

# Gray Elementary

SEL Update April 2021

Dear Parents/Guardians,

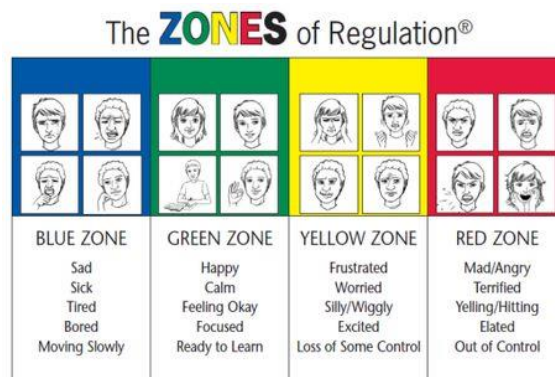
With Term 3 in full swing, and evidence of warmer weather along the horizons, students at Gray continue to remind me of the simple pleasures in life! The extra daylight in our routines bring an added energy and activity. Many times, I hear all about students' adventures of bike riding, heading for family walks or visiting nearby parks. A walk around school grounds at recess or lunch will guarantee that I bump into kids collecting bugs, building with sticks and picking bouquets of dandelions. Spring is definitely in the air!

In terms of the focus for SEL classes I teach this term, the main focus for primary students in the last few months will be:

- Identifying and describing characteristics of positive relationships;
- Developing and showing respectful behaviour when participating in activities with others; and,
- Learning important strategies for healthy sleep habits

For the intermediate SEL classes I teach, the main focus this term will be:

- Learning important strategies for, and the importance of, healthy sleep habits
- Describing and applying strategies for developing and maintaining positive relationships;
- Learning the importance of self-advocacy



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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/>

## Table Talk / Car Conversations

- What are characteristics of a good friend?
- Describe a time when you were a good friend to someone.
- Why do you think a good night's sleep is important? How do you feel when you don't get enough sleep?
- What are some ways you have been able to advocate for yourself?

## Parent Resources / Sessions

Here is a list of free education sessions/videos share by the district's Prevention & School Wellness Manager, Kirsten Hermanson, presented by various community partners:

- *Generation Health is a **FREE and VIRTUAL 10-week healthy lifestyle program** for children and their families, delivered through the YMCA of Greater Vancouver and in partnership with the Childhood Obesity Foundation. Program participants will meet online once a week to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more! There will be 4 program days to choose from: Mondays, Tuesdays, Wednesdays or Fridays from 6:30-8:30pm. This program requires prior registration and screening through these details: phone 1-888-650-3141 or send an e-mail to [info@generationhealth.ca](mailto:info@generationhealth.ca). (Please see flyer attached)*

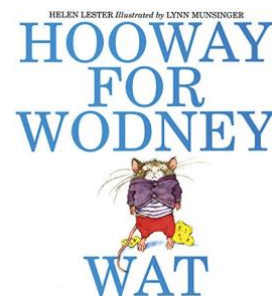
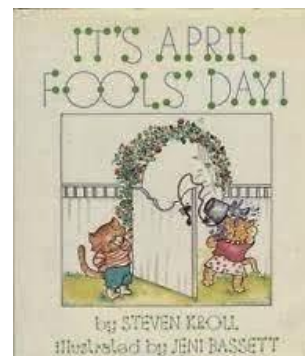
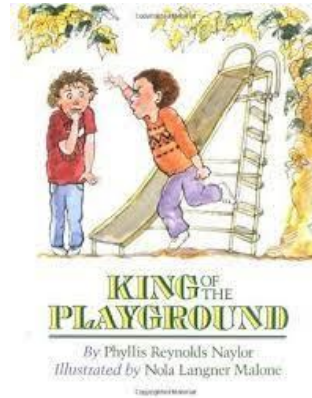
Additionally, given the challenging times we are experiencing, here are some helpful links for parents/caregivers:

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

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

[Mental Health Resource for Kids](#)

Books we have explored this month



As always, please reach out if you have any questions or other resources worth sharing with our parent community.

Sincerely,

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