



We are proud to acknowledge that we live, work, and learn on the traditional and unceded territories of the Musqueam, Squamish and Tsleil-Waututh Coast Salish peoples.



**April 17th, 2020**

**Newsletter**

**Admin Team Message**

Spring at school has certainly looked and felt different than in previous years. With the unprecedented situation that we all find ourselves in, we are so appreciative of the strong relationships that we have with one another, and for our amazing community. Thank you to our families, who have been working with teachers to provide learning for their children, to our PAC who continues to work to bring parents together and to provide support and connection, and to our educators who have been working very hard to shift their teaching practice to provide continuity of learning that looks different from what we have experienced in the past.



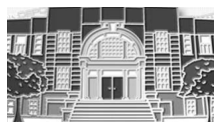
Please read this newsletter when you are able. The goal is to provide an **update on continuity of learning**, to **answer some questions that some families may have**, to **introduce you to our school counsellor**, and to provide a **Tennyson 2020 new building update**. Thank you for all that you are doing, and a special thank you to our essential services workers.



**Not Returning to Tennyson for 2020/2021?**

We are currently working on our student enrollment numbers for next school year. If you know that your child currently enrolled in Kindergarten through Grade 6 will NOT be returning to Tennyson for the 2020/2021 school year, please let the office know ASAP. We thank you for your assistance with this.

*Principal: Douglas Roch*  
*Vice Principal: Kateryna McNicol*  
*Admin Assistant: Veronica D'Angelo*



*Director of Instruction: Richard Zerbe*  
*Liaison Trustee: Fraser Ballantyne*  
*PAC Chair: Jo Gromadzki*

## **Continuity of Learning Update**

A huge thank you to our families and to our teachers for working together to navigate an unprecedented situation that can easily create stress and worry. The strong relationship that our school staff has with our students and families is even more important during this time. Teachers have been in contact with families, and continuity of learning is happening. We know this looks different from family to family, with many (and highly variable) experiences and contexts within each home. Please take things step by step, and please do not feel the need to do things perfectly nor to overwhelm yourselves, nor your child. Teachers are working to communicate clearly, and are always open to questions and to discussing your family's context and your child's learning.

We are here to help, and to work with you and our students. How teachers approach continuity of learning and creating learning opportunities is based upon our BC curriculum, and may look different from student to student and from teacher to teacher. This is similar to the ways that teachers work with students in the school-setting; each classroom is different and unique, with learning centred around moving students forward, through use of curriculum and a variety of teaching strategies. During this time, teachers plan what continuity of learning will look like for their students and use their professional judgement; some teachers are using online platforms and their features, some are using paper-based resources, and some are using a combination. As always, please reach out to your child's teacher if you have any questions, and teachers will be in regular contact with parents/guardians and with our students.

We have included some Continuity of Learning FAQs, below. Some of these are from a recently published School District FAQ, which can be found here:

[https://www.vsb.bc.ca/News/Documents/20200408\\_FAQ\\_COVID19.pdf](https://www.vsb.bc.ca/News/Documents/20200408_FAQ_COVID19.pdf)

### **Learning from home: What can I expect?**

Your children's teachers have now been in contact with families and have been determining what supports are needed for learning from home, as well as developing their learning plans. These look different depending on age groups and students' individual needs, but generally, here is what can be expected:

**Kindergarten-Grade 3:** Teachers will focus on literacy and numeracy foundations. Teachers will assign about five hours of work a week (about an hour a day). They will work with families to deliver these materials digitally or in paper packages.

**Grades 4-7:** Teachers will continue to further focus on building literacy and numeracy skills. Teachers will assign five-seven hours of work a week. They will work with families to deliver these materials digitally, where possible.

Teachers may provide additional activities that parents are welcome to have their children complete, depending on your circumstance and context.

### **I'm concerned about my child missing social connections. How can this be helped?**

A focus of the Vancouver School District in its planning is ensuring students continue to feel connected to their school communities. Aspects of these communities are changing with this unprecedented situation, but every effort is being made to ensure that feeling of connection remains. Teachers will continue to reach out to their students and their families in the days and weeks ahead. There are also many ways for students to connect with one another, including video chats or phone calls and sharing the activities they are doing during this time. Resources for parents to help them support their children are also available on the District's continued learning hub.

### **How do I manage to homeschool my child when I am required to work?**

The Vancouver School District does not expect parents to become teachers. All planning and assignments will be done by teachers. Depending on their grade level, students will need differing levels of guidance (where a younger student may need instructions explained to them, an older student may be able to work independently). Teachers will communicate frequently with students and families and will be there to offer assistance virtually or over the phone.

### **How will my child's education continue?**

The Vancouver School District is committed to the continuation of students' learning. Learning will look different and take various forms – some digital and others non-digital. As plans evolve, they will continue to be grounded in four guiding principles:

- Health and safety of staff and students

- Communication
- Connections
- Commitment to continued learning

This means sharing information in a timely manner and school staff checking in with families to assess their needs. It also means students continuing to feel part of their school communities, and continuing to learn, all with health and safety top of mind.

### **How can I help my child if I don't speak French?**

The French immersion program is built on the principle that the majority of the school instructions are given in French. During this time, the teachers will be assigning work in French with the understanding that parents don't speak French and may find it challenging to assist their children. For some instances, the instructions will be given in both French and English. Some parents have made effective use of online language translators, such as ones where you can "cut and paste" text (please use this for yourself; we want students to be able to work through French text to the best of their abilities, using their usual tools). If your child experiences difficulty with their learning activities, please contact your child's teacher.

### **Who decides when in-class instruction will resume?**

On March 17, the provincial government decided to suspend in-class learning under the direction of the Provincial Health Officer. The government will decide when in-class instruction will resume.

### **Will Individual Education Plans (IEPs) continue?**

Yes. The IEP already in place for a student will be followed in planning for that student's continuity of learning.

### **Social Emotional Learning & Support – A Note from Our School Counsellor**

Hello Tennyson families,

I wanted to reach out to say that I'm missing our wonderful community at this time of big unknowns and unexpected benefits. I hope this email finds you safe and well.

School counsellors are now able to check-in with students for 15-30 minute sessions on the student's classroom Team. These are private appointments set up by me: no one else can view them. At this time, we are able to provide check-ins for connection but we are not able to provide individualized counselling. That could change in time.

I am currently emailing all of the families of students on my caseload to see if a check-in appointment with me is needed. I'm able to meet with students or speak with parents via the classroom Team.

If your child is not on my caseload, and you or your child would like to contact me, please email me and we can set up an appointment. I work at two schools, so I am trying to keep appointments with Tennyson students on my Tennyson days: *Tuesdays and Fridays*. I share Thursdays with General Gordon Elementary.

I'd like to leave you with some ideas and tips:

**Quick Tips for Maintaining Sanity during Covid-19** (adapted from my mentor, Lisa Dion)

1. **Regulate** your nervous system often- every 20-30 minutes is best- breathe, move, dance, stretch, etc. This helps move the energy in your body.
2. **Routines and Predictability**- have a general Monday-Friday schedule and a weekend schedule. Our bodies can relax more when there is some predictability during a time of big unknowns.
3. **Do something that you love every day**- this is important for every member of the family. Everyone is more relaxed when they do their favourite thing.
4. **Boundaries**-speak up when you need to, ask for what you need, and practice self-care to avoid exhaustion.
5. **Manage your own physiology**- the basics: sleep well, eat well, exercise, and avoid excess sugar

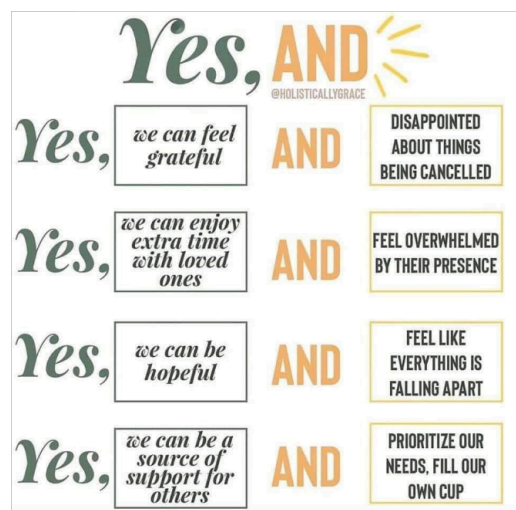
Be well!

Warmly,

Helen Ritchie, Area Counsellor

[hritchie@vsb.bc.ca](mailto:hritchie@vsb.bc.ca)

For Families: infographic on the mixed positive and negative feelings we can have about this time



**Links to Social-Emotional Learning, Resiliency etc.:**

<https://blog.teacherspayteachers.com/10-social-emotional-activities-for-home/>

**Meditation/Mindfulness videos for intermediate students:**

<https://www.headspace.com/meditation/meditation-videos>

**Comprehensive mental health guide from Vancouver Island health:** [https://batemanfoundation.org/wp-content/uploads/2020/04/2020\\_03\\_Mental-Health-Guide\\_lr.pdf](https://batemanfoundation.org/wp-content/uploads/2020/04/2020_03_Mental-Health-Guide_lr.pdf)

**VSBC Continuity of Learning Resources:**

VSBC

OUR DISTRICT ▾ SCHOOLS ▾ STUDENT LEARNING ▾ STUDENT SUPPORT ▾ CALENDARS ▾ NEWS ▾

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# Continuity of Learning

## Resources

Apr. 3, 2020

Message to Parents  
Tips for Parents  
Learning from Home  
Resources

For all Learners +  
For French Learners +  
Multi-Grades and Educators +  
Students Gr 4- Gr 7 +

[https://www.vsb.bc.ca/Student\\_Learning/Continuity\\_of\\_Learning/Pages/default.aspx](https://www.vsb.bc.ca/Student_Learning/Continuity_of_Learning/Pages/default.aspx)

**Emotion Management & Coping Activities for Student, K-5:**

[https://www.secondstep.org/covid19support?utm\\_source=marketo&utm\\_medium=email&utm\\_content=text-link&utm\\_campaign=hct-2020&mkt\\_tok=eyJpOitmpzne16utvnrqsyttjfdyisingioijxdvtyw2jtvuixy1jyatdln1fueuq2vunmtmnrwuzibwpc1jtwzrk2hkem5pvnntdudxrvvwefrdnlavhjbwctiszbbwk9zdkjldkz1xc9nznlfmtbsekh4sfzkmt5uffqvdljs1dxefvc10dqumlm0hqrwrsgkn1ym53mtrzmkmifq%3d%3d](https://www.secondstep.org/covid19support?utm_source=marketo&utm_medium=email&utm_content=text-link&utm_campaign=hct-2020&mkt_tok=eyJpOitmpzne16utvnrqsyttjfdyisingioijxdvtyw2jtvuixy1jyatdln1fueuq2vunmtmnrwuzibwpc1jtwzrk2hkem5pvnntdudxrvvwefrdnlavhjbwctiszbbwk9zdkjldkz1xc9nznlfmtbsekh4sfzkmt5uffqvdljs1dxefvc10dqumlm0hqrwrsgkn1ym53mtrzmkmifq%3d%3d)

## Tennyson 2020 – New Building Update

Construction continues on our new building. The current anticipated move-in summer date has not changed. We will communicate any updates should this change due to current events. Windows have been installed, brick is almost complete, and the building is looking great! Here are a few photos (taken today!) as well as several photos of what the site looked like one year ago.



Architect's rendering



April 2020



April 2020



April 2019



April 2019





**From our Parent Advisory Council (PAC)**



**Tennyson PAC News: Celebrating Generosity**

A huge thank you to the Tennyson PAC Exec for their continuous and tireless work for our community, much of which is highly visible, and a lot of which is behind the scenes. During these times in which being together looks different, the PAC has created some support initiatives.

Please see the recent email sent out by the PAC on these initiatives to help each other during challenging times. If you did not receive an email from the PAC, please make sure you are signed up for emails – simply do so on the website!

Here is the Tennyson PAC website: [www.lordtennyson.ca](http://www.lordtennyson.ca)

Please make sure you are getting the weekly PAC emails! Go to the website above to sign up if you are not – they contain a lot of important and interesting information, and inform you of our many PAC-sponsored initiatives and events.



**IMPORTANT DATES**

\*Please check the school and PAC websites for the ongoing addition of items and events\*

|                   |   |
|-------------------|---|
| <b>April 20th</b> | <b>PAC General Meeting (virtual) @ 7pm</b>        |
| <b>April 27th</b> | <b>Parent Speaker (virtual) @ 7pm</b>             |
| <b>May 15th</b>   | <b>District Pro-D: Indigenous Education Focus</b> |
| <b>TBD</b>        | <b>Other Spring Activities</b>                    |

