opens

**“Some say we
should listen
with three
ears: two on
our head and
one in our
heart.”**

- Dr. Jo-Anne
Archibald

