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Michaëlle Jean P.S. Council Newsletter

A Message from the Chair

Happy Spring to Everyone!

Despite the challenges of the pandemic, administration, staff and the school council worked together to provide a parent presentation by Sara Westbrook and a fun Spring Carnival enjoyed by all!

We welcome and appreciate all the support from our parents and caregivers! With just one more School Council Meeting remaining for this school year, please mark your calendars and join us! Remember that you do not need to be a member of the School Council to attend any of the meetings. All parents are encouraged to join the meetings and provide input whenever possible. Our next meeting is scheduled for Tuesday May 4, 2021 at 7:00 p.m. See you all there!!!

We are starting to plan some new initiatives for the next school year and welcome any suggestions! Please feel free to send a message to the SC mailbox at michaëlle.jean.ps@sc.yrdsb.ca.

Stay safe and take care!

Kimberley Sato

School Views

Celebrating Nourouz



Easter Celebrations



2020-2021 Council Members

Chair: Kim Sato

Co-Treasurers:
Patton Su and Bryan Wright

Secretary:
Sushma Kavikondala

Communications Officer:
Corinne Francis

Volunteer Coordinator:
Ashley Bebbington

Sub-committee chairs:

School Climate:
Elnaz Golestani

**Parental and Community
Involvement:**
Moiz Mohamedali

Student Success:
Deep Swaroop

Administration:
Nora Mazlounian

Council Updates

Happy Spring everyone!

Usually, each February the school hosts a winter carnival for the students. With the current climate and the transition from virtual to in-class learning, we decided to hold a spring carnival instead. Although we were not able to have volunteers at the school due to COVID safety protocols, we were able to be creative and come up with activities to entertain the students

The carnival was held from April 6th to 9th and the staff and teachers arranged a week of fun-filled activities such as BINGO, themed dress-up days, button making and outdoor activities. As an Easter activity, students were given paint and stickers to decorate plastic crafting eggs, which they took home.

We are grateful for the volunteers worked from home to convert students' art work into buttons. Based on the positive feedback from students and teachers, this year's carnival activities were a tremendous success!

Kind regards,
Elnaz Golestani



Budget Update

In our February meeting, the council approved the budget for 2020-2021

Since the meeting we have incurred the following expenses to support the students and the MJPS community

- Tumble Books Subscription
- Presentation with Sara Westbrook
- Prologue to the Performing Arts Wills Jams

Mark your Calendars

If you have any questions about the role of School Council and activities or just simply want to write us a note, please feel free to e-mail at michaelle.jean.ps@sc.yrdsb.ca. Questions will be answered or directed to those who can answer them!

Please join us at the last SC virtual meeting on **Tuesday, May 4, 2021 at 7pm!** Volunteering in your child's school is critical in bridging the gap between home and school and cannot be done without you!



SARA WESTBROOK

A child's emotional state affects their performance at school, their relationships and their physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

On March 29th, the School Council was proud to bring the presentation entitled "Nurturing Your Child's Emotional Well-Being" by Sara Westbrook.

Thank you to all of the families who attended!

In summary, we learned to:

1. Ask your child to identify the emotion using "elephant emotions" for example angry, irritated, guilty, worried.
2. Ask your child to physically identify where the emotion is felt such as a headache, stomach ache, racing heart.
3. Tell your child that it's okay to feel this way and it is normal! We are all human!
4. Tell your child to breath to calm the nervous system. Target exhalation to be longer than inhalation.
5. Make a list with your child to find their calm. What makes them feel good/calmer?
6. Have your child choose 3-character traits that they want to be known for such as: determination, respectful, kind, or thoughtful.
7. When you are complimenting your child be sure to include their chosen character trait with the compliment.

Examples:

- 'Wow, that was great! You really showed determination in getting your work done.'
- 'Thank you for opening the door. You are thoughtful.'
- 'Thank you for sharing your snack. You are kind & generous.'

This reminds them that you are noticing the choices they make that show their character.

It has them also realize what character traits look like in action.

Following this newsletter are the handouts that Sara shared with us.

Dates to Remember

Celebrating with families in the YRDSB

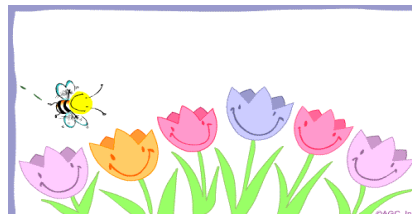
- April 12 to 16 – Spring Break
- April 13 to May 13 – Ramadan (Islam)
- April 14 - Vaisakhi (Sikhism)
- April 20 – May 1- Ridvan (Baha'i)
- April 30- Holy Friday (Eastern Christianity)
- May 13 - Eid-ul-Fitr (Islam)

Student Resources

- ✚ [Je lis, je lis litt ratie! - RK Publishing \(Username & password required\)](#)
- ✚ [Tumblebooks](#) (Username: mjeanps, Password: reads)
- ✚ [Virtual Books by l'Envol e](#)
- ✚ [Khan Academy \(Math\)](#)
- ✚ [French as a Second Language Homework Toolbox](#)
- ✚ [French Audio Dictionary](#)
- ✚ [Building Math Minds](#)

COVID Safe Activities

- [Virtual Spring Break Programs](#)
- [Borrow a S.T.E.A.M. Kit from the library](#)
- [Science at Home | Ontario Science Centre](#)
- [ROM Kids Show](#)
- [Fun and Educational Activities](#)
- [Coronavirus: Learning resources for kids home from school](#)
- [Fun Activities: Supporting Families](#)
- [Over 30 Virtual Field Trips with Google](#)



Find Your Calm



- Take 3 deep breaths.
- Go for a walk/exercise.
- Massage your hand.
- Think of a place or person that brings you peace.
- Hum a song in your head.
- Play with your hair.
- Mindful Meditation.
- Spend time outdoors.
- Wiggle your toes.
- Clench fists tight - then let go - repeat as many times as you need.
- Drink a glass of water.
- Count to ten.
- Think about something you are grateful for.

Breathing Exercise

to calm your body and brain.

Read these steps, then give it a try.



1. Close your eyes.

2. Count to 4 in your head as you slowly breathe in through your nose.

3. Hold your breath for 2 seconds.

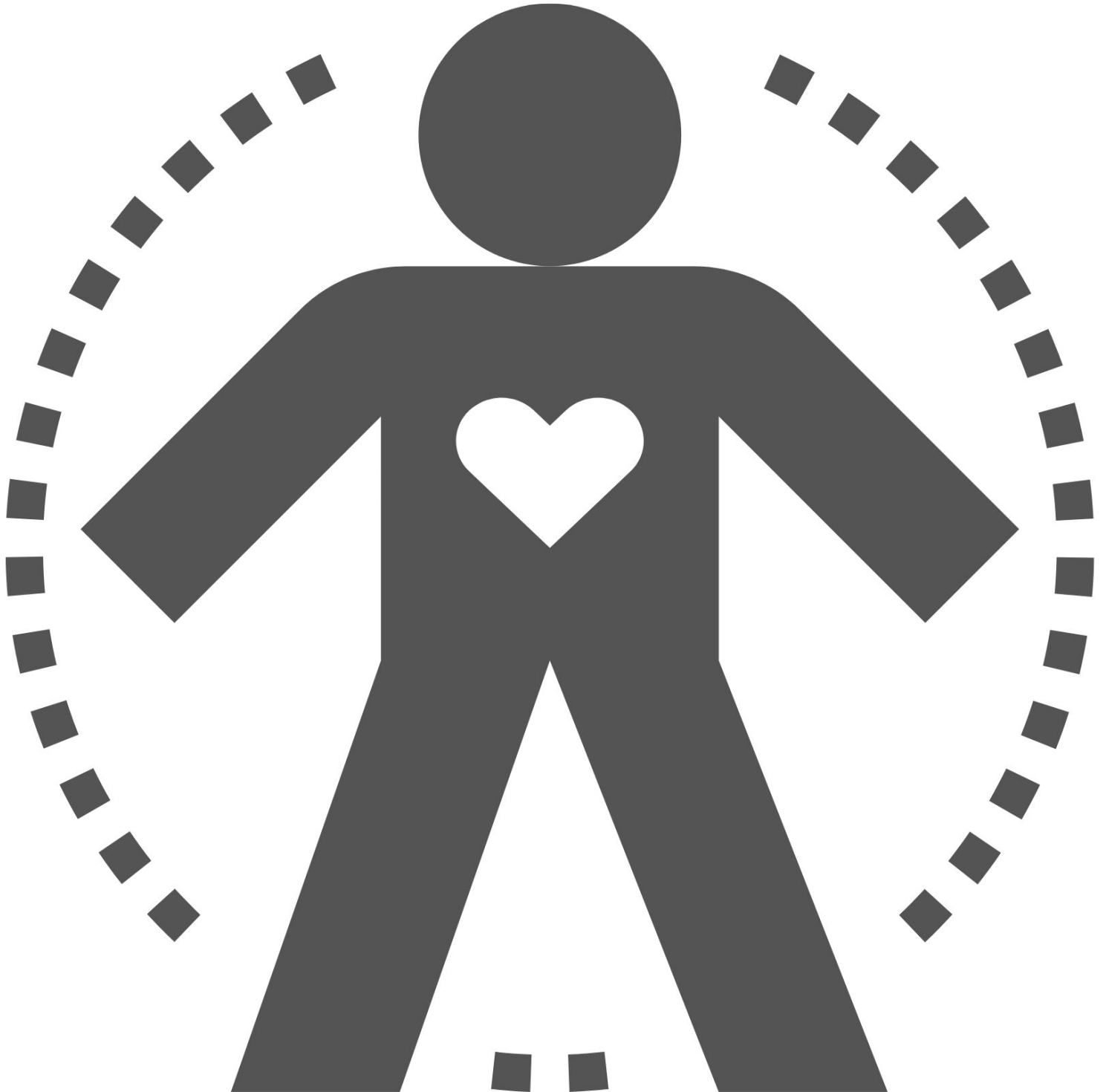
4. Now slowly breathe out through your nose counting 1...2...3...4...5.

Repeat this 7 times.

It will help calm your nervous system.

Emotions have a physical impact.

Where do you feel emotions in your body?

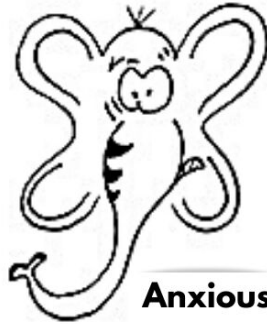


The 'elephant in the room' is something we don't want to notice or talk about.

For most of us, that something is **EMOTIONS**.



Angry



Anxious



Ashamed



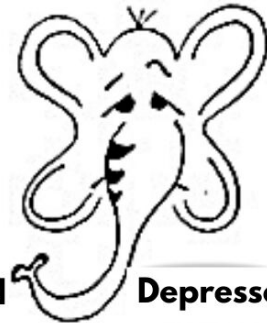
Bored



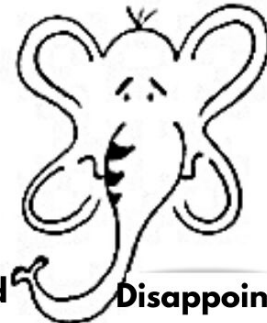
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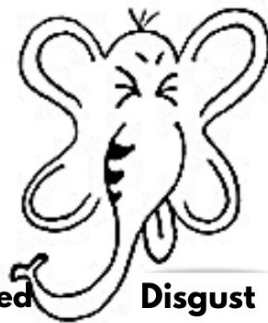
Confused



Depressed



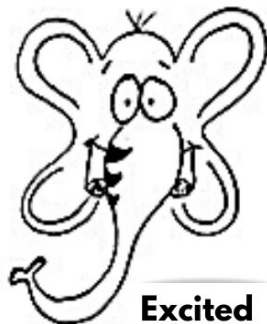
Disappointed



Disgust



Embarrassed



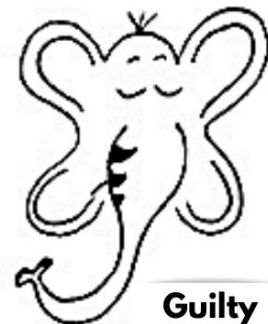
Excited



Frustrated



Grumpy



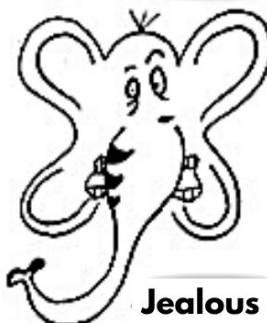
Guilty



Happy



Irritated



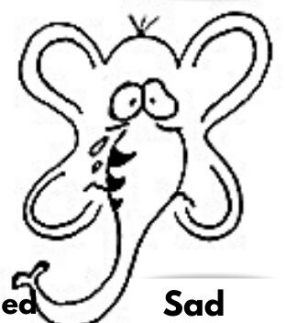
Jealous



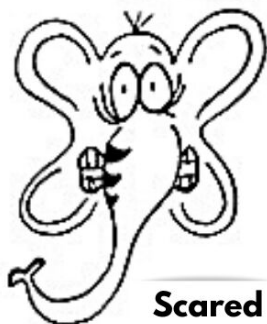
Loving



Overwhelmed



Sad



Scared



Shy



Silly



Surprised



Worried

Emotions Change Choices

Train your Brain to make choices beyond emotions using the

Choice Making Formula™

Circumstance:

Explain what happened or what you are concerned may happen.

What emotions were you or are you feeling?

What is a healthy way to release those emotions?

Now that you have a plan on how to release your emotions, what choice would you make from the character trait of RESPECT for yourself and others?

**Making choices from your character matters.
It's how people see you. It's how you see yourself.**
