

M.V. BEATTIE BULLETIN

"Strength does not come from physical capacity. It comes from an indomitable will."
- Ghandi

Upcoming Events

Feb. 3 - World Read
Aloud Day

Feb. 12 - Pro-D

Feb. 14 - Valentine's Day



Feb. 15 - Family Day



Feb. 24 - Pink Shirt Day



Feb. 25 - **Term 2 Report
Cards Sent Home**

Feb. 26 - Hawaiian Shirt
Day



Strategies For Developing Literacy

We know that one of the foundational goals of all elementary schools is to develop readers and writers. While the term "literacy" has been added to many different types of learning (digital, physical, financial, etc.) our focus during the primary years continues to be acquiring the language skills we need to be able to transition from "learning to read" to "reading to learn." I have some recollections of learning to read - and the battles with my parents who were convinced it was necessary, while I was (at age 4 or 5) somewhat less convinced of its value. My parents probably used some of their own recollections with learning to read to help me - but mostly I remember sounding out the letters and feeling frustrated when it didn't come out the way I had hoped.

As a parent, I had hoped that I would find it easier to help my kids learn to read, but we had our challenges along the way, and it wasn't until an admired older cousin started reading to my kids at a cabin that they actually started to



want to read.

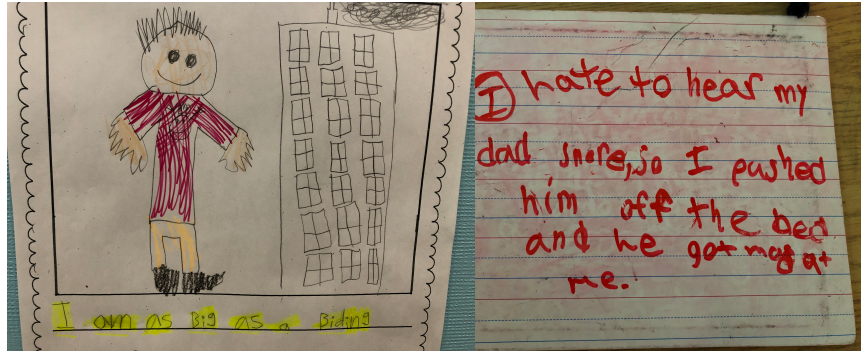
Early Morning Bball



Early morning basketball started in December and will continue until Spring Break. Due to Covid, we are unable to do our "come one, come all" approach, but we have adapted: so, on Tuesday mornings Mr. Easthope and Mrs. Kolotylo's classes are the target audience. On Wednesdays, Mrs. Dell and Ms. Reimer's classes are welcome, and finally on Thursdays we have our gr. 6 cohort. Students are able to play from 7:15 until 8:05 and develop their skills for the first half of each session and then play games for the last 20 minutes. At this point we have between 40-50 students playing each week. It is great to see them improve - even though some of them are barely awake when we get started!



Recently, I was invited into Mrs. Gadick's class for "Flashlight Friday" where the reading/camping experience was being re-created. It has become a much anticipated part of their reading program, as the students find a comfortable spot to read one of their books by flashlight. I have also enjoyed watching our primary students learn to write basic sentences, and then move toward complex sentence structure.



As you can see, there are often a few good chuckles along the way!

We know that the daily 20 minutes of reading at home is both essential AND a challenge, so our primary teachers have been putting together some video tutorials to help parents with some of the strategies for teaching reading. They are the same strategies that we use at school, so our hope is twofold: that it will be a welcome support for parents, and it will also help our students as they hear the same language (Stretchy Snake, Chunky Monkey, etc.) from both home and school.

Thanks for doing your part to encourage our kids to be readers. We know that there is a strong correlation between a student's ability to read/write and their success in school and beyond.

When we have our video tutorials ready for "show time," I will send you an email with a link to them. Our goal is to have them on our website by the end of this month.

Move & Groove!

FOLLOW COVID PROTOCOLS **PLEASE** **PHYSICALLY DISTANCE**

The Move & Groove Challenge

All SD83 staff and students are invited to participate in this fun COVID-friendly challenge that promotes physical and mental wellbeing. Let's celebrate by engaging in the daily challenges to encourage healthy bodies, minds, and communities. Please follow ALL SD83 COVID Protocols while doing the challenges.

How do you get involved? Each challenge day there is a physical task outlined below that you can participate in as an individual, class, or cohort. Participate in all 20 or just pick one or two!

Share a photo and be entered for a weekly prize! To help celebrate the movement in all of us, take photos (individually or physically distanced) and share with others on Twitter (please use #SD83move) or email to spencer@sd83.net. All photos will be entered in a weekly draw for some great prizes! (Please ensure students have photo releases before sharing photos)

Remember, there is no right or wrong way to "Move and Groove" **EWoy!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Move outside!	2. Love it	3. Balance Pose	4. Keep Calm and Breathe Deeply	5. Pile - Be Creative
6. Juggle	7. Catch or Throw	8. Plank	9. Don't forget to Breathe	10. Family Day PLAY Challenge Feb. 12-15
11. B.O. Family Day	12. Cross Crawl	13. Play with Balls	14. Wall Sit	15. Play Outside
16. Run	17. Dance	18. Do an act of kindness	19. Stand to work	20. Celebrate!

WARNING! MOVEMENT HAS BEEN KNOWN TO INCREASE HEALTH AND HAPPINESS!

Each year the district sends out this challenge to all of the schools in SD No. 83. The staff and students are encouraged to find different ways to engage in healthy practices. Many of the challenges are physical in nature, but there are a few that remind us to slow down and breathe. With all of the additional stresses that our families have to juggle, it may be something that you will want to adopt/adapt to meet your own needs. Sometimes these reminders to take care of oneself are important - not just for our physical fitness, but also for our mental health. Stay Active, Enderby!

Covid Update

In the past few days, I have received a lot of questions about whether it is "safe" to return to school. So, I am happy to say that all of our classroom teachers and students who were placed in "self isolation" have returned to school symptom free. As of today, we have returned to our typical rates of absenteeism: a few appointments, a few colds and some parent excused absences.

I know that this was a difficult time for the teachers & families that were sent into self-isolation, and truly for everyone who received the notice. It is challenging to "not know" specific information...and for us it was difficult to not share. I also understand this from the parent's perspective as over the past few weeks my family received three similar notices from my sons' schools. Like you, we have had to put our trust in the schools' response, Interior Health's plan and the ongoing health and safety measures that we adhere to. I am grateful for the work of the health professionals and contact tracers who help to create plans for a safe return to school. While I am hopeful that we won't have another exposure, I know that, should one occur, we will feel more confident having gone through this experience.

Thanks to the many parents/guardians who shared their best wishes and kind words with us. I know that our staff was very touched by your expressions of concern and support.

M.V. Beattie Talent Show

And NOW...[Something to look forward to](#)

GOT TALENT?!

AUDITIONS:

BEATTIE'S GOT TALENT

WHEN: February 16-26 at Lunch
WHERE: Music Room
WHO: Grades 3-6
REMINDER: Group members must remain within your own cohort.

The music room will NOT be available for rehearsal

Learn, Fail, Adapt, Try Again...Repeat!



How do you create the perfect paper airplane? What do you need to do to create a straight flight path - or perhaps to do flips? How do you best set up your dominos to create a



pattern - let's say an apple - and ensure that they topple over the way you had hoped? I'm not sure. However, if you watch our kids Try, Struggle, Fail, and Persevere you are quickly reminded that the purpose is not the PRODUCT that they are creating but the PROCESS that they are following. Problem solving is rarely a linear process - and it is amazing to watch our kids develop resilience as they learn from their mistakes.

Wildcat Photos



Fox And Hound Returns



Although technology seems to dominate the interests of kids these days, it is refreshing to see some games from the past capture their imaginations.

Last week, Ms. Quaal went outside to make a large circle in the snow - which gained some interest - and then she connected pathways to form the boundary lines that create the “field of play.” After a few quick pointers about the rules of the game, the kids quickly decided that this was a fun activity. The students have made adaptations along the way. Sometimes there are a couple of foxes doing the chasing - or perhaps they go with a “last one standing” rendition. Whichever version that they agree upon matters not as they are always assured lots of fun and laughter. Recently, we noticed that some students have created another circle to play on. So, when the kids reluctantly return from recess or lunch, it is often with red cheeks - having run for the duration of the break.

While there is nothing wrong with most video games - in moderation - it sure is nice to see the kids run around with smiles on their faces!

CATS R.O.A.R.

ADHD Webinar Series FOR PARENTS & CAREGIVERS

brought to you in collaboration with the BC Children's Hospital Provincial ADHD Program

keltymentalhealth.ca/ADHDWebinarSeries2021

January 27th - Practical Self-Regulation Tools

February 3rd - ADHD Basics

February 10th - ADHD Treatment in Children & Youth

February 24th - Parenting a Child with ADHD

March 3rd - ADHD Goes to School

All webinars are 12:00-1:00pm



[ADHD Webinar Series for Parents and Caregivers](http://keltymentalhealth.ca/ADHDWebinarSeries2021)

PAC RECOGNITION

In previous newsletters we have highlighted some of our amazing community partners who go out of their way to support our students. However, it is long overdue to recognize the ongoing support of our M.V. Beattie PAC. We are fortunate to have a number of dedicated parents willing to put in time to help our students and staff. They meet each month to discuss fundraising initiatives, school activities and provide us with feedback regarding our growth plans. However, many people may not be aware of the impact they have on our daily operations. Our PAC supports many great traditions: from Hot Lunches, Gr. 6 hoodies, classroom resources, swimming and dance programs - along with field trips and Fun Days. They are always on the look out for ways to provide the greatest positive impact to the greatest number of students. Thank you to all of our dedicated members and a special word of thanks to our executive: Noreen O'Leary (PAC president), Kathy Haupt (Treasurer), Tracy Hamilton (Fundraising), Amanda Renner (Book Fair, Library Volunteer) and Nadine Golz (DPAC rep).