

Coronation PS Newsletter #34



Week of May 18th

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.

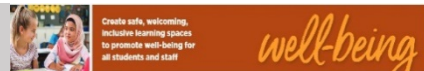
INNOVATION
We value
forward thinking.

Families,

We hope that you are all having a great long weekend. The government is supposed to make an announcement this week about whether or not schools will remain closed. We will continue to share information as we receive it. Please continue to send us your distance learning pictures so that we can highlight our students (tina.mandal@ddsb.ca). We are looking forward to another great week ahead.

Mr. Bedford and Mrs. Mandal

Well-Being – Mindfulness Room



Welcome to our Very Own Coronation PS Mindfulness Room – Thank you to Ms. Cameron for creating
Looking for some relaxation? Perhaps some calm music, yoga or using some of our fidget toys? Look no longer as we now have our own Coronation PS Mindfulness room. Click on the link below and then explore by clicking on different places on the slide and you will be brought to a variety of activities focussing on well-being. Enjoy!

<https://docs.google.com/presentation/d/1s44-r-9wBQFOVmG6Ci3rXSGKRT7r1cSdXq3S52TdgQ0/edit?usp=sharing>



Information Items



Volunteer of Distinction for the 2019/2020 School Year

Nominations are now open for Volunteer of Distinction. Each school will be able to select **one (1) individual** who has volunteered his/her time at the school in the past school year. The recipient of the award will be recognized at the Volunteer of Distinction Ceremony. If you have a nomination, please complete the attached form and email it to: barry.bedford@ddsb.ca by the end of May.

Grade 8 Grads – Photos Needed – link

A reminder to our grade 8 families to please submit baby photos and other photos of our grade 8 graduates to the shared folder – https://drive.google.com/drive/u/0/folders/1yDkkzLu6NVBXb1-T7sZqn7LUH_yQITUY. We are working on a special tribute for our graduates.

Highlights from Distance Learning

In the past few weeks, many of our students have been creating Star Wars themed music using the Chrome music lab. We thought you may want to hear a few of their creations:

Adam G (Grade 3) – “Adame Chosh” Dark Side - <https://musiclab.chromeexperiments.com/Song-Maker/song/6644640632537088>

Zain A (Grade 3) – “Zairou Asosh” - <https://musiclab.chromeexperiments.com/Song-Maker/song/6644640632537088>

Jude F (Grade 6) – “Jedi Master” - <https://musiclab.chromeexperiments.com/Song-Maker/song/6030463865978880>

International Day Against Homophobia and Transphobia – today

Demonstrating our core values of being “better together even when apart”, Coronation PS raised the PRIDE flag Wednesday, May 13th to fly proud for today, the International Day Against Homophobia and Transphobia. We support you, you belong here. Please click on the link to see our video (also posted on social media)

<https://drive.google.com/file/d/1XdiexzZOJ6p4d0F0RvVg1c8l6O9Puvxm/view?usp=sharing>

Parent as Partners Symposium – Save the date (Thursday, May 28th at 7:00 p.m.)

A graphic for the "Parents as Partners Virtual Symposium 2020". At the top, it says "SAVE THE DATE" in yellow on a black background. Below that, "Parents as Partners" is written in white, with "VIRTUAL SYMPOSIUM 2020" in yellow and white. A line of text says "Keynote and Speaker Series Videos. Visit bit.ly/PAPVIRTUAL2020 for more information." Below that, it says "THURSDAY, MAY 28, 2020 @ 7:00PM" in white. The bottom section features a photo of Dr. Ivan Joseph and the text "Featuring award-winning coach, educator, and leader DR. IVAN JOSEPH speakers.ca/speakers/dr-ivan-joseph". Below the photo is a green banner that says "Be Well. Be Positive." At the bottom, there are logos for "WeAreDDSB", "PARENT ENGAGEMENT", and "DDSB".

Coronation Family Challenges Week #4 – Making a Fort

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

<https://bit.ly/3bvetO3>

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.

Making a fort



8 Ways to Make Yourself Feel Better

Having a bad day? Here are some ways to feel better.

Take your mind off it:
make plans with friends or family. Laughing and spending time with loved ones can be a good distraction from a bad day.

Let it out:
cry, yell, sob... it's OK to express yourself in whatever way feels right for you.

Breathe:
focus on your breathing. Take a few deep breaths, relax your body and mind and concentrate on feeling better.

Focus on you:
what makes you happy? Take some alone time doing something just for you, such as listening to your favourite music or watching your favourite TV show.


Give back:
if you're having a bad day, helping to brighten someone else's day may make you feel better. Do something nice for a friend or volunteer with a local charity.

Talk about it:
sometimes all it takes to feel better is talking about a problem. You can speak to a friend, parent/caregiver or teacher about what's on your mind. You can also call a Kids Help Phone counsellor at 1-800-668-6868.

Get artistic:
draw, paint or write about how you're feeling to turn your bad day into something creative.

Exercise:
go for a walk, dance to music or do some other physical activity you enjoy. This can help boost your mood and make you feel better (mentally and physically).

Remember: you're not alone.
Almost everyone has bad days from time to time — lots of people feel the same way you're feeling right now, but it will get better.

Kids Help Phone 

1-800-668-6868
KidsHelpPhone.ca

