



Director of Instruction: Mr. Richard Zerbe
Principal: Ms. Harjinder Sandhu
Vice Principal: Mr. Aaron Singh and currently acting VP Ms. Jenny Chin-Petersen
PAC Chairperson: Melissa Hayward-Cheung
School Liaison Trustee: Ms. Janet Fraser



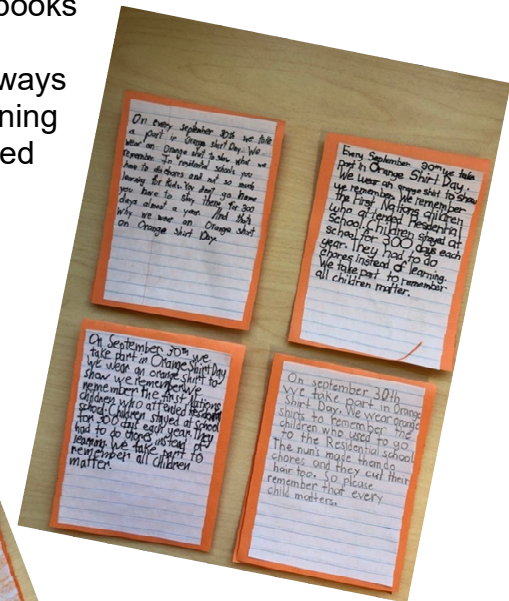
Orange Shirt Day – Remembering What Happened in Residential Schools



One September 30th we learned more about our Indigenous community and recognized the harm that was caused to the self-esteem and well-being of Indigenous Children by the residential school system they were forced to attend. We look back and remember the injustice of the process and we want all in our community to know that each and every one of us matters. As a community we continue to learn about and from our Indigenous People and their histories. Through dialogue and exposure, we deepen our understanding and our

commitment to reconciliation of Indigenous and Non-Indigenous people. The better we understand one another, the stronger a community we build together. Many classes reflected on the stories they heard and learned through picture books and videos.

As the year progresses, we will continue to explore Indigenous ways of knowing. One of the principles of learning is recognizing learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place). Enhancing our understanding of Indigenous culture continues to be one of our school goals.



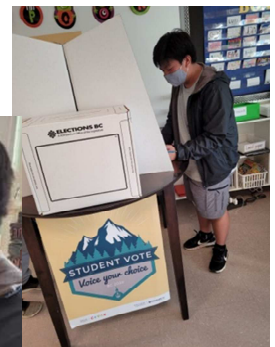
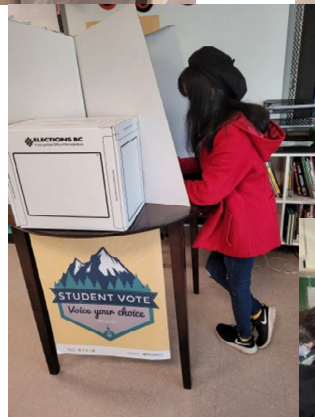
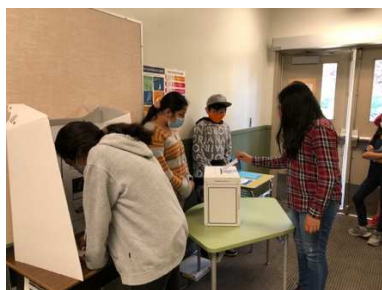
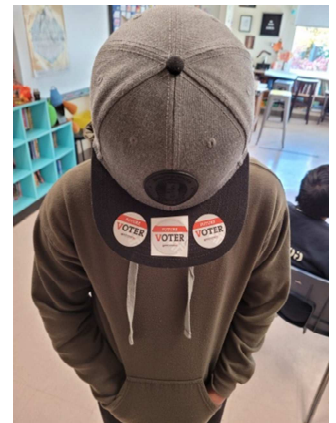
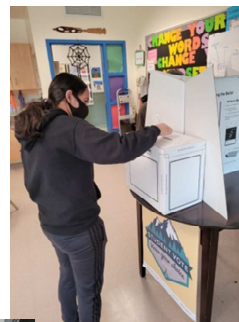
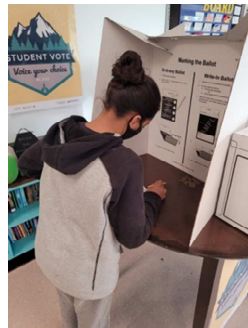
Student Voice/Student Vote

Thank you to our intermediate teachers for their role in enhancing our democratic engagement, commitment to civic education and engaging the students in Student Vote 2020 which mirrored our provincial Election.

Students engaged in grade and age appropriate lessons to learn how our democracy, our levels of government and the issues that engaged our country during this Provincial Election. Students learned how information from social media had to be critically looked at for accuracy so that they could determine what were “real facts” and what was “fake news”.

It is our sincere hope that the excitement we witnessed when they exercised their right to vote on October 22nd will stay with them. Student Vote 2020 gave them an authentic experience that we hope they will remember and the sense of purpose they will carry into future elections once they get their official voting cards.

Thank you to Ms. Jagpal for signing us up and running our voting station. A total of 81 votes were cast.



Pumpkin Patch Pumpkins Everywhere!



Thank you to the Henderson community for helping to organize our community pumpkin patch. Early on the morning of October 26th a small group of staff were on hand to help start setting up the scarecrows and building our patch. Thank you to these volunteers! A special thank you to our PAC Chair Ms. Melissa Hayward-Cheung who



arranged for the donation and delivery of all our pumpkins. Thank you to our donors, Loblaw's and Superstore for contributing to this event. Classes were then invited out in Learning Groups to enjoy a Hallowe'en

chant and then they proceeded to pick out their perfect little or big pumpkin. Students and community members seemed to enjoy the pumpkin patch experience. And we had the perfect weather for it!



Many classes continued to enjoy their

pumpkins by using them in hand-on activities in their classrooms. There were writing activities, math activities with measuring, weighing and seed counting. And then there were science activities



with carving the pumpkins into jack-o-lanterns as the highlight!

My Mindful Brain

The mindfulness occurs when we pay close attention to what is happening in the moment. Mindfulness occurs when we observe our emotions, thoughts, our surroundings, in a neutral and nonjudgmental way. By learning to be mindful of what's happening in the moment, we can learn to make sound decisions rather than acting on our emotions.

Having students learn about the parts of the brain and the role they play is impactful. When we have an impulsive reaction, triggered by our emotions, it is the work of the amygdala. This is our flight or fight response. However, when we engage in mindful practices, we engage our pre-frontal cortex and regulate ourselves and make wise decisions. Mindful practice then makes us less reactive. We diminish the amygdala's reactivity and strengthen the pre-frontal cortex.

Practicing mindfulness calms the amygdala and reconnects us to our calm, clear prefrontal cortex, so that we can make thoughtful choices for how to respond. Mindfulness helps us regain access to our [executive functions](#): the intention to pay attention, emotional regulation, body regulation, empathy, self-calm, and communications skills—even when under stress.

One mindfulness exercise we engage in is to focus on breathing. Being able to control our breathing helps us become less reactive when stressed. Focused breathing helps calm the body by slowing the heart rate, lowering blood pressure, and improving focus. Mindful exercises like Tai Chi and Yoga are ways to engage our bodies and mind.

The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.



BREATHING EXERCISES for kids!

- Buzzing BEE:** Sit up tall with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were buzzing like a bee. Repeat 5 times.
- Roller COASTER:** Stand with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were going down a roller coaster. Repeat 5 times.
- Burpy SNIFF:** Sit up tall with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were sniffing a burp. Repeat 5 times.
- Hot COCOA:** Stand with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were blowing on hot cocoa. Repeat 5 times.
- Bubble BREATH:** Sit up tall with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were blowing a bubble. Repeat 5 times.
- Balloon BELLY:** Sit up tall with your feet flat on the floor. Inhale through your nose for 4 counts. Exhale through your mouth as if you were blowing a balloon. Repeat 5 times.



Celebrations at School

This year because of COVID we have had to make many changes to our school routines. One of these changes is there is no food sharing. It is very natural for us to want to share our milestones and holidays with our community by sharing treats and often showing our gratitude with food. This year we ask that you do not send or bring food, treats or cake to celebrate birthdays and other events. Our Health and Safety Guidelines call for no food sharing. But we will, of course, acknowledge all birthdays and meaningful events with song, laughter, sometimes dance and good cheer. If you really would like to send something special for your child's birthday or an occasion, maybe we can suggest donating a book. Perhaps you can send a book that is special to your family or I am sure our wonderful Teacher Librarians can suggest some titles. Thank you for understanding and including us in your celebrations.



Parent Advisory Council (PAC)

Parents play an important role in the school and we encourage parents to participate as much as they can. Henderson School is well supported by our PAC. The PAC provides wonderful support in many areas of the school— planning and organizing special events, fundraising for fieldtrips and school needs, and communicating with parents and the school. They are always open to new members and welcome both new families and returning families to become involved. All PAC information can be found on the PAC website: www.hendersonpac.com



Mark Your Calendars

- **October 30th** – Hallowe'en Dress Up
- **November 1st** – Registration for Kindergarten 2021-2020 begins
- **November 4th** – Virtual PAC Meeting @ 7pm
- **November 9th** – Return of Option 4 Students
- **November 10th** – Virtual Remembrance Day Assembly
- **November 11th** – Remembrance Day - No School
- **November 27th** – Pro-D Day – No School for students



Henderson YMCA Kids Club

We are thrilled that the YMCA will be extending its Kids Club, a licensed before and after school care program, to the Henderson community. The Y understands that time gaps before and after school can be a challenge for parents, which is why its Kids Clubs offer school-aged children a safe and inviting environment where they can connect with others and participate in productive and enjoyable activities.

For more information or to join the wait-list, contact ymcakidsclub@gv.ymca.ca.



Kindergarten registration for children born in 2016 begins on November 1.

All kindergarten applicants are required to submit an application to their English catchment elementary school. This includes families who wish to apply for choice programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/or a cross boundary placement.

The priority registration period for Kindergarten opens on **November 1 and closes at 4 pm on January 29**. Students who submit an application within this priority period will be accommodated before late applicants.

Applying for kindergarten is a 2-step process:

Step 1: Completion of an online application form

Step 2: Verifying documentation

- Contact your English catchment school office to set up an appointment to bring your supporting documentation
- Bring supporting documentation to your English catchment school office during your scheduled appointment

Supporting documents needed:

1. Proof of residence in Vancouver
2. Child's birth certificate



1 Apply Online



2 Visit your catchment school with necessary documents

3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)

If you want to apply for a District program or cross-boundary, you must first apply to your English catchment elementary school. Applications for District programs and cross boundary placements will begin to be accepted in early 2021.

In the event there are more in-catchment applicants than available space* at the school, the following process will be used to prioritize enrolment:

Kindergarten Applications Received Between November 1 and January 31

1. **In-catchment** kindergarten applicants with siblings in attendance at the school (and who will be attending next year) will be placed first.
2. The names of all other in-catchment registrants will be entered into a **random draw** for the remaining kindergarten spaces.
3. Students who cannot be accommodated will be placed on a waitlist in the order in which their name was drawn.
4. Between January 31 and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

Kindergarten Registrations Received AFTER January 31st

In-catchment kindergarten students who apply **after** January 31 will be accommodated if there is space. If there is no space their names will be added to the bottom of the existing waitlist.

Note: There will be **no priority** given to registrants with siblings if they register after January 31.

For more information on kindergarten registration visit: <http://www.vsb.bc.ca/kindergarten>

* Available Space includes physical capacity, resources, staffing, or educational programs available or planned for a school as defined by the District (Administrative Procedure 300).