



# Daysland Digest



Wednesday, January 13, 2021

Volume 2020-21, Issue 8

## Looking Ahead

	<u>Jan</u>
Staff Collaboration Day (no classes)	15
K to 6 Turkey Dinner	19
7 to 12 Turkey Dinner	21
Family Literacy Day	27
Semester Break (school closed)	29
	<u>Feb</u>
Quarter 3 Begins	1
Report Cards K-12	2
Winter Walk Day	3
Jersey Day	4
Staff Meeting (Early Dismissal @ 2:11)	4
Teachers' Convention (school closed)	11-12
Family Day	15

## Principal's Report

The School year has gone by quickly despite the changes and unpredictability of the pandemic. We are looking forward to the beginning of Quarter Three on February 1, 2021, and we are hoping that we can look forward to a period of uninterrupted study for all classes at the school.

### Communication

In observing the provincial safety rules required for schools, we cannot hold school, nor community gatherings as we did in the past. In addition, parent-teacher interviews, in a face to face format, are also on hold temporarily. Traditional modes of communication are not available to us, but we encourage parents to contact their child's teacher at the school by phone, or by email, at any time throughout the school year. Communication is vital to the cohesion of the education team that supports your child, so please feel free to reach out to us at any time.

### At Home Learning

Please be aware that the deadline for transitioning to At Home Learning from school for Quarter 3 will be January 21st. The reason for this date is that BRSD will need time to arrange teaching staff if At Home Learning student numbers fluctuate a great deal. If you are planning on continuing with At Home Learning in Quarter 3, please call the school to let us know if we have not contacted you already.

Please see **"Looking Ahead"** for some **important dates**.

Thank you for your patience and understanding in these unprecedented times, and we look forward to the rest of the year that sees all students back in school full-time until the end of June.

## Virtual School Council Meeting Wednesday, January 20<sup>th</sup> @ 7:00pm

**\*If you would like to be a part of the meeting, please email Kirby at kirbyheather@mac.com**

### Winter Attire

Parents are reminded that Board policy requires all students who ride the bus to wear (or carry) clothing suitable for the weather conditions. This includes headgear, hand covering and appropriate footwear. Students who arrive at school inappropriately dressed will not be allowed to ride home on the bus until they have proper gear dropped off or are picked up by a parent.

### School Fees Reminder

School Fees are NOW due. You can pay online at <https://www.brsd.ab.ca/families/online-payments-ordering> or by cash or cheque. Please make cheques payable to Daysland School. If you have any questions or would like to arrange monthly payments, please contact Mr. Kyle or Mrs. Robbins at the school.

### Bus Delays & Cancellations

As we enter the season of weather-related bus delays and cancellations, BRSD would like to remind parents to check their **school** website or the BRSD website for updates. If there is a change to the schedule it will appear in an ALERT banner at the top of the website. If there is no banner, all routes are running as scheduled. Every family affected by a bus route delay or cancellation also receives an automated phone message.

## Thank You!

*With this past year of things being so different, we still have many things to be thankful for here at Daysland School.*

*We would like to say a huge "Thank You" to the Schmidt-Teigen family for the fantastic Elementary Christmas Concert we were all able to watch on YouTube!*

*Also, thank you to all of the students and staff that worked so hard to make the concert a success!*

*Thank you to the families who sent well wishes and Christmas gifts to our staff, we greatly appreciate your thoughtfulness, you most certainly made our days brighter!*

*Most of all, we are so thankful that we were able to return to school this week and see all of your lovely eyes!*

*Thank You*





# Career Counselling

January 2021 Newsletter

## Schedule Your Appointment!

Your career counsellors continue to be available to support you remotely. Please visit your High School Plus classroom and connect with your career counsellor to set up an appointment.

Professions with Certification	Mindfulness & Career Planning	Work On Some New Skills!
<p>In Alberta, professions with certification rules are occupations that are governed by law.</p> <p>A person certified in the trades is registered through <i>Alberta Apprenticeship &amp; Industry Training</i> (e.g., elevator constructor, autobody technician or locksmith).</p> <p>Other professions register with their regulatory group. These include steel detailer with the <i>National Institute of Steel Detailing</i>, medical laboratory technologist with the <i>College of Medical Laboratory Technologists of Alberta</i> or insurance adjuster with <i>Alberta Insurance Council</i>.</p> <p>Registration may also be needed if you perform restricted duties within a profession such as a Pulmonary Function Technician who is certified in spirometry.</p> <p>Registration is also required for careers with protected titles such as Licensed Interior Designer, Professional Agrologist, Midwife or Registered Professional Forester.</p>	<p>In an article called, <i>Leveraging the power of mindfulness in career development</i>, authors Beaupre and Taylor highlight student experiences of stress and anxiety with concerns around questioning career goals, program choices and different career paths as reasons for encouraging the use of mindfulness in career planning. They share that students will benefit by using this tool with:</p> <p><b>Better self-knowledge</b> - supporting students to identify if their beliefs are based on societal or parent expectations or grounded in their own beliefs;</p> <p><b>Setting career goals based on true interests and deeply held values</b> - this aids students in motivation, increased academic achievement and less distress;</p> <p><b>Developing creativity</b> - solving career problems more easily and considering "out of the box" solutions for career decisions.</p> <p>Resource: <i>CAREERING</i> by CERIC, Fall 2020, pgs. 22-25.</p>	<p>Who knew building skills could be so much fun! Find the opportunities listed below in the <i>RBC Future Launch</i> link in the <i>High School Plus</i> website under <a href="#">Job Preparation</a>.</p> <ul style="list-style-type: none"><li>• <b>Digital Skills</b> - <i>CANHACK</i> (cybersecurity high school competition), <i>Teens Learning Code</i> workshop, <i>TKS Explore Modules</i>, <i>Coders North</i></li><li>• <b>Financial Skills</b> - <i>It All Adds Up to Making Cents</i>, <i>Financial Learning Series</i>, <i>McGill Personal Finance Essentials</i></li><li>• <b>STEM</b> - <i>Science At Home</i>, <i>STEM at Home</i>, <i>Data Science Essential</i></li><li>• <b>Entrepreneurship &amp; Innovation</b> - <i>Innovators Academy</i></li><li>• <b>Creative Skills</b> - <i>Create To Learn@Home</i></li><li>• <b>And More</b> - <i>Exploring 4-H At Home</i>, <i>Canadian Geographic Education's Online Classroom</i></li></ul>



## Check it out!!

The Alberta Student Aid website ([studentaid.alberta.ca](http://studentaid.alberta.ca)) redesign launched in November 2020 with a simplified homepage, a revamped scholarship section and help videos for students.

## Addiction & Mental Health News

JANUARY 2021

### What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

### Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

### Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

### Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

### Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- Find something you are passionate about
- Make a list of your successes, strengths and resources

Subscribe to Text4Hope

Text COVID19HOPE to 393939

### MORE RESOURCES

<https://greatergood.berkeley.edu/>  
search: Hope

<https://kidshelpphone.ca/>  
search: Fostering Hope

Information on mental health, community supports, programs and services in your area:



MyHealthAlberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

811 Health Link  
Health Advice 24/7

Alberta Health Services