

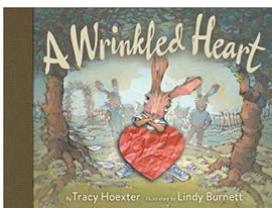
Gray Elementary

SEL Update February 2021

Dear Parents/Guardians,

Some people have shared with me it has felt like it was a hectic January. I can relate to them. I couldn't pinpoint exactly WHY the last month seemed so hectic. Then someone reminded me that January is considered a more "sombre" month, due to the anti-climax that is felt following all the energy from the winter break. Throw in some particularly dreary weather and combine all this with the reality that we are in Month 11 of a global pandemic, then the hectic pace and heaviness starts to make sense. During such times, I notice that I need to find ways to slow down. Be it a walk out in nature, taking some time to read for pleasure or even just slowly savouring a cup of hot chocolate, there are things we can do to slow down the hectic pace. In practicing this, I have also been sharing these strategies with students and they have been sharing with me what they do to bring balance to the busy months.

In addition to the theme of finding balance, we have also started talking about ways to deal with conflict. Several classes are in the process of role-playing different scenarios, showcasing



The **ZONES** of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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The LILY JO PROJECT:

Gray Elementary is piloting an online resource that focuses on the mental health of our youth. As part of this program, teachers and parents have free access to the resources on their website. There are various videos and information geared to parents who want more information on how to support their children who may be experiencing sadness, anxiety, anger, depression and other big feelings.

Please find the information here:

<https://www.thelilyjoproject.com/kids-mental-health/>

both effective and ineffective ways of dealing with conflict. Some of these role play scenarios will be recorded and shared with the younger classes. There are many students looking forward to honing their 'acting skills' knowing that younger students are their audience!

In addition, as we move into February, the theme of hearts and kindness is becoming a focus. To lead up to our celebration of Pink Shirt Day (Feb. 24), students have been encouraged to become "RAKtivists" and participate in random acts of kindness. As hearts continue to decorate our windows, be on the lookout for RAKtivists at Gray!

Table Talk / Car Conversations

- Have you ever done a random act of kindness? What was it?
- Who are the kind people in your life?
- What kinds of conflict do you experience with friends? Siblings?
- What are some strategies you have been learning to help deal with conflict?

SEL Home Connection

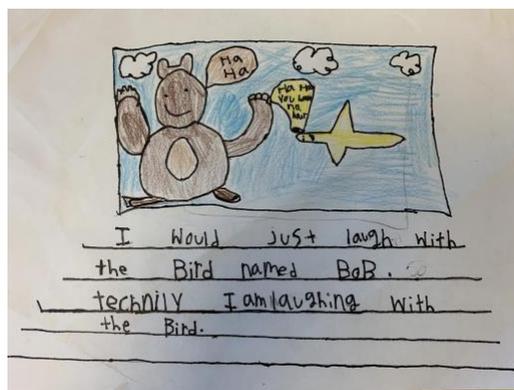
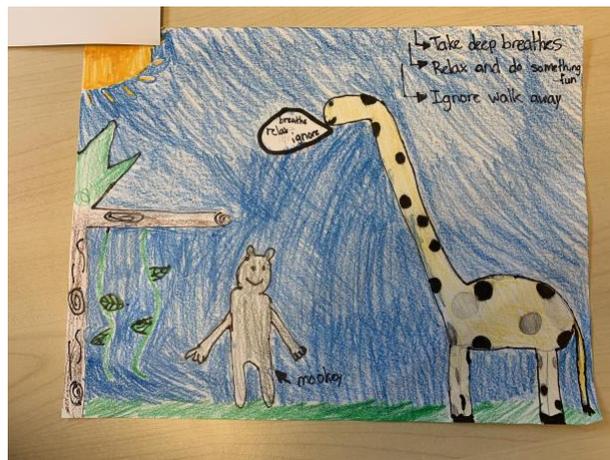
Here are some videos we have shared in some classes this month. Feel free to watch them with your child and invite them to share their connections.

[A Wrinkled Heart \(digital book read aloud\)](#)

[Strategies for Dealing with Everyday Conflict](#)

After reading, "Mookey the Monkey," students were asked to draw their favourite animal giving Mookey some advice on how to deal with teasing.

Here are a few examples.



Students spreading the hearts and kindness this month



Parent Resources / Sessions

Here is a list of free education sessions for parents and caregivers presented by the various community partners:

Live Webinar on February 25: 12 Principles for Raising a Child with ADHD
[Raising a Child with ADHD](#)

Live Webinar on March 2: Discipline Strategies for ADHD: How to Manage Your Child's Most Challenging Behaviors
[Strategies for ADHD](#)



Additionally, given the challenging times we are experiencing, here are some helpful links for parents/caregivers:

[BC Children's Hospital: Kelty Mental Health Resource Centre](#)

[Parent Support Services for Lower Mainland/Fraser Valley](#)

[Mental Health Resource for Kids](#)

With the Lunar New Year and Family Day holiday approaching, there is much to celebrate and be thankful for. During this time, I thank you for following the PHO orders on gatherings and events that were extended on February 5, 2021. It is a difficult time not to gather beyond our household bubble however our commitment to keep each other safe is something to be applauded. I believe we would all agree that our students have been very fortunate to be able to attend school in person and that going to school is essential for the overall well-being of our students. I am fortunate to witness your children's learning experiences here at Gray while they safely engage with their peers.

Sincerely,

Heidi Gonzalez
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