

Roberts MYP News



September / October
2018

Welcome to the IB Middle Years Programme (MYP)

Dear IB MYP Community,

Thank you for taking the time to read this first edition of the 2018-2019 IB Middle Years Programme (IB MYP) newsletter. I hope that you find this newsletter informative! My goal is to improve the understanding of the IB MYP as we continue to implement the International Baccalaureate Programme here at Lord Roberts Elementary. All 6th and 7th grade students are IB students! Students in the 6th and 7th grade are in IB's Middle Years Programme. Students are required to engage in inquiry-based learning in 8 subject areas: Language and Literature, Mathematics, Sciences, Individuals and Societies, Language Acquisition, Physical and Health Education, Design and Art. If you would like to know more about Roberts IB MYP Programme, please visit our school website.

Elsie Roy, Lord Roberts and King George Secondary are part of the Downtown Family of Schools.



INSIDE

Mindfulness

Take a look at the Mindful Lunch at Roberts
ARMOUR

Roberts Code of Conduct

Caring Class

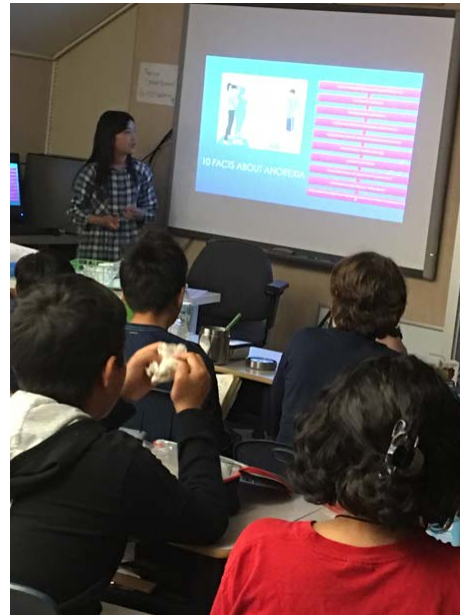
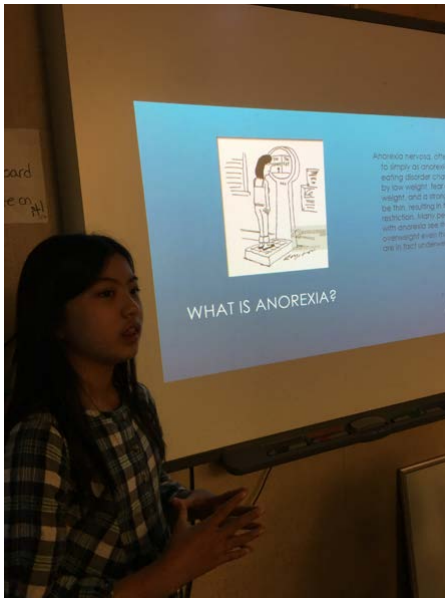
Community Service by IB students

Also in the news..

MYP Assembly -Fire Safety

Learner Profile Focus

CARING AND BALANCED



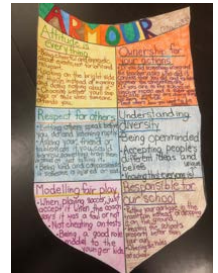
Mindful Eating at Lord Roberts

Mindfulness teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and awareness training utilizing a brain centric approach.

Every day, we gather and eat our lunch together slowly and mindfully, for 15 minutes. It is an opportunity to slow down and just eat. Though we do not talk to each other, we are mindful that we are eating as a class, and we acknowledge each other's presence. We are aware of our food—how beautiful it is, how it was alive, how it has come from the earth to support our being. We are aware of how much we have in quantity and variety, and of people less fortunate than we, for who a small portion of what is on our plates would seem like a feast. We are aware of all the elements involved in getting the food from the earth to our plates—sun, rain, soil, farmers, pickers, truckers,

grocers, and our own efforts preparing the food. Mindful eating aims to help students develop social and emotional skills, increase empathy and perspective taking, to increase optimism and wellbeing, and to foster a cohesive, caring classroom climate that enhances learning. If you are in the building during our mindful eating moments, we encourage you to stop and participate with us. We also encourage our students to participate in mindful eating at home in order to continue with its benefits.

Our school year is off to a great start...



Students have settled into their daily routines in their classrooms and are working on various units of study. Students are expressing their ideas of our school code of conduct- ARMOUR. Beginning of the year students are busy with team building activities. One of them as you see in the pictures is balancing the tennis ball as a team! In Individuals and Societies, Div. 2,3, and 4 students are busy learning about the Canadian government system and elections in preparation for the student vote and in-class elections on October 18th. In Language Acquisition-French, they are exploring France and other French speaking countries. All IB students are actively fulfilling their role as 'Play Ambassadors' during Roberts' special events, rainy and sunny lunch days.



Teachers are excited to meet all the families when you will attend our goal setting conferences next week. Our students were provided the opportunity to reflect on themselves as learners and set specific goals for this term.



SEPTEMBER/OCTOBER LEARNER PROFILE FOCUS **CARING AND BALANCED**

CARING

Students are caring when they show empathy, compassion and respect. They have a commitment to service, and act to make a positive difference in the lives of others and in the world around them.

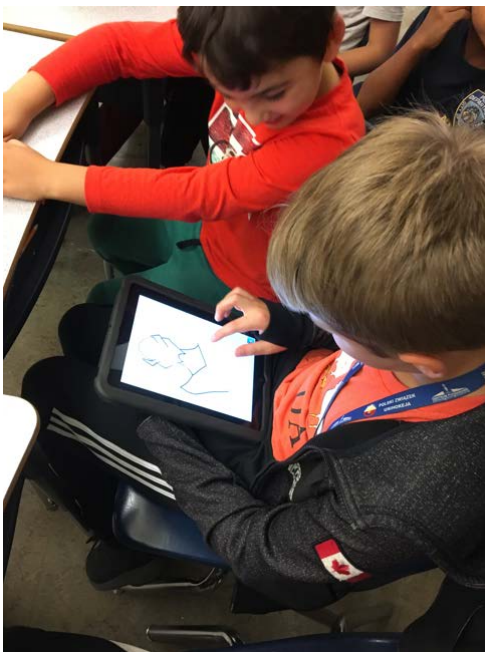
BALANCED

Being well balanced means understanding the importance of intellectual, physical and emotional balance to achieve personal well-being for oneself and others. They understand the importance of being physically, mentally and personally well balanced.

MAKING THE MYP CONNECTION AT SCHOOL

At Roberts, students learn and practice the many ways we **care** and inquire. Specific standards for caring and respectful behavior and guidelines for unacceptable language and conduct are established. Students are encouraged to think about why certain words and actions can be hurtful. Students are enlisted to establish the standards and to hold each other accountable.

By being **well-balanced**, Roberts students cooperate and collaborate as members of a social and intellectual network of learners. They understand the value of using a variety of skills, resources and technology for both work and recreation.



MAKING THE MYP CONNECTION AT HOME:



- Encourage your child to stay in touch with relatives and friends who live in other locations by writing letters, using the phone or sending emails.
- Offer opportunities for your child to participate in a variety of structured and unstructured activities outside of school.
- Encourage your child to exercise or do sports, especially if you notice your child spending a lot of time watching TV or playing video games.
- Model balanced behavior by participating in a variety of activities as a family.
- Discuss the importance of eating healthy, balanced meals with your child.

IB inquiry question...?

How can I actively listen to others?

PEANUTS CLASSICS By Charles M. Schulz



Practice actively listening by showing that you are interested, not interrupting, paraphrasing what the speaker said, noticing the speaker's body language, and responding appropriately.