### **LORD LIONS P.R.I.D.E**

PURPOSE, RESPECT & RESPONSIBILITY, INTEGRITY, DIVERSITY, ENGAGEMENT

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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 extracurricular 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 17<sup>th</sup>.

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

#### **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? <u>Kindergarten Registration</u> closes Jan. 31<sup>st</sup>. 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



## EXTRA CURRICULAR

#### **Athletics**

The Senior Volleyball team showed tremendous P.R.I.D.E. We are all looking forward to the friendly match of staff vs. students before the break! Congratulations players and coaches on the undefeated season finale at Hastings.

#### **After School Program**

The UBC Geering Up after-school program is a mix of science and engineering through hands-on projects, demos and design challenges!

When: January 26 - March 9 3:00 - 4:45pm (Wednesday) Where: AR Lord Library

Who: Grades 4-6 (maximum of 20

spaces)

How: Registration information will be made available in January. A lottery system will be used to be equitable due to high demand. Cost: \$30 for all sessions. If you have a financial barrier that prevents your child from participating, please contact the school.

#### **PAC Update**

The PAC and parent volunteers are happy to offer our hot lunch program again for AR Lord students, starting in January! All families wanting to order hot lunch will need to create NEW Munch A Lunch accounts. (If you had credit in your old account at the end of June 2020, this money will be credited back to your account after you create a new one).

The PAC will send out an email in mid-December explaining how to sign up and order lunches through Munch A Lunch. Remember, you can put in orders for all lunches at one time. Lunch orders must be made at least 7 DAYS prior to the date of each lunch. Late orders cannot be accepted.

#### **Hot Lunch Dates**

Friday, Jan 14 (Fresh Slice Pizza & TCBY Frozen Yogurt)
Friday, Feb 11 (White Spot & TCBY Frozen Yogurt)
Friday, March 4 (Subway & TCBY Frozen Yogurt)
Friday, April 8 (Fresh Slice Pizza & TCBY Frozen Yogurt)
Friday, May 6 (White Spot & TCBY Frozen Yogurt)
Friday, June 3 (Subway & TCBY Frozen Yogurt)



# LIBRARY PICKS: Making Connections to our School Growth Plan

Staff Inquiry: How can we increase awareness and appreciation of Indigenous histories, traditions, cultures, and contributions among all students?

Speaking Our Truth, by Monique Grey Smith is an incredible guide to teaching young people about the impact of residential schools. Our entire staff is working together and with the Indigenous Education Department to learn, unlearn and grow through these teachings. If you are interested to see one of our favourite resources, check out the teaching guide (attached).



## **COMMUNICATING STUDENT LEARNING:**

REPORT CARDS
January 31

Reporting presentation at the next PAC meeting: January 26<sup>th</sup> 6:30 pm with Tamara Van Wyck -What is Strength Based Reporting?

- -Understanding your child's midyear written report
- The Reporting practice includes 5 communications per year.
- A minimum of three ongoing communication with families
  - Two formal written reports
- Please see "CSL for Parents" (document attached).