

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

PURPOSE, RESPECT & RESPONSIBILITY, INTEGRITY, DIVERSITY, ENGAGEMENT

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## (Another) UNIQUE START-UP

The next wave of COVID is upon us, and the province's decision to delay a full restart until January 10<sup>th</sup> has impacted all of us. Thank you for your support, encouragement, and patience these past weeks.

At school, we continue to adapt to current health & safety guidelines. Please refer to the letter sent home on Friday, January 7<sup>th</sup> for detailed updates about our classroom furniture re-arrangements, staggered movements through the hallways and more.

Thank you for using the daily health check as a reference. It helps answer the question: *Should I send my child to school today?*

We continue to wait for more information from public health and the Ministry of Education regarding how and where rapid COVID tests will be utilized across K-12.

## LITERACY UPDATE

[The BC Chocolate Lily Awards](#) celebrate writing for children, authored by BC writers. This year, our school is participating in all three categories of the book awards. All K-3 students will become judges in the picture book category of which there are 8 nominees. In the Gr. 2-4 *early novel* category, there are classes participating as well. These students will be judges and will cast their votes after listening to the 4 *early novels* nominated and read-aloud to students by classroom teachers. Finally, a group of students from grades 6/7 have volunteered to be judges in the Gr. 4-7 novel category. There are six books in that category this year.

These volunteer judges will meet with Ms. Parkin in a book club format to discuss the books. Nine 6/7s volunteered for this opportunity this year. These same students will share with their classmates their impressions of the nominated books that will be available in our library for borrowing. The BC Chocolate Lily Awards is a unique award in that *only* students may vote for the winner. It's a wonderful opportunity for really listening to student voice and opinion!

**Fun Fact:** Whichever novel our 6/7s decide is the best book will become a literature circle set for the Gr. 6/7s next year!



### UPCOMING EVENTS

Hot Lunch: **January 14<sup>th</sup>**

Pro-D/no school for students:  
**January 17<sup>th</sup>**

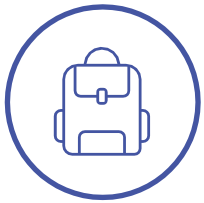
Arts Umbrella: Stage Coach:  
**January 25, 26, 27**

Report Cards Home: **January 31<sup>st</sup>**

**Differences are not  
intended to  
separate or to  
alienate.**

**We are different  
precisely in order to  
realize our need of  
one another.**

- Desmond Tutu



## SELF-REGULATION: A Parent's Guide from Dr. Stuart Shanker

Calm, alert and learning: who wouldn't want their child in that optimal state of mind? Naturally, your child's overall health- both physical and mental- is a priority for you as a parent. And who would guess that a major influence on our health as adults and kids lies deep inside the brain, in a system that regulates how well we respond to stress. The beating of your child's heart, your child's breathing, digestion, how well your child pays attention and learns, even your child's facial Expressions and ability to hear your voice are all controlled by this system in the brain.

This internal regulation system acts like the thermostat on your furnace. Let's say you set the thermostat to 18. The furnace works around this set point by turning on when the temperature falls below about 15 and turns off when the temperature hits 21. But the thermostat can break if it gets overused, and the same thing can happen to your child's "brain thermostat" when there is too much stress. The thermostat, or ability to self-regulate, simply gets overwhelmed.

[Self-Reg for Parents](#)

## Report Cards

Every student will receive a paper-based report card on January 31<sup>st</sup>. Would you like to learn more about the written report or understand strength-based reporting? Please join the next PAC meeting: January 26<sup>th</sup> at 6:30 pm online. Principal, Tamara Van Wyck will present information about report cards at the PAC meeting. If you do not already receive the PAC e-mails, please send a message to [info@arlordpac.ca](mailto:info@arlordpac.ca)

## ATHLETICS

The Vancouver Elementary Physical Activity Association (VEPAA) has postponed extra-curricular athletics until February. Badminton League play will start Feb. 7<sup>th</sup>. Basketball has been re-scheduled for after spring break.

Students continue to participate in daily physical activity as well as regularly scheduled PE/Gym classes.

## OUTDOOR PLAY & LEARNING

A wet and cold winter can be uncomfortable. But! We can do hard things. Please send to school:

- 1) Jacket for the weather (rain/cold).
- 2) Boots/indoor shoes
- 3) Extra mask for the afternoon**
- 4) Change of socks, pants to keep at school

When a class is planning on spending a lengthy time outdoors, teachers will communicate directly about providing additional appropriate gear for the day.

## Student Absences

Please call our Safe Arrival Line: 604-713-5159, voicemail #47



## Education with Purpose

Our district has again partnered with UBC to administer the EDI & MDI (Early Years, Middle Years Development Instrument). We analyze the data and adjust our self-regulation framework at the school level to meet our students' needs. The student questionnaire (Kindergarten & Gd.7) includes questions related to the five areas of development that are strongly linked to well-being, health and academic achievement.

