

Gray Elementary

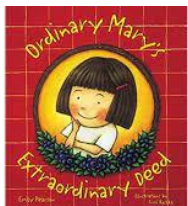
SEL Update March 2021

Dear Parents/Guardians,

As we begin Spring Break for Gray, I can't help but look back to where we were a year ago as a school community. Today marks the one year 'anniversary' of the beginning of a period of uncertainty for our school community. What to expect after Spring Break last year was so uncertain! However, looking back from where we have been, I am so proud of the students and staff at our school. In the past year, they have shown resilience, patience and flexibility. This has not been without its challenges. However, given the limitations and restrictions to keep our community safe, for the most part, students and staff have found new ways to play, learn and connect

On a different note, in the past month, I have witnessed much growth and development in the classes I work with for SEL. From our youngest students, the Kindergarteners, to our Grade 5s, the thoughtfulness in their responses and risk-taking they showed, as they tried new activities, were encouraging.

For example, the Grades 2-5s were busy this month role-playing the Do's and Don'ts of how to resolve conflicts. Many created unique skits that were recorded and will be shared with the K/1s in the school. Likewise, the K/1s, after reading, *Ordinary Mary's Extraordinary Deed*, were challenged to brainstorm small acts that they could do to help out at home, in their classroom and at school. Each student was then challenged to choose two small deeds to try.



The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	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/>

Also, the K-3s watched a *Lily Jo* video that highlighted ways they could manage big feelings by being a **HERO**. They learned that, sometimes, when we are feeling down, we can try the following strategies to help us:

Help Others

Exercise

Relax

Open up to a trusted adult

*Div. 19 found many reasons why
they love Gray*



Table Talk / Car Conversations

- When you're feeling down, what strategies in HERO work for you? Can you share something specific?
- Who are the trusted people in your life?
- What are some ways that help you relax?



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:

If you happen to be **going through the challenges of divorce, separation, and co-parenting**, [watch this video](#)

Here's some 'must watch' videos on GAMING ADDICTION...

[CTV News: 6 Ways to Tell if Your Child is Addicted to Video Games](#)

[The Enabling Parent of the Addicted Child](#)



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](#)

It is also a good time to remind ourselves that, as a school community, we have done so well in adhering to safety protocols and keeping our school families and staff as safe as possible. We ask that you continue adhering to these safety protocols throughout Spring Break. With the recent news, from the Provincial Health Officer, of outdoor gatherings to ten people, we can see the light at the end of this tunnel. Also, as the vaccination roll-out gains speed and momentum, there is much to look forward to. Let's all be a part of the reason to look back after this is over and collectively say: "Well done, everyone!"

Have a safe and enjoyable Spring Break, Gray families!

Sincerely,

Heidi Gonzalez
Vice-Principal, Gray Elementary
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Students in Div. 11 changed facial features

(eyes, eyebrows, mouths) to create

their own Emoji poster



This one made me chuckle!! One thing a primary student

thought he could do to help out at school

was to "help Ms. Gonzalez reach something."

Apparently, my (lack of) height does not go unnoticed!

It made my day 😊

