



THE CORDOVA BAY COMMUNITY NEWSLETTER

Attendance Reporting - Email: cordovabay_attendance@saanichschools.ca Phone: 250-658-4002

School District No. 63 (Saanich) resides on the traditional territory of the W̱SÁNEĆ people encompassing the five local communities: BO,́KE,́CEN (Pauquachin), MÁLEXEŁ (Malahat), W̱JOLEŁP (Tsartlip), W̱SIKEM (Tseycum), and S,́AUTW̱ (Tsawout). We acknowledge and thank the W̱SÁNEĆ people on whose traditional territory we live, learn, and teach. The W̱SÁNEĆ people have lived and worked on this land since time immemorial



April 15 Good Friday

April 18 Easter



April 25 Pro-D Day

Online Registration Process for K-5 students

Online registrations are now being accepted for the school year and for September 2022. Please ensure you select the correct start date in your application.

Families on a Work or Study Permit should please contact Saanich International Student Program on sisp_admissions@saanichschools.ca to register.





Dear Parents and Guardians,

As of this year, I have worked in public education for 27 years, and I continue to be amazed at how quickly the school year flies by....Psychology research tells us that **a flow state**, also known colloquially as **being in the zone**, is the mental state in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time. I suppose being fully engaged in the work I love has truly made time vanish. And yet, it is the moments I share daily with your children that do not vanish and are etched in my memory. During small quiet moments and during bigger moments, I have seen so much growth in our students in the area of the Core Competencies of the B.C. Curriculum <https://curriculum.gov.bc.ca/competencies>

As we head into our last term, I would like to share some ideas for cultivating the **Personal and Social Competency**, as we know that success in this competency is key to our successful development as a human on this planet!

The Personal and Social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses what students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world. This is our key work as parents, a child's "first teacher," and work that staff at Cordova Bay take very seriously, as we have the privilege of working with your child each day for six hours.

The Personal and Social Competency can be supported at home in the following ways:

Celebrate successes both BIG and small with a treat (my family's favourite is a MOSI compost cookie), a family movie, a favourite meal or a family game night. Take a quick pic on your phone and review them at the end of the month to revisit successes and then build on them. A child who has strong personal competency skills can tell you what they are good at, what they are proud of and what challenges they have. Celebrating their strengths gives them courage to try new things and creates an excitement to do well. Take a look at term two reports and CELEBRATE!

Children, even at an early age, are keen to have adults clearly articulate the expectations and boundaries. There is freedom and security within structure. Share your family values during scheduled family meetings, impromptu couch cafes (chats with family and friends about what is important to your family – e.g. time together, device free times or mealtimes together) and bedtime banter (e.g. reading before bed provides lots of opportunities for making great connections to a child's life, favourite movies and other books that have been read). Kids love to make connections, and we know that this strengthens positive neural pathways.

Continued.....

Socially responsible children know how they can be of service and will seek ways to be helpful. Acknowledge your child's contributions to family life, even if it is something as simple as getting their coat and boots on in a timely manner so you can get out the door for work on time! One of the cool tricks I learned a long time ago was to not ask things like "Will you please sweep the floor?" but instead to frame it as "Will you be the sweeper?" Strangely, having a role makes kiddos very proud and more likely to engage. Ask me how this worked out for me, during spring break, with my two teen daughters.....

One of the key pieces to Personal Awareness and Responsibility is self-advocacy. At some point (this is very different for every child) your child will be able to name the adults who are there to help them. However, in order to seek help, a child must develop the skills to do so first. Ask your child who they feel comfortable asking for help and then support them with developing their courage to do so. Role play is a good way to build this confidence. Pretend you are the teacher, Principal or an Educational Assistant and have your child ask for help. When a child shares, as adults, it is imperative that we create perspective. Thank the child for sharing and then ask them what they think might be going on for the other child....It always amazes me how intuitive children are in knowing that the other child is often struggling with something too and is not just "mean" but sad, tired, frustrated, etc. When problems arise at school, a trusted adult can talk it out with your child in a timely fashion and work out any concerns, fears or worries, prior to heading home. There is a great sense of power and pride for children that comes with being able to say that they had a problem, sought out a helper and worked it out. It is our hope that your child's conversation with you, at the end of their day, will be about their success that day in resolving any issues that arose.

Personal awareness involves making amends and fixing mistakes. At Cordova Bay, we follow the 4-step apology.

Student 4 –Step Apology



I am sorry for.....

admit responsibility

be specific (I am sorry for saying that nobody wants to be your friend)



I am sorry because...

helpful vs hurtful (prompt: Was it helpful or hurtful to kick Paul in the knee?)

show you understand why the person would be upset, sad, angry, frustrated, etc.

Continued.....



Next time, I will....

Use positive language (tell the person what you **WILL** do **NOT** what you **WON'T** do next time)

This is a chance to share the tools that they will use to avoid future conflict: WITS, taught calming strategies, break tools, etc.



Do you accept my apology?

I always let students know, prior to asking this question, that the other person may not be ready to accept the apology (perhaps feelings or physical body is too hurt to accept at the time of apology)

We can always ask again/check-in later.....

Some students are able to find ways to make things right (card, kind act, etc.)

Thank you everyone for your partnership. Wishing all of our students an incredible final term!

Sincerely,

Mrs. Mary Lynn Heron

Principal

April 8, 2022

The COVID-19 pandemic disrupted many areas of health care, including routine immunization programs for children. As Island Health winds down operation of COVID-19 mass immunization clinics, our public health teams are turning their attention towards recovery, including helping families with young children get up-to-date on important routine immunizations.

B.C.'s routine immunization schedule includes a series of vaccinations at age 4, timed to coincide with entry to kindergarten. These vaccines provide important protection against illnesses like measles and tetanus. Island Health is scheduling extra clinics this spring specifically for young children to make it as easy as possible for parents and guardians to complete kindergarten vaccinations and get children up-to-date on their immunizations.

In the weeks ahead public health staff will be reaching out to families across Island Health to discuss the clinics and schedule appointments.

RESOURCES FOR FAMILIES:

www.immunizebc.ca: This site provides extensive information about BC's routine vaccination schedule for infants, children, teens and adults. It also includes a comprehensive 'Question and Answer' section.

<https://www.islandhealth.ca/learn-about-health/immunizations/immunizations>: Learn about immunization programs in Island Health.



TIMES ♥ COLONIST



On behalf of Cordova Bay Elementary, Mrs. Bales is thrilled to accept a grant from the Times Colonist Literacy Society in the amount of **\$1900.00!** The Times Colonist Literacy Society has supported Cordova Bay Elementary and many other schools in the Greater Victoria area for many years and we congratulate them on recently surpassing \$6 million in funds raised and distributed. What a legacy of supporting children's literacy!

Please check the Times Colonist website at <https://www.timescolonist.com/local-news/jack-knox-the-times-colonist-book-sale-is-back-got-400-tables-5130588> to find out more about the upcoming book drive and sale, which is the primary fundraiser for the Times Colonist Literacy Society.



Need help to cover the cost of organized sport for your children?

www.kidsportvictoria.ca
for information, and to apply



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You are Invited to **FOLKTORIA** - produced by the
Greater Victoria Folk Festival Society

The City of Victoria has given a "Go Ahead!" for Folkloria to be held at Centennial Square on Saturday, June 4 from 12:00 to 8:00 pm, and Sunday, June 5, 2022, from 11:00 am to 7:00 pm. Folkloria will be celebrating five years. This event is organized and delivered by volunteers from our community. Our sponsors include the City of Victoria, Fairway Markets, Victoria Downtown Business Association.

Your school district has a strategic plan goal about providing an inclusive and culturally responsive learning environment and supporting understanding of the diverse cultures in our community. We applaud your commitment. Our organization reflects forty diverse cultures in our community and brings people together through music and dance.

Folkloria 2021 was held **virtually** for the weekend of June 5/6. <https://youtu.be/MYipm9QAb3I>

Folkloria 2020 was held **virtually** for Saturday June 6, and Sunday June 7.
<https://www.facebook.com/Folkathome/>

Website: <https://www.folkloria.ca/>

PENINSULA

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