

Coronation PS Newsletter #37



Week of June 8th

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.
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Families,

We hope that you are all healthy and well. We are looking forward to seeing many of our K-7 parents this week as you retrieve items from the school. If your email address has changed in the past few months, please email: coronationps@ddsb.ca to update your email address to ensure you are receiving all school communication. Have a great week ahead.

Mr. Bedford and Mrs. Mandal

Well-Being – Manage Stress



Creates safe, welcoming, inclusive learning spaces to promote well-being for all students and staff

well-being

MANAGE STRESS WITH THESE 10 TIPS FOR RESILIENCY



THE BASICS
Sleep well, eat well and exercise (as much as your schedule allows!)

COMPASSION
Be compassionate to others and to yourself. Research has shown that compassion might stimulate the vagus nerve, which lowers your blood pressure and heart rate, and makes people feel more at ease.

GRATITUDE
Being thankful and returning kindnesses can benefit your health. Take time to send a thank you note, or surprise someone by paying it forward. Gratitude is contagious!

LAUGH A LITTLE
Laughter triggers biological mechanisms that improve both your physical and mental health. If you're feeling down try laughing yoga.

TAKE A DEEP BREATH
Take time to breathe, especially during an emergency situation or a busy day. Full, deep breaths help your brain fully process information.

UNPLUG
We constantly react to the technology around us in 60 steps and minutes and sets for our attention. Make a conscious decision to designate specific times to check and respond to email and text messages, especially during busy times.

RESTORE YOUR BRAIN & BODY
When you rest, even briefly, biological mechanisms begin to repair wear and tear on your brain and body. Consciously schedule time to do something you like every day, preferably something that makes you feel relaxed.

POSITIVE THOUGHTS
It's important to acknowledge negative feelings, but spending as little as 30 seconds a day focusing on something positive or happy can change your mood. When you're in good mood, you're more likely to notice the good things happening around you.

SEEK OUT AWE
Feeling inspired – whether by a beautiful landscape or by an incredible person – makes you feel more connected to the people around you, and can increase satisfaction with your life and your desire to help others. Don't underestimate the power of awe being!

CONNECT WITH PEOPLE
Thinking with people you like and who inspire you helps you become resilient.







Report Cards – “Insufficient Evidence”

Report cards will be emailed home at the end of June for all of our students. The reporting period is from mid-February to March 13th (including distance learning). You may see “I’s” on your child’s report card which indicates that the teacher didn’t have enough data to mark that subject area or strand in math, language, French or other subject areas.

Please ensure that you email: coronationps@ddsbc.ca if your email address has recently been changed so we have the most recent email address on file. This will ensure that you receive your child’s report card.

IPRC Meeting Invitations

For all students who are identified, please check your email for an IPRC invitation (Date and Time of meeting) from Ms. McDougall or Ms. Taylor. If you didn’t receive an IPRC date/time for your child/children, please email: jennifer.mcdougall@ddsbc.ca or kimberly.taylor@ddsbc.ca (SERT’s). It would be appreciated if you confirmed your IPRC date/time in response to their email.

Retrieval of Student Items

A reminder to please come to the school for the time that you signed up for to retrieve your child/children’s items. All items have been bagged for quick retrieval and there will be staff to assist you. Please arrive without your child/children to minimize the number of people coming into the school unless childcare is an issue. Retrieval will take no more than 10 minutes. You may wear a mask or gloves.

Summer School – Grade 7 and 8 Students

Summer school offerings for grade 7 and 8 students are as follows:

SMILE-e (Registration Opens Thursday, June 4th at 12:00 PM at dce.ca)

The original SMILE program is now being offered in an online format as SMILE-e. Students who have completed grade 6, 7 or 8 can deepen their skills in literacy and/or numeracy or to learn new skills to prepare for the next grade.

Getting Ready for High School (Registration Opens Monday, June 8th at 12:00 PM at dce.ca)

The Getting Ready for High School program may run in August depending on future direction from the government regarding safety and operating protocols for the reopening of schools. The mode of delivery (face-to-face, online or mixed) is yet to be determined. This program allows students who are entering Grade 9 in the Fall of 2020 to become familiar with their new school and prepares them for the transition to Grade 9.

Bell Times for 2020/2021 School Year

There will be a change of when duty starts in the morning for the 2020/2021 school year. Duty will start at 9:00 a.m. and the bell will ring at 9:15 a.m. to let students in. At lunch, the bell will ring at 1:00 p.m.

instead of 12:55 p.m. to let students inside. Durham transportation has also been notified of this change and will adjust their times accordingly.

Highlights from Distance Learning

In the past few weeks, our Kindergarten team mailed out a “flat” bitmoji’s of themselves to all families so their students could bring them on adventures in their homes and outdoors. Check out where some of our staff have been in the past week:



Coronation Family Challenges Week #8 – Rubber Egg Challenge

Thanks to all families who are participating in our weekly challenges. Our seventh challenge is now posted on the following site:

<https://sites.google.com/ddsb.ca/coronation-challenges/rubber-egg-challenge?authuser=0>

Complete the challenge and fill out the form that is located on the website to highlight your family’s creation and be rewarded for your efforts.



Equity - June

Indigenous History Month

Indigenous History Month is an opportunity not only to recognize the historic contributions of First Nations, Métis, and Inuit peoples, but also the strength of present-day Indigenous communities and their promise for the future.



Promote a sense of belonging and increase equitable outcomes for all by identifying and addressing barriers to success and engagement.

equity

Pride Month

Lesbian, Gay, Bisexual and Transgender Pride Month (LGBT Pride Month) is currently celebrated each year in the month of June to honor the 1969 Stonewall uprising in Greenwich Village. The Stonewall

uprising was a tipping point for the Gay Liberation Movement in the United States. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.

“I think the arts has great potential to create citizens. Citizenship is about the direction your imagination travels. We can't plan or calculate or examine citizenship; it's an imagined thing. Community is an imagined thing. And if your imagination isn't working - and, of course, in oppressed people that's the first thing that goes - you can't imagine anything better. Once you can imagine something different, something better, then you're on your way.”

-- Lee Maracle