



Week at a Glance for Jan 15-Jan 19, 2024

M	January 15	<p>Please make sure your child is dressed/prepared for the weather!</p> <p>Absentee Line: please email annieville.elem@deltaschools.ca or phone the school at 604-588-1204 and leave a message regarding your child's absence.</p>
T	January 16	<p>Saleema Noon Body Science: Parent Info Night-See Zoom Link below</p>
W	January 17	<p>YoBro after school for registered 6/7 students until 4:15pm Early Dismissal @ 2:15pm</p>
T	January 18	<p>Saleema Noon Body Science: Student sessions</p>
F	January 19	<p>Well-being & Mental Health Flourish</p> <p>Critical & Creative Thinking Drive Success</p> <p>High Expectations Exist for Every Learner</p> <p>Equity and Inclusion are the Norm</p> <p>Students Influence Through Voice & Choice</p>

Upcoming Dates:

- Jan 22 **Seahawk Spirit Day- Matching Day!**
- Jan 23 **PAC meeting @ 7pm-all are welcome!**
- Mar 15 **Last Day of School before Spring Break**
- Jan 26 **Pro D Day- Students do not attend**
- Jan 31 **Hot Lunch Day-Hot Dogs**
- Feb 13 **Ski/Snowboarding Program begins for Grades 6/7**
- Feb 16 **Pro D Day-Students do not attend**
- Feb 19 **Family Day-Stat holiday**
- Mar 15 **Last Day of School before Spring Break**

PLEASE READ OVER FOR IMPORTANT INFORMATION:



WEATHER REMINDER:

Unfortunately, the extremely cold weather is expected to continue into next week as well. While we will make decisions about outdoor play accordingly, it would be greatly appreciated if parents can ensure their child(ren) come **dressed appropriately for the outdoor weather (eg. jacket, waterproof/water resistant footwear, hat, gloves, etc...).**



Saleema Noon body science™

**Saleema Noon Body Science Parent Info Night:
Tuesday, Jan. 16th**

Please join us for an informative Parents Workshop via Zoom on Tuesday, January 16th from 6:30-8pm. In this session, Saleema or a member of her team will give an overview of student presentations and, using humor and straight talk in an open, interactive environment, will show parents how easy it is to convey healthy, meaningful messages about sex and growing up to young children.

Join us via live Zoom on January 16th!

Join Zoom Meeting

<https://us02web.zoom.us/j/83499770462?pwd=WjAxSFhIQW8xRDZZK3hQTHpIMm4wZz09>

Meeting ID: 834 9977 0462

Passcode: 069139

For more information about Saleema Noon Sexual Health Educators go to www.saleemanoon.com. Please also feel free to phone me at the school if you have any questions.

Parent Education:

Know when and how to access mental health support for your child

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

Where do I start if my child or teen needs help?

A good place to start is by talking with your child/teen about how things have been going for them and what you've noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what's going on for them or make the connections between something in their life and their struggles.

How do I talk to my child or teen?

Here are some tips to help start a conversation with your child:

- Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.
- Ask how they are or if they'd like to talk about anything that's going on for them.
- If they say they're fine or nothing is wrong, explain why you're concerned and offer specific examples that you've noticed.
- Acknowledge how it must be difficult for them.
- Ask about what strategies/actions they find helpful. Acknowledge their strengths.
- Discuss how mental health is part of everyone's life – and not just about severe problems.
- Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.
- Ask them what they think would help or what they think they need.
- Offer to make an appointment for your child/teen to see your family doctor – physical issues can sometimes have mental health symptoms associated with them. It's important to check if there's any physical issues.
- Let them know you want to help and that they can always come to you.
- If your child doesn't want to talk, let it go and try again in a few days.
- If you have concerns that your child may be using alcohol or other drugs, [get tips on how to talk to your child about drugs](#).

