

Coronation PS Newsletter #26



Week of March 30th

Coronation's 5A's – Academics, Athletics, Arts, Attitude and Allyship

SUCCESS
We value
your achievements.

WELL-BEING
We value
how you feel.

LEADERSHIP
We value
how you grow.

EQUITY
We value
who you are.

ENGAGEMENT
We value
your involvement.

INNOVATION
We value
forward thinking.

Families,

We hope that are all safe and healthy. We continue to think about our students and wanted to touch base with all of you. As the board provides us with updates about what the learning will look like in the upcoming weeks, we will certainly communicate this information to you. The board has sent out a brief survey seeking your input, we encourage you to participate to ensure your voice is heard (<https://my.thoughtexchange.com/667968931>). In the meantime, please continue to reach out to your child's teacher and stay connected. This can be done through social media, Google Classroom, REMIND or email. We are thinking about you, please take care of yourselves and your families.

Mr. Bedford and Mrs. Mandal

Well-Being – Looking after the well-being of you and your child/children



How to Talk to your Child about COVID-19

Please refer to the document attached with the newsletter. A simple guide with visuals to assist with explaining.

Mr. Petrarca's Exercise Videos – posted on Instagram (@coronationathletics)

-perhaps some of you have been doing some of Mr. P's exercises that he suggests? You can do these right in your backyard. Here is the link:

https://www.instagram.com/tv/B-MthTwHl8g/?utm_source=ig_web_copy_link

YOU MATTER
SELF CARE isn't a LUXURY, IT'S ESSENTIAL!

- Get enough sleep.** A minimum of **6 hours** is necessary for most.
- Fuel your body.** Maintain a healthy diet when possible.
- Move it.** Exercise regularly, even if it is walking the dog or dancing in the kitchen.
- Be still.** Take 10 minutes each day just to breathe, count your blessings, express gratitude.
- Stay connected.** Take advantage of texting, phone and video chat to talk to friends or family.
- ASK FOR HELP.** Learn to identify when you're maxed out emotionally and **ask for help.**

DDSB
WELL-BEING EVERYONE EVERY DAY

Information Items



Identify future leaders,
actively develop new
leaders and responsibly
support current leaders.

leadership

Covid-19 – FAQ's Published by the Board

The board has published Frequently asked question on their website. Please click [here](#) to access the FAQ's

Community Resources

Click [here](#) to access community resources and supports

Facebook Messenger for Kids

Parents who are on Facebook, can install the "Messenger for Kids" app allowing your children to connect with friends in an environment that is completely controlled by you. Check it out.



Vandermeer Spring Flower Fundraiser –cancelled

Any money or forms that were brought to school will be handed back to families when we return back to school

Parent Engagement Evening – Coronation PS – in celebration of Sikh Heritage Month (postponed)

We have postponed our viewing of the movie "Tiger" for now. If we have the opportunity to re-schedule, we certainly will.



Hot Lunches

Any hot lunches that were purchased through healthy hunger will be refunded

Do your Part

Practise Social Distancing



When possible, maintain at least a 2 metre (6 feet) distance from others.

Success – Resources to access at home

Reading Help – Free – Raz Kids – Levelled books linked to comprehension activities to keep your children reading:

<https://www.learninga->

[z.com/site/lp2/covid19?utm_source=razkids&utm_medium=banner&utm_campaign=90_day&_ga=2.148821239.1158330734.1585235774-305622021.1580149587#parents](https://www.learninga-z.com/site/lp2/covid19?utm_source=razkids&utm_medium=banner&utm_campaign=90_day&_ga=2.148821239.1158330734.1585235774-305622021.1580149587#parents)



Set high expectations and provide support to ensure all students and staff reach their full potential every year.

Success

Motivational Quote of the Week:

"I am convinced that life is 10% what happens and 90% how I react to it."

— **Neil Pasricha**, [*The Happiness Equation: Want Nothing + Do Anything = Have Everything*](#)

If we can be of any assistance, please do not hesitate

To reach out to us. Mr. Bedford is doing video updates occasionally on his twitter feed at [**@MrBedford2**](#) or [**@CoronationPS**](#) should you wish to check them out. Also, please follow [**@DurhamDSB**](#) for updates directly from the school board.

