

Primary Strategies Class

November 2017

Strategies Work

- ❖ Practicing the motto 'Breathe First' - by working on deep belly breathing during our day - trying to take a deep breath or two when we start to feel worried, frustrated, angry, overwhelmed.
- ❖ Learning about Howard Gardner's theory of Multiple Intelligences - thinking about which of the 8 intelligences that we possess and which ones we want to develop
- ❖ Recognizing that when we are at school we are part of a group - this helps us know what is expected of us - showing that we think about others- we act in socially acceptable ways
- ❖ Becoming mindful and using our senses to learn about the world around us -

Watch out for...

November 9 – Picture Day
 November 10- Remembrance Day Service at 10:20 a.m. and baking chocolate chip cookies
 November 13 – Progress Reports sent home
 November 14, 15, 16, 17, 20, 22, 23 – Interview Times with PSC staff....check in your child's communication book for your scheduled appointment
 November 15 – Leader of the Pack Assembly – 10 a.m.
 November 17 – P.A. Day- no school for students
 November 24 – Weird Hair Day and Ribbon Cutting ceremony for the four new classrooms built onto our school at 2:30 p.m.



What are we working on these days...

- ✓ Mathematics: During math time, we are exercising our math muscles with problem solving. Students are expected to show their thinking with picture representations, numbers and written explanations.
- ✓ Patterns, Money and Place Value and Estimating
- ✓ Language: We are spending time writing entries in our journals.
- ✓ Science- finishing up our learning about bats, and about plants and animals in autumn
- ✓ Healthy Living- Internet Safety
- ✓ Healthy Living-Dental Health/Hygiene
- ✓ Visual Arts- painting various 2-D and 3-D projects, primary and secondary colours
- ✓ Drama- acting out some of our favourite Robert Munsch stories

SOME FINAL THOUGHTS...

- As the days get colder... please be sure that your child is dressed for the weather with boots, hat, mittens/gloves and possibly splashpants/snowpants
- Check your child's communication book regularly for updates about behavior and upcoming activities
- It is important that your child gets proper rest. Think about how you feel when you haven't had a good night's rest. Some students are regularly coming to school tired and then struggle to fulfill the cognitive and cooperation demands that are placed on them. Keep working on establishing and fine tuning an evening routine that includes a quiet time without screens and a bedtime. Research on the internet about sleep hygiene and tips for helping your child get a better night's sleep. Your child's doctor/pediatrician may need to be consulted if sleeping is an ongoing issue for your child.

Mrs. Ruigrok and the PSC team,
 Mrs. Chevrier and Mrs. Wood

