



Hanley School Newsletter

**FEBRUARY
2021**

DATES TO REMEMBER

From the Office:

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|--------------------------------------|---------------------|
| PD Day No School | Mar 8 |
| Report Cards K-9 | Mar 11 |
| Tri-conferences 5:00-7:30 | Mar 17 |
| Tri-conferences 3:30-6:00 | Mar 18 |
| No School | Mar 19 |
| Good Friday Easter Break | Apr 2-11 |
| | |

I know this short spell of warm weather won't last, but after the brutally cold snap we had before the break, I'll take this in a heartbeat! I hope all our Hanley Composite School families had a restful and relaxing break. For many bus students who didn't have transport during those cold weather days, I know many of you got some extra days of break. I know that we did have about ten Cold Cat lunch recesses outside and the students can hold their heads up high that went out at the minus 50 wind chills – pretty tough Cold Cats kids! Our school and our school division are changing in a lot of ways from what we've known as traditional thoughts on access to learning this year. We've gotten used to being able to access school work online when we're moved to a level three or level four on our Safe Schools Plan but there seems to be varying levels of understanding about other types of days. Parents, please be aware that on those cold weather days when buses don't run, with learning being posted online, students have the ability to connect to their teacher(s) and access learning from home. With those extended

days away and our compressed quads and classes, it became very important to the teachers to be able to move ahead on their lessons and expect students to log in and access those learning options. As we move forward this year and into the future that might become more and more an expectation. As the school division continues to project, Learning is Everywhere!

We have a staff PD day on March 8th to make you aware of as it's not a school day for students. For those students planning on pursuing a trades career and looking to apprentice with a tradesperson, the Youth Apprenticeship Program is a simple program to complete for a step ahead of other apprentices. We've also helped send students in past summers to a Summer Youth internship in a trades area where they receive very good pay and up to 2 apprenticeship credits on their transcripts. See Mr. Tucker for further information for either program. We will have a presentation for it soon for those interested.

I know that the school division sent out an update

to families about what's going on with COVID updates and where we're at. So far we haven't had a case in the classrooms to deal with and as the letter explained, if we ever do we'll be in contact with families as needed. Please continue to practice proper mask use and hand sanitizing as required and we'll continue to work through this year together. Ironically, this month's message last year at this time was sent out just before we all went home. I'm thankful for so many supportive families and the work you have all done along with the teachers and support staff to keep on with the learning in school through all of it. Again I'll repeat that we're doing it, together! Thank-you.

That's all for now. For further information and updates from the students and classrooms, check out our school website at <http://blogs.spiritsd.ca/hanley/>. As always, Mr. Anderson and I would love to talk to you if you have time to send us a message or give us a call. We'll talk to you soon.





HOW NOT TO BUBBLE WRAP KIDS

LEARNING HOW TO USE DAILY STRESS TO DEVELOP RESILIENCE

If you've paid attention to the media recently, you might now believe that any stress is bad for a child's physical and mental health, that stress has reached epidemic proportions, that you need to do everything you can to reduce the amount of stress in your life and that various products from supplements to special water to squeeze balls will decrease your child's stress and make them healthy.

BUT the science says that this isn't true. In fact, experiencing and learning how to use stress is an important part of having good mental health and there is no evidence that any of the highly marketed stress reduction products are any more helpful than going for a brisk walk!

Mental health is the capacity to successfully adapt to life's circumstances. It does not mean happiness nor does it mean not having negative feelings, worries, or difficulties. It includes the experience of stress and the use of that experience to help your child learn new skills and effectively address the many and frequent challenges of life, now and in the future.

This means that someone with good mental health isn't someone who avoids or is protected from experiencing stress, but instead, someone who uses the stress they experience to learn and grow.

THE LANGUAGE OF STRESS

Stressor: An event that triggers the stress response in your body. It can be an internal event, like a thought, or an external event, like a social interaction, sound, chemical, etc.

Stress Response: Your body's signal that you need to adapt and change in order to accommodate or deal with the stressor. This signal includes your heart racing, palms sweating, shortness of breath, butterflies in your stomach, and more.

DIFFERENT TYPES OF STRESS

There are different types of stress and, actually, most daily stress is good for you!

Positive: Positive stress is short-term and it helps us learn how to adapt and grow. Situations that cause positive stress can be positive or negative (e.g., writing an examination, giving a presentation, calling someone you don't know, not making the school team, etc.) and happen daily – often multiple times a day.

Tolerable: Tolerable stress is also short-term but involves situations where there is more serious impact (e.g., someone dying, parent's divorce). It occurs multiple times throughout your life and as long as you have supportive relationships around, is unlikely to have any lasting negative consequences.

Toxic: Toxic stress is prolonged and extreme (e.g., abuse, neglect, violence), but for most young people, this is rare. Many will go their whole lives without experiencing toxic stress.

Toxic stress is the only type of stress that's actually bad for you. Experiencing positive or tolerable stress actually makes us stronger, healthier and more understanding human beings!





HOW NOT TO BUBBLE WRAP KIDS

LEARNING HOW TO USE DAILY STRESS TO DEVELOP RESILIENCE

Think about your immune system. Exposure to germs on a regular basis helps to make your immune system stronger. It teaches your body how to react so that when your body is faced with a larger challenge, such as an infection, it has the tools it needs to fight it off. Exposure to daily stressors works in much the same way. It teaches your brain how to react (or cope) so that when you are faced with a more intense stressor, you've already developed and practiced the skills you need to handle the situation successfully. You have learned to adapt. You are becoming resilient. If we deprive children and teens of the opportunity to learn how to cope with stressors by eliminating stressors or by intervening to solve their problems, we're actually making it harder for them to grow into healthy and competent adults.

Young people need to be taught that the stress response is normal and a call to action, not anxiety. They also need to learn problem solving and healthy coping skills and be given the opportunity to practice those skills without adults hovering over them. If we remove kids from a stressful situation before they've had a chance to use their coping skills, the situation is going to feel even more stressful the next time they encounter it. And they will encounter those stressors again because no one lives a stress-free life. *Persistent avoidance of stressful situations can lead to learned helplessness.*

SO WHAT CAN WE DO?

Change how we think about stress. Reframe the stress response as your body preparing to tackle this challenge. Stop using the word anxiety when you mean stress response.

See Kelly McGonigal's TedTalk for more: <https://youtu.be/RcGyVTAoXEU>

Model or teach effective coping. This includes problem solving, using social support, making healthy choices about food, exercise, and sleep, and much more.

Using stress reduction or relaxation exercises sparingly. This includes deep breathing, progressive muscle relaxation, mindfulness, meditation, and more. These techniques may be useful for some people to help calm themselves but they do nothing to solve the problem causing the stress response. They should be used when a person feels so overwhelmed that they cannot effectively apply problem solving/coping strategies and they should always be linked to developing or using an effective coping strategy designed to solve the problem causing the stress response. Over-reliance on stress reduction techniques without changing the way we think about the stress response or learning how to solve the problems that this response is alerting us to may provide temporary relief but is not a substitute for engaging with

FOR MORE INFORMATION

For more information, check out: <http://www.teenmentalhealth.org/understanding-stress/>



*Hanley School has several students
with nut allergies.*

*Just a reminder we are a
NUT ALERT school.*

*Please make sure your child does not
bring nuts or nut
products to school. Make sure to
check packaging.*



Dear Parents,

I would like to make you aware of a new Mental Health & Wellness Google Classroom the Grade 7-12 students will have access to at Hanley School. It has a variety of topics related to wellness and mental health such as anxiety, stress, mindfulness, and depression. It also includes links to a variety of wellness apps and help line phone numbers and websites.

Growing up can be a challenging time for many youth without the added stress of Covid -19. It is our hope that this Google Classroom is one more place students can access information and support if they need it. My e-mail address will be posted in the wellness classroom should a student wish to e-mail me with a question or to arrange for support. And, of course, students are always welcome to seek out a teacher or other staff member at any time.

The challenges we are facing this year have me thinking a lot about stress and resilience. It is even more critical that we help our children build healthy coping skills and a sense of competence in the world. This article on stress is from our mental health literacy work and is written for parents. It has a link to a short TED talk about the positive side of stress. It is worth the listen.

I can be reached at the school if you have any questions or concerns.

Lea Leier
Counsellor
lea.leier@spiritsd.ca

<https://www.youtube.com/watch?v=RcGyVTAoXEU&vl=en>



[How to make stress your friend | Kelly McGonigal - YouTube](https://www.youtube.com/watch?v=RcGyVTAoXEU&vl=en)

Visit <http://TED.com> to get our entire library of TED Talks, transcripts, translations, personalized talk recommendations and more. Stress. It makes your hear...

www.youtube.com

Kindergarten

We were bummed by our cold spell but know that we've been very lucky to have so many warm winter days. We've got some new (to us) Outdoor Ed supplies. Including: tarps, bungee cords, tent stakes, frying pans, bowls, etc.

In Math we're learning different ways to sort items and to collect and sort information. We found out that 9 of our

classmates have pets and 3 do not!

We've been learning about diversity and why the world is such a cool place because we're all different! The Ks have decided that it would be pretty boring if we all looked the same and I agree!

We have a Purdy's Easter Chocolate fundraiser happening right now. Please contact

a Kindergarten family if you'd like to order.

Grades 1 & 2

February is always fun when you know you have Groundhog's Day as well as a Valentine's Day party to look forward to! It was a busy, wonderful Valentine's Day party and a great kickoff to Mid-winter break! February was packed full of new things, especially for the Grade 1's as they started reading and sight word homework! They've started spelling tests as well! In Math, they are working on addition strategies and they learned The Doubles Rap and had so much fun dressing up and dancing like rappers! All the students are working hard to become better readers and writers! They celebrate the days we have Writer's Workshop more than they do art! In Art, we learned about the work of Wassily Kandinsky and created our own Kandinsky-like Valentine's Day art-

work. We are now looking forward to March and all the St. Patrick's Day festivities!



Grades 2 & 3

Welcome back after the February break! Thank goodness the weather has warmed up after that long stretch of coldness! It's hard to believe that March is just around the corner! We have started a new theme for ELA and are learning all about Fairy Tales. We are also starting drama as part of this and the kids are so excited to work on fairy tale plays. For math, both grade 2 and 3 are working on measurement with myself

and Mr. Hutchinson. The grade twos and I are also working on math drills to increase our addition and subtraction fluency; please keep practicing mental math skills to twenty at home to assist your child. For science, we are just finishing up our unit on States of Matter; the kids rocked learning about solids, liquids, and gases. We are starting to learn about plants next week. For social and

health, we have been learning about citizenship and community helpers. We are also learning about anti-bullying with Pink Shirt Day. Please remember that the next round of tri-conferences will be coming up in March and they will be held over video chats on our Google Classroom. The students will be leading these conferences, so please make sure they are present to take part.

Grade 4 & 5

It's hard to believe it is almost March, but it is so nice that the sun is rising earlier and the days are getting warmer. The grade 4/5 class continues to prove their perseverance during such a strange year. Both grades have put in a lot of effort into their multiplication and division units and Mrs. Koroll and I are very impressed with the progress! The grade 4's are working hard to learn long division and the grade 5's have wrapped up their unit with a test on 2 digit by 2 digit multiplication and 3 digit division. In Health, the grade 4/5's are continuing to learn and discuss identity. This month we have been focusing on Black History and students will complete a writer's workshop assignment on a inspirational Black Canadian. In health we continue to learn about identity with taking action against injustice as our main theme. In readers work-

shop we have been reading the novel Hatchet aloud as a class and the 4/5's are loving it. It will be fun to take some of our learning outside this spring and talk about survival and how Indigenous people lived on this land before us. We have just begun our unit on light in science and have made beautiful art pieces featuring Aurora Borealis (The Northern Lights). In phys. Ed we have been doing a lot of different fitness routines and exercises and have also been practicing our badminton skills. That's all for this month. Take care everyone!



Grade 5 & 6

I am so happy to have some nice warm days. We are currently reading a novel, "Elijah of Buxton". We will be doing some writing assignments, questions and small projects throughout the novel. In math, the grade 6's are getting ready for a test on multiplying and dividing decimal numbers. Our next unit will focus on the relationship between fractions, decimals, percent, rate and ratios. We are finishing up our unit on electricity and will start a quick unit about simple

machines. The students will be working with more mediums in art. We will be starting a drama unit in the next couple of weeks. We will try to be going outside a bit more, providing students are dressed for the weather. Please do a quick check-in with your child/children about school supplies. Some students need to replenish some of their supplies.

Grades 7.1

Wow, time sure does fly! It seems like just last week I was sending out my January newsletter submission! We had several days this month when the buses did not run. In these cases, I will post the material we are covering in our Google Classrooms. Students are expected to keep up with the material they are missing.

We have begun a unit on "Mystery" in ELA. In math, we will be wrapping up our decimal review and begin exploring "Rate, Ratio and Percentage". We have finished our look into

feudal life and the Middle Ages and will be moving on to study aspects of the Renaissance in social; we will be focused on the factors and effects of globalization. We will continue working through our "Mixtures and Solutions" unit in science.

Progress Reports will be completed in March. Once again, we will be asking parents to access the progress reports through their child's PowerSchool account. We will not be sending home a

paper copy. You will be required to view the T2 progress report at that time. As always, should you have questions or concerns please feel free to contact me at the school (544-2511) or at (Nicole.Bain@spiritsd.ca).

FUN FACT

One-quarter of all your bones are located in your feet.



Grade 7.2

February has been flying by and it is hard to believe we have almost reached the end of the month! Report cards and tri-conferences seem like they are just around the corner and we look forward to hearing from you all. The Grade 7s have been hard at work in ELA and have just wrapped up their creative writing unit and now we are midway through our novel study

of *The Unteachables*. In Math, we are midway through our unit on decimals, fractions, and percentages. In Social Studies, the students are having fun working on a project where they are learning about the Mayans, Incans, and Aztec civilizations. They are recreating artifacts from their chosen civilization and learning about the fate of each civ-

ilization after contact with Columbian era explorers. In Phys. Ed. we have been focusing on our Badminton skills and really working on developing our eye-hand coordination. Hopefully the majority of the cold weather is behind us and March will bring us an early start to spring! We look forward to getting outside for more fresh air soon!

Grade 8.1

In Math the students are trying to end our study of Rates, Ratios and Percentages. We have struggled to do this due to so many extreme cold weather days. In PAA, the students have ended their time in the shop, and are developing their ability to draft in 3-D, using Orthographic representations of objects. In ELA the class is wrapping up our study of the novel "The Boy in the Striped Pajamas". We will finalize this unit of study by watching the movie based on this book. In

Science, we continue to work through "Cells, Tissues, Organs the Systems". We have moved onto examining body systems (Circulatory, Respiratory, Digestive, Nervous and Excretory systems). We finished the Career Education course and we have moved onto study Health issues. While trying to avoid the direct study of Covid19, we will first be analyzing how personal prejudices and biases will shape our assumptions about family identities, structures, roles, and

responsibilities. In PE we continue to do skills and games in the gym that align with our Covid-19 restrictions. The Social Studies class is examining post-Confederation Canada and how population demographics world wide will effect our economic opportunities in the future.

Grade 8.2

The Grade 8's have been working hard in all their subject areas. In Art, they have been learning about different pastel techniques. In Math, they have been working on operations with fractions. In ELA, they have just finish reading "The Boy in the Striped Pajamas" by John Boyne and have recently watched the

movie. In Social, they were researching a Canadian law and have been learning about the different levels of government. In Science, they are working on a unit on optics and vision. We are working on various student lead projects in Home Ec., and in I.A. the students have just had the

opportunity to get into the shop and are planning their woodworking projects. In Health, they are learning about the misuse of drugs. In Phys. Ed., we have just wrapped up fitness testing and will soon be playing games the students have each organized for their peers.

Grade 9

The 9s returned from February Break rejuvenated and ready to learn. ELA has the students researching social justice issues and creating speeches to teach their classmates about what they learn. We just went to war in Social Studies, pitting student created Ancient Hanolan city-states, which emulate the city-

states of Ancient Greece, against each other. We are now moving onto Ancient Rome. In Math, we are focused on linear inequalities and Science is transitioning away from Atoms and Elements and onto Electricity. PAA has the students working on a variety of projects including coding their

own simple video games. The students are playing badminton in Phys. Ed. and we are creating digital flipbooks in Art class. Mental health is the focus of Health class and future job planning continues to be the focus of Careers. We are loving the warmer weather and are excited to be back!

Grade 10

Well, Quad Three is underway and the Grade Tens have it a bit easier this term! In Visual Arts, they have been working on Elements of Design and Elements of Art. They have also been working on movie posters and re-

searching BIPOC artists. In Workplace Math 10 they have finished the unit on Proportional Reasoning and are learning about different ways to earn money. In Wildlife Management, they are learn-

ing about aquatic and winter ecosystems. And in Wellness, they have finished up their initial Fitness Test and have been doing some work in the weight room. Take care, everybody!

Grade 11

Welcome to Semester 2, Quad 3! After a long week of cold weather and the February break, we are back at it!

In **Construction 20-** we are

constructing saw horses.

In **Physical Science 20-** we are completing our mathematical skill introductory unit and starting chemistry.

In **History 20-** We are completing World War I and will be writing our exam this week.

Grades 12

The final semester of grade 12 has begun! The students are eagerly awaiting the arrival of spring and their approaching graduation. Before that, the business of the school year

continues. The Precalculus 30 class is learning about polynomial functions. The Chemistry 30 students are studying chemical bonding and material science. In the

shop, the students are crafting original woodworking projects. The design phase just ended, and the construction of the projects has commenced.

Congratulations to Maggie Peterson, recipient of a University of Saskatchewan premier entrance awards, the **Chancellors' Scholarship!** The scholarship, valued at \$30,000, recognizes the accomplishments and potential of exceptional individuals with high academic standing.
