

# Baldonnel News

Nov 2020

## Important information

### *Dates to Remember*

Wednesday November 11<sup>th</sup>: Remembrance Day. No School.

Wednesday November 25<sup>th</sup> and Thursday November 26<sup>th</sup>: Early Dismissal Days. Students will be out at 1:57

Friday November 27<sup>th</sup>: Pro-D day set aside for Parent-Teacher interviews. No school for students.

#### PARENT TEACHER INTERVIEW PROTOCOL

1. Please call the school to make an appointment with your child's teacher. There will be no drop-in times. Please come by yourself without your child or any of the siblings.
2. Make sure you have done the health assessment checklist and that you are feeling well. You will need to hand sanitize as soon as you come in and write your name on the district contract tracing list. Please wear a mask. This is located on the cart as soon as you walk through the front doors.
3. You are all set for your meeting. Thank you for helping keep us all safe.

At any time please feel free to send me an email if you have any concerns, comments, ideas, celebrations. [ctodd@prn.bc.ca](mailto:ctodd@prn.bc.ca)

Christine Todd Principal

**Our Vision is to create a community which, awakens a desire for life-long learning. We believe that education is a shared responsibility. We strive to build a sense of connectedness at our school.**



## Snacks and Lunches

### *Healthy snacks!*

Please send a healthy snack for your child to eat in the morning. Further down in the newsletter you will see snack ideas.

#### Lunch time concerns:

At lunch a lot of time is being spent heating up lunches. In particular the Ichiban noodles are a problem as they take five minutes in the microwave. Most schools do not have microwaves. Also last week a student forgot the water and the noodles started smoking. There isn't enough time at lunch to heat all of the lunches. It would be very helpful if the noodles were premade and put in a thermos or have an alternative. Thank you for understanding.

# Ideas for Healthy Snacks

## *Improving academics*

All students deserve the opportunity to be successful, happy, healthy, and resilient. Providing and promoting healthy foods plays an important role in the academic success of students.

Research suggests that eating a healthy and nutritious diet can improve mental health and enhance cognitive skills such as concentration and memory, as well as improve academic performance.

Children should be eating plenty of nutritious, minimally processed foods from the five food groups: fruit, vegetables and legumes/beans, grains, lean meats, milk, yogurt and cheese.

A well-timed healthy snack can even out hunger spikes and provide much needed energy boost between meals. Snacks can keep younger children from getting so hungry they become cranky.

Children will have better stamina with their academic work, and at the end of the day it means we will get better learning results which will impact them in the long run.

Some ideas for great snacks are: banana muffins, banana and goldfish, watermelon slices, mini cheese wheels, unsweetened apple sauce cups, yogurt tubes, trail mix, mandarin oranges, ham and cheese pinwheels.

## **Baldonnel Framework goals**

Over the next three newsletters, I will be sharing our Baldonnel Framework for enhancing student learning. There are 3 goals we will be focusing on this year. Goal #1: Social Responsibility. Goal #2 Intellectual Development. Goal #3: Career and Skill Development.

## **Framework Goal #1 Social Responsibility**

We believe that learning is a life-long experience. We also believe that school experiences should provide the opportunities for each learner to do their best. Our goal is to increase students' safe, respectful, responsible and kind behavior at school. Our objectives are to strengthen the relationships within our school community by promoting a safe, caring, responsible and respectful environment. We want to build school connectedness where everyone feels safe, valued and heard. We strive to increase student accountability for their actions and behaviours.

## **Strategies for goal #1**

To reach our goal: we will implement our behavior code and teach our school community about our code of conduct. We will consistently use our 4 guiding principles, using common language for all about being Kind, Safe, Responsible and Respectful. We will focus on teaching self-regulation skills and emotional control. We will work on fostering mindfulness and having positive thinking strategies. We will continue with our Bronco multi-age houses. We have a school team that meets around strategies for success.