



Hanley School Newsletter

**MARCH
2021**

DATES TO REMEMBER

From the Office:

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

This is a great month so far with the changes in weather we've been looking forward to. We always have some questions about how quickly the snow will melt and how the water will drain through the school yard but with the sun and wind we've had it's made good progress already. Thanks to BRP for the extra work scraping the snow by the building away from the school and for the drainage path they scraped for us as well!

That's another reminder that we encourage elementary students to bring splash pants and some kind of boots to handle the wet yard and puddles until it dries up further. We'd like to keep as much of the mess outside the school as we can so caretakers can focus on the regular cleaning and sanitizing.

It's a busy week again with the parent-teacher-student conferences on Wednesday night (5:00-7:30pm) and after school Thursday night (3:30-6:00pm) again by virtual means. A video call is preferred, but a voice call is also a wonderful chance to get parent, student and teacher together. What a great time to learn about how your students are doing and what

wonderful learnings they're involved in. Please keep in mind there is no school on Friday.

We're about a month away from the end of the third quad. It will end a couple weeks after the Easter break and the final quad for the school will take us to June 29th. Thank you to everyone who answered the digital survey regarding the block system and the quads we had in place this year. We'll receive some direction from the school division about how to proceed with planning for next year soon.

We had our presentation from Saskatchewan Youth Apprenticeship program and about fifteen students in grades 10-12 took part. Please remind your student if they did have interest in starting the program to see me and I'll register them this spring.

We don't have a firm start date yet, but we're still on the renovation list for the elementary washroom area this spring. It will be a big noisy job I'm sure and we'll need to funnel the students to other washroom areas during the construction period. We're not strangers

to construction after the huge renos we worked through about 7 years ago, but I'm sure we'll have a few growing pains to work through. I'll appreciate the patience and cooperation of the staff and students through that time when it arrives.

If you're like me, you're looking forward to lessening restrictions, less cases to be reported, less need to wear masks and socially distance, and looking forward to a much simpler time. Even the hustle and bustle of the regular year and the busy hallways and classes and school teams and busy life outside is what I'm looking forward to us all experiencing again one day soon. That doesn't necessarily sound simpler than what we have now, but I feel it is what's needed for so many of us.

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.





LANGUAGE MATTERS

THE IMPORTANCE OF USING THE RIGHT WORDS WHEN WE'RE TALKING ABOUT MENTAL HEALTH

Increasing awareness of mental health and mental illness is rising across Canada. However, awareness without mental health literacy does not lead to improved mental health and better access to mental health care for those who need it. *Knowing about something is not the same as knowing something.* Part of improving mental health literacy is making sure we are using the right words to describe the various components of mental health and mental illness.

WE ALL HAVE MENTAL HEALTH

We all have mental health and there are four separate but related components that help us understand and act on it.

1. No distress, problem or disorder
2. Mental distress
3. Mental health problem
4. Mental disorder / illness

Mental Distress

Refers to the common, expected, and normal response to the stresses of everyday life. Mental distress is normal, expected, and happens to everyone. It is necessary for adaptation and building resilience.

Examples include:

- Writing an examination
- Having an argument with a friend or family member
- Failing at a task

Mental Health Problem

Refers to the reactions we have to huge life challenges that may task our ability to adapt. Mental health problems may be substantial and prolonged but they are not mental disorders and they do not require medical treatment

Examples include:

- Dealing with the death of a loved one
- Loss of a relationship, such as divorce
- Moving to a new country

Mental Disorder/ Illness

Refers to clinically diagnosed illnesses. Mental illnesses require evidence-based treatments provided by properly trained health care providers.

Examples include:

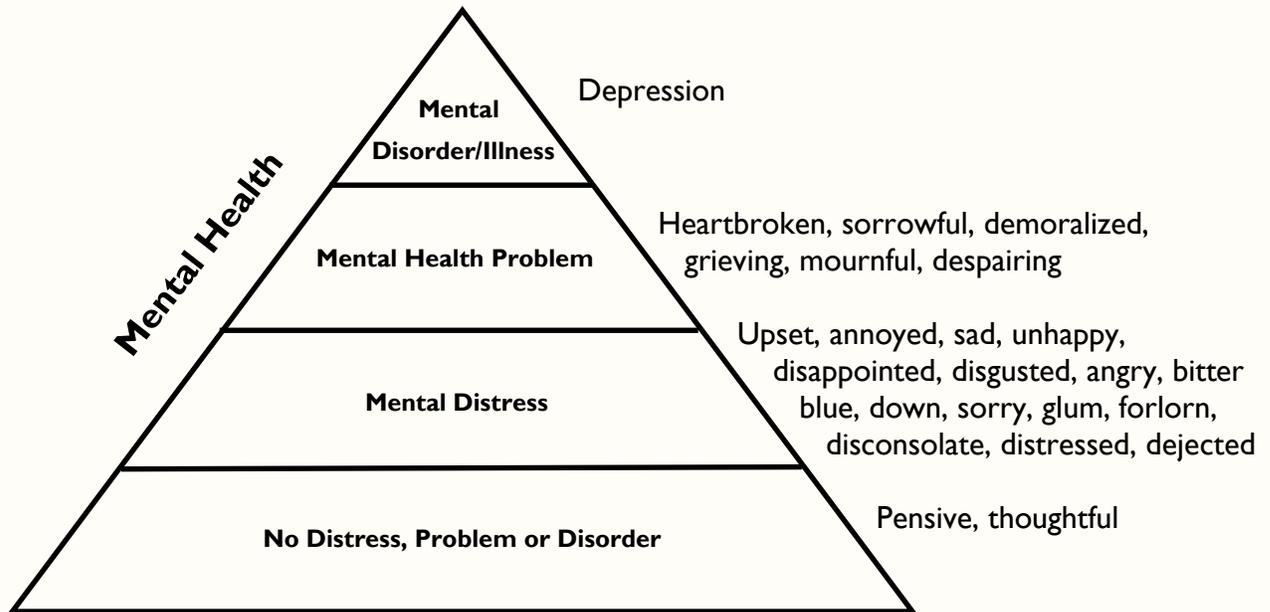
- Major Depressive Disorder
- Panic Disorder
- Bipolar Disorder



THE IMPORTANCE OF USING THESE TERMS CORRECTLY

These categories are not mutually exclusive. A person can experience mental distress, a mental health problem, and a mental illness at the same time. A person can also have good mental health and a mental health problem at the same time, just as a person can have good physical health and an illness at the same time.

The Inter-Relationship of Mental Health States: Language Matters



Understanding the differences between these components is crucial to getting the right kind of help if needed, to avoid seeking treatment when it is not needed and to be clear about the language we use to tell others how we are feeling.

When we do not use words that appropriately describe how we are feeling we run the risk of making light of major concerns. For example, by thinking someone with Depression is simply feeling unhappy or dramatizing minor concerns, or by thinking someone who is having a bad day has Depression.

LET'S MAKE SURE WE ARE SAYING WHAT WE MEAN AND MEANING WHAT WE SAY!

Depression is not the same as having a bad day.

OCD is not the same as being organized.

ADHD is not the same thing as being hyperactive.

Anxiety Disorder is not the same as feeling stressed before an exam.

PTSD is not the same thing as feeling upset.

Schizophrenia is not a split Personality.

Panic Disorder is not the same thing as feeling afraid.

Bipolar Disorder is not the same as being moody.

*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

Spring is in the air!

We've been loving playing in the puddles and in the mud so far. Thank goodness that we bring a change of clothes! Thanks to everyone who supported our Purdy's Easter Fundraiser. We raised over \$600 that we can put towards some awesome things for our class!

In math we have been working on sorting, collecting data, and graphing information. We especially liked finding out

what everyone's favourite ice cream is!

In science we're learning about seasons and weather. We've been making predictions about what's going to change in our schoolyard/trees once the weather warms up.

We love books and have been enjoying lots of stories that are new to us. We've recently learned all about hijabs and also some First Nations creation stories.

We look forward to spending even more time outside.

Ms. Martineau and the Ks

Grades 1 & 2

We are loving the colour green in the Grade1/2 class! Silly McGilly, the leprechaun, has been leaving us gifts or being mischievous and playing tricks on us! We are hoping to catch him on St. Patrick's Day! We have been having fun writing St. Patrick's Day stories and reading all sorts of leprechaun books. In Reading, we are working on digraphs and trying to learn more sight words! In Math, we are working on place value as well as practicing mental math strategies. In Health, we have been learning about the Zones of Regulation! Ask your child what the zones are, what his/or her triggers might be and what they can do to get "back to the green zone"! It will surely lead to

some interesting family conversation! Mrs. Koroll is continuing to have fantastic hands-on lessons building things in the Objects and Materials unit for Science! It has been a busy month as we grow into better readers, writers, mathematicians, and scientists!



Grades 2 & 3

Welcome to Spring! It seems like yesterday that I was just writing up the newsletter items for February and not much has changed since then! We have been slowly working on our Fairy Tales unit for reading, writing, and drama. The kids have been enjoying working on our plays and creating their own fairytale stories. I'm also absolutely loving the Reading Horizon's program; it is such a well rounded literacy program!

We have recently been learning about blends, commas, singular and plural words, and don't forget to ask your child what the San Francisco Zoo rule is! We are in full swing science mode in our class! We have been learning about plants and there are definitely some future botanists in here! We are propagating a variety of baby plants and will soon grow some from seed as well. Mrs. Koroll has also

finished her safety unit and is starting to teach the grade 2-3s about structures during some of my prep time. For math, the grade twos and I are just finishing up our unit on measurement. The grade threes are learning about fractions with Mr. Hutchinson as well.

Grade 4 & 5

It's almost spring!

The 4/5's having been enjoying all of the nice weather we have had lately.. Especially as we venture outdoors for some outdoor education during social studies. We have been focusing on surviving outdoors and on building shelters inspired by traditional shelters of FNMI peoples of the past. Some examples of shelters include: the longhouse, the tipi, the igloo, wigwam, sod house, thule winter house and the tupiq. I look forward to incorporating more outdoor education throughout this unit as we learn more about FNMI cultures and traditions. Our writing this month will include writing our own legends through learning about traditional FNMI teaching, porquoi and creation stories. In reader's workshop we are reading a novel called The Wild Robot, where technology and

nature meet (a topic we have also often discussed this school year). We are just wrapping up our unit on light in science. Our focus this week is on colour and rainbows which seemed very fitting for St. Patrick's Day. Both the grade 4's and 5's are studying fractions and decimals in math. They continue to enjoy their daily math challenges. In PE the 4/5s have worked in groups to plan a class. They are having lots of fun being the teacher for an hour! In health with Mrs. Koroll they will conclude their PE research with an information scavenger hunt to learn about their classmates' research topics. Take care everyone!

Mrs. Koroll
& Mrs. McCubbing

Grade 5 & 6

We have been busy in the grade 5/6 classroom. Building series and parallel circuits as well as electromagnets. We have now finished our electricity unit and will be doing a couple of small activities with simple machines and states of matter. As a class, we have been reading the novel

Elijah of Buxton. We have been enjoying listening to what life was like in the 1850's. We Started a sculpting unit in Arts Ed. We will also be adding some drama in as well. It is so nice to be getting outside more. Please help the

students to make appropriate clothing and footwear choices for the weather. It is very wet out and in some places mucky. We are all very excited for Spring!!

Grades 7.1

Spring has finally decided to come to town! The nice weather has been a joy! The Grade 7 class has been busy wrapping up units. In ELA, we are nearing the end of our Mystery unit. The kids seem to be enjoying the material we are covering! In math, we will be finishing our unit on Rate, Ratios and Percentages this week and will have a test on Tuesday, March 23. The class just finished constructing their Separators for science. Many of the students came up with fantastic ideas! We are continuing our study of the Renaissance in social. We recently had a chance to paint on plaster (experimenting with Frescos) and try to colour in Michelangelo style!



Tri-Conferences are this Wednesday and Thursday (March 17, 18). If you have set up an appointment with Carey, I will call you at the designated time to discuss your child's progress. If you

haven't made an appointment and would like to, please call Carey at the office (544-2511) and she will be happy to help you! I look forward to meeting with families!



FUN FACT

Owls have three sets of eyelids.

Grade 7.2

Things have been busy in the 7.2 room and it is hard to believe we only have a little over three months left in the school year! The students are just finishing working on fractions, decimals, and percentages in Math! We will be looking at rates and ratios shortly after that. The students have just finished reading the novel *The Unteachables* in

ELA and will be working on their final projects and writing their exam soon! In PAA, the students have just finished up their wood working and digital design units and have now begun learning about hand sewing. Everyone is excited about the projects that they have ordered! The students have just finished up

their sculpting unit in Art and were able to take home the awesome foam sculptures that they had created! We have been enjoying the nice weather and are looking forward to getting outside more often for our Phys. Ed. classes as things begin to dry up!

Grade 8.1

In PE we continue to do skills and games in the gym that align with our Covid-19 restrictions. In Science, we have started the review of the Unit on “Cells, Tissues, Organs the Systems”. We will soon be looking at a new Unit on: Forces, Fluids, and Density. The Social Studies class is doing calculations on Canada’s World Trade before we look at the migration of Canadians across our country. In ELA the class is trying to complete all the assignments for “The Boy in the Striped Pajamas”, we

have already watched the movie based on this book. We are now also doing a short unit on Grammar. In PAA, the students are drafting in 3-D, using Orthographic representations of objects. They are doing multiple drafts to get the best marks with neatness and attention to details and accuracy. In Health we are analyzing personal prejudices and biases that shape assumptions about family identities, structures, roles, and responsibilities. We will add to that

knowledge by examining the various forms of abuse in our Society that we will relate to actions students can take to recognize, avoid, and report such abuses. In Math the students have ended our Rates, Ratios, and Percentages unit. We have moved onto trying to balance [algebraic](#) equations.

Grade 8.2

The grade 8 students have been working very hard on new units in almost every subject this month. In ELA, they are reviewing grammar and the writing process. In Math, they are working on circumference and formulas. They recently started a unit on measuring the area of prisms and cylinders. In Art, they are working on using charcoal and creating 3D images,

focusing on highlights and value. In Science, they are continuing to work on their optics and vision unit. The focus as of late has been on the human eye and how it works. They’ve continued working on skills in Phys. Ed. and will be starting their student-lead activities this week. In Social, they are learning about the political climate of Canada and

will be wrapping the unit up with a ‘My Heritage’ project, where they conduct research on their family history and how the climate in Canada affected their ancestors. In Home Ec., they are continuing with their student-lead projects and in I.A., they have been planning and starting their wood projects. Enjoy the beautiful weather!

Grade 9

March has been cruising right along in the Grade 9 room. We have recently started studying Shakespeare's "Romeo and Juliet", and the students have been excited and enthusiastic. In Math, we are looking at linear equations and inequalities, and in Social Studies we are focused

on Ancient Rome. In Phys. Ed. the students have been busy with badminton and a variety of other games, and in Science we are looking into electricity. Careers has the students building resumes and looking at future career paths, and Health has the students delv-

ing into mental health. In PAA, the students are working on self-directed projects and coding their own video games using Scratch-3. Enjoy the warm weather!

Grade 10

The Grade Tens have been working hard through the first part of the third quad. They have been learning about outdoor survival situations in Wildlife Management. In Art, they have started a unit on photography. They

have been learning how to convert between Metric and Imperial units of measurement and area in Mathematics. And in Wellness, the Grade Tens have been enjoying a variety of activities, in-

cluding volleyball, basketball, floor hockey and exercising in the weight room! Have a great week!

Grade 11

Spring has sprung! We are enjoying the warm temperature and melting snow.

In **Construction 20**- We are building sheds.

In **Physical Science 20**- We are analyzing and balancing word equations. We will be soon studying the concept of the mole.

In **History 20**- We are studying the rise of Adolf Hitler and the causes of WWII.

Grades 12

Greetings from Grade 12! The students continue to be busy with their course work this quarter. The Pre-Calculus students are studying trigonometric identities. The Chemistry 30

class is exploring soluble and insoluble substance and calculating K_{sp} . The Construction 30 class has made incredible progress on their projects. Lots of fine work

being done!

