



NEWSLETTER

June 3, 2020 - Issue #9

Principal's Message

by Mrs. Lazaruk

Although we have had challenging times with COVID-19 these past 2 1/2 months, we have much to celebrate and acknowledge this June...

- Mrs. Cathy Hanson's retirement - after 24 years of teaching (16 years at JSS), Mrs. Hanson has made the decision to close one chapter in her life. Through her dedicated service and her caring nature, Mrs. Hanson has made a long-lasting impact on both students and the Jack Stuart school culture. We wish Mrs. Hanson all the best as she begins an exciting new chapter with her retirement.
- Mrs. Pam Boyson, after 6 dedicated years of service with the Jack Stuart School Council, will be moving on to support École Charlie Killam School. Mrs. Boyson has been a committed and innovative member of the Jack Stuart School council, supporting the students and staff in numerous events, field trips and fundraising events. We are grateful for her outstanding service and will miss her at Jack Stuart School. We wish her all the best in her next endeavour!
- These past two and half months, our students have been incredible with adjusting to their new circumstances of self-isolation and virtual learning. We know you missed your friends, teachers and numerous activities and we missed you too! Thank you all for continuing to follow our school pledge by taking care of yourselves and others.
- Thank you parents for showing amazing strength during this difficult time. You have managed to balance the day-to-day needs of your family while supporting your child during virtual learning.
- Thank you to our incredible support staff, who have wonderfully supported students and teachers with preparing print copies, organizing individual Google Meets, making porch deliveries and creating JSS projects.

- Teachers have been truly remarkable in adjusting to a new way of delivering learning to our students. They have united together to support students, parents and each other.

We will be celebrating our Grade 5 students with a farewell on **Friday, June 19** from 10:00 am to 2:00 pm (approx). This is also the last day of classes for all BRSD students.

The last week of school, **Monday June 22 - Friday June 26** will allow families to pack up school work and make sure that any school material or equipment is returned to the school building. This week will give our staff time to prepare detailed summaries that school staff will use to ensure that each student gets off to a good start in September.

Report card pick up will be on **Friday, June 26** from **9:00 am to 3:00 pm** in the school gym (east side entrance). The detailed plan for final marking and grading for the 2019-2020 school year is posted on the BRSD website, in the Wellness and Learning Resources for Parents section. You can access the plan through this [link](#).

PARENT and STUDENT SURVEY SCHOOL RE-ENTRY for fall 2020

As we look to next school year, BRSD wants to hear your thoughts on going back to school in the fall. Parents and students (grades 4 and up) are invited to complete an anonymous survey

BRSD re-entry survey: Parents

<https://forms.gle/agCrxigPfZX22Tpb8>

BRSD re-entry survey: Students (grades 4 and up)

<https://forms.gle/wjBDoqaCForjA3yE8>

Class 3K:

My family and I are going to our cabin in June. It will be very fun because I will get to see my dogs in the water. The dogs' names are Zoe and Mishka. The dogs like to pick up rocks in the water. It is fun to watch. I'm hoping that I get to go to my grandma and grandpa's house. We are going to go in our new tree house. It will be fun because there is a slide to get out. It is really cool. I hope you all have fun this summer!!!! By Alayna

Hi, I'm Joel and I'm going to tell you about what I have planned for the summer months. First I'm going to go to Abraham Lake where my family and I are going boondocking alongside the highway turn out. This will be where my siblings and I are doing a challenge in the lake to see who can stand in the cold water the longest. The winner receives a perfectly made smore. For my birthday I am going on a canoe trip for 38km. I really want a bird for my birthday but my mom is telling me no. However, I would take really good care of it. Maybe she'll change her mind about it.

At the end of May we cut 2 trees and cut down a bunch of our large plants. We worked on the fort for 2 days straight. We went quadding at the tracks. I almost flew over the hood of the quad. That was the first time I have been quadding. It was fun! My grandparents came in May. By Caleb



So far in May we have done lots of fun stuff. On the long weekend my family went on a bike ride and we stopped at Hadley's house and Hadley grabbed her bike and rode with me. Mayson and Hadley's brother rode their bikes together and our parents just stood on the driveway talking to each other. Every day I also do PE with Joe on Youtube and it is tiring but fun. We

have also had lots of fires in our backyard on the weekends. But I am missing my friends and teachers and my school. By Jordyn

I'm excited for summer because we are painting my room and redoing it all. I love playing with water balloons and with my brother. Every year on the 1st day of summer my brother and I go on the trampoline. I get a summer fun bin that is full of summer stuff. That's why I am excited for summer. By Hadley



Our amazing EAs created this message on our school fence!

Self-Care in Action

Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own pressure. True self-care is not bubble baths and chocolate cake.

Self-care is making the choice to build a life you don't need to regularly escape from.

Parents take care of yourselves:
<http://www.ahs.ca/healthytogether>

Self-Care and Movement

Think about ways you enjoy being active like gardening, walking with your pet or family, or trying a sport.

Set aside some time to do your favorite physical activity.

Do something outside of your comfort zone. Some of the best memories are created in unexpected moments or situations!

Self-Care through Parenting

It's essential that parents care for themselves - first, for your own well-being, but also because any effort you put into self-care also has huge payoffs for your children.

Practice self-compassion. Parents who "fill their own cups," have more patience, energy, and passion to spread to their family. You can't pour from an empty cup.

<https://self-compassion.org/>

Tips for Self-Care

Drink an extra glass of water. Keeping hydrated will help you stay alert. Try adding lemon, lime, cucumber, fresh mint or berries.

Laugh today! Try to find humor in situations. Laughing can boost your mood and help you reframe your perspective during stressful times.

Start a gratitude journal and make a list of things that you appreciate or things that bring you joy. Reflect back on these when you need some extra positivity.

MORE RESOURCES

<http://www.ahs.ca/helpintoughtimes>

Text4Hope To subscribe text
COVID19HOPE to **393939**

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