**LIKELY ELEMENTARY SCHOOL**

November 7, 2023

October was a great month of warm weather, practicing being grateful, students settling into routines and completing assessments!

Most Leadership students from Ms. B’s class have written articles for this month’s newsletter to represent ‘student voice’. A job well done Khy, Bentley, Layla, Kelly, Parker, Varamon, Lawrence, Joselyn, and Connor!

**LOCAL LIKELY LEARNING**

Goat Island field trip was cool we walked there from the school. The worst part was the annoying bugs. When we were there, we saw eagles eating dead salmon. Then we took our school pictures.

By Parker

**LOCAL LIKELY LEARNING**

We went to the fish hatchery. We saw a lot of dead salmon on the shore of the river. Did you know the dead salmon helps fertilize the plants around the area? We also read a book about the salmon, and its life cycle. After we got to take frozen dead salmon and paint on them, we then did prints on fabric. We then got to cut into the frozen salmon and dissect them. It was really weird seeing all the organs and blood. It was also fun because Tom was there.

By Kelly

**HALLOWEEN**

**WILDLIFE SAFETY**

**Learning about Bears**

One day at school this guest came her name was Mary. She told us all about bears. Mary had bear hair for us to touch. They all felt very different, one was fluffy, one felt matted, the last one felt like a mix of both. There was a brown one and two black ones. She also had bear teeth, claws, and skulls.

Mary told us how to identify a black bear and grizzly bear. A black bear has big fluffy ears that point up. A grizzly has small round ears and a bump on its back. She also told us what to do if you see a bear in the wild. If the bear is calm and standing, then look down at its paws and back away slowly. If the bear is swiping at you, you need to curl up in a ball and protect your neck. If the bear is still trying to attack you and doesn’t get bored and walk away, you need to fight back. When you are out on a walk make lots of noise by yelling “hey bear” to keep the bears away.

The bear skulls she showed us were small. I have seen a few bear bones, but nothing big. Mary also told us how bear bangers are bad because they sound like a shot gun and the bears will come because they think there will be food.

Mary taught us that black bears can be lots of colors like brown, black cinnamon, and even white.

By Josey

**AFTERSCHOOL SOCCER**

Alli taught us after school soccer on Monday and Wednesdays. She was good at soccer because she had many years of practice from when she was younger. She did after school soccer because she wanted us to have fun things to do after school. We learned positions like goalie and defense.

Thank you so much Alli.

Love grades 3-7
Written by Khy

**BOTTLE DRIVE**

The school did another big bottle drive. We sorted lots of cans and hopefully made lots of money for our field trips.

By Khy

**REMEMBRANCE DAY ASSEMBLY** Students will be learning about the importance of Remembrance Day over the next few days while preparing for their first school-wide presentation. This assembly is student centered; all parts have been created by and will be presented by students. Each class and some individuals will share their learning about why we wear a poppy, what peace means and how we can honour veterans and peacekeepers. Please join us in supporting your child’s efforts to REMEMBER, Thursday, November 9th from 10:45-11:15.

**REMEMBRANCE DAY WREATHS** Students are building wreaths Remembrance Day Nov. 6-8th. The creation of wreaths serves as a contribution to honoring the sacrifice of veterans of wars and peace keeping. These wreaths will be laid at the cenotaph Nov 11 at the Community Hall and our own assembly Nov.9. A request for parent help has been sent home in planners last week-we hope you can make it!!

**FALL ASSESSEMENTS**  Fall assessments are now complete. Students have been assessed on their reading, math and writing skills to direct teacher instruction in each area. Also, FSA’s have been completed by Grade 4 & 7 students. The Foundational Skills Assessment is an annual province–wide assessment of all B.C. students’ academic skills in grades 4, 7 & 10. It provides parents, teachers school district and the Ministry of Education important information on how well students are progressing in the foundation skills of Literacy and Numeracy. Information will be shared at the Parent/Teacher meetings scheduled for Thursday, November 16: early dismissal day.

**EARLY DISMISSAL DAYS** The district uses early dismissals days for teachers to communicate student learning. This year our Parent/Teacher interviews are on November 15 & 16th.  Students will arrive home an hour earlier on both of these days. If you drive your child to school, please ensure you are at the school for pick up on Nov. 15 & 16th by 2:40 pm. Meeting times will be 15 minutes for each student, running from 2:00-3:30 on Wednesday Nov 15th and 1:45-5:00 on Thursday Nov 16th. If these dates do not work for you, an alternate date can be arranged by contacting your teacher directly. Mrs. MacBurney will be confirming your interview times for parents to attend 15 sessions to be updated on their child’s progress.

**AFTER SCHOOL FLOOR HOCKEY** Our Community Events Coordinator, Allison Gainer, has planned another after school sports session. Floor Hockey will be offered to grade 3-6 students from 2:45-3:45PM on Wednesdays, Nov. 8 - Dec. 13th.

**SWIM FIELD TRIP DAYS** A swimming fieldtrip has been booked for November 23rd ; a favoured field trip with Likely students. A permission notice will be out soon. IMPORTANT: Safety regulations of the pool state that each child under 7 must be within arm’s reach of an adult. If you can volunteer to swim with us, PLEASE save the date!!

**READY SET LEARN** Ready Set Learn has returned! We are fortunate to have Allison Gainer as our RSL Leader again this year. This program is offered in a very relaxed and welcoming atmosphere, and of course, baby and child centered. It recognizes that the parent is the first and most important teacher in a child’s life. Increased involvement in a child’s education contributes to success, teaches family literacy and the importance of a family-involved education. Please plan to join the fun with your baby or preschooler to see what it’s all about, Wednesdays 10-11:30am.

**APPROPRIATE CLOTHING AND FOOTWEAR** We continued to be spoiled with unseasonably warm weather in October, however, frost, ice and snow have been spotted! It is time to locate gloves, hats, boots, and warm layers! We go outside daily for 15-30 minutes so please help your child be in a learning mindset by having basic needs of warmth taken care of! Unprepared students may borrow hats, mitts and jackets from our ‘Borrow Collection’; however, most students feel more comfortable in their own gear.

**FOOD FOR SCHOOLS FORUM** New provincial guidelines is being created for healthy food choices in schools. The government is also recognizing the need that families are struggling to provide their children with healthy breakfasts, snacks, and lunches. The district has taken on the initiative to support schools and families in need. To this end a forum is being hosted Wednesday, November 8th. Our Likely PAC will be represented by Nykki Bollen who will attend this event along with Ms. Kurki. We will share challenges we face in offering healthy breakfasts, snacks and lunches at our school and learn ways to offer more.

**GOOD TEAMWORK, GOOD LEARNING** One strategy we have introduced in class for regulating emotions is Mindful Breathing. We challenge families to try this daily for a week during times of calm, then apply the strategy of Mindful Breathing when your child is upset. This breathing helps them slow down their reactions in order to identify feelings. Once feelings are named, the source of these negative feelings can be talked about, and a positive solution can be worked out together.

MINDFUL BREATHING

Stress, anger, and anxiety can impair not only our health but our judgment and skills of attention. One way to help deal with these difficult feelings is the practice of “mindfulness,” the ability to pay careful attention to what you're thinking, feeling, and sensing in the present moment without judging those thoughts and feelings as good or bad. Countless studies link mindfulness to better health, lower anxiety, and greater resilience to stress.

But how do you cultivate mindfulness? A basic method is to focus your attention on your own breathing—a practice called, quite simply, “mindful breathing.” After setting aside time to practice mindful breathing, you may find it easier to focus attention on your breath in your daily life—an important skill to help you deal with stress, anxiety, and negative emotions, cool yourself down when your temper flares, and sharpen your skills of concentration.

TIME REQUIRED

 5 minutes daily for at least a week (though evidence suggests that mindfulness increases the more you practice it).

HOW TO DO IT

Find a relaxed, comfortable position with feet flat on the floor. Close your eyes if comfortable. Place one hand on your belly and one hand on your heat. Take a deep breath in through your nose, feeling your belly rise as you do Hole it for three seconds, then release it slowly through your mouth, feeling your belly fall as you do. Repeat for three breaths. Open your eyes and take note of how you feel. https://ggia.berkeley.edu/index.php/practice/mindful\_breathing

**IMPORTANT DATES**

**Nov. 6,7,8 Wreath Building-parent help requested**

**Nov. 8 Ms. Nykki Bollen and Ms. Kurki at Food for Schools Forum**

**Nov. 8 RSL & After school Floor Hockey**

**Nov. 9 Remembrance Day Assembly-parents invited**

**Nov 10 Remembrance Day: School not in session**

**Nov. 15 Early Dismissal Day**

**Nov. 16 Early Dismissal Day / Parent Teacher Interviews**

**Nov. 20 Pro-D School not in session**

**Nov. 17 Leadership Event: Craft Day**

**Nov. 22 RSL & After school Floor Hockey**

**Nov. 29 RSL & After school Floor Hockey**

**Dec. 1 Christmas Write Afternoon**–info in next newsletter

**Dec. 6 RSL & After school Floor Hockey**

**Dec. 9 Community Craft Fair** –info in next newsletter

**Dec. 20 Term One Report Cards**

**Dec. 21 Secret Santa Gift Exchange /PAC gifts**–info in next newsletter

**Dec. 22 PJ/Pancake Day**–info in next newsletter

**Dec. 23 School not in session till January 8, 2024**