

Treaty 6 Acknowledgement - We acknowledge that Battle River School Division is located on Treaty 6 territory, and we respect the histories, languages, and cultures of First Nations, Metis, Inuit and all First Peoples of Canada, whose presence continues to enrich our vibrant community.

Administrator Message

by Mrs. Lazaruk & Mr. Sikorski

Happy New Year!

We hope that you had a restful Christmas break. We are looking forward to seeing all of our students on Monday, January 11.

We would like to welcome Ms. Justine Mowat to grade 4, she is replacing Ms. Nicole Carlson. Also, Mrs. Angel Blue will be taking over from Mrs. Rosie Turley in grade 4 as she will be on maternity leave starting January 11. We look forward to the wonderful news in February.

As we are finishing up the 2nd quarter of learning at the end of January, any parents who want to have their child move to at-home learning for the 3rd quarter are asked to contact the school by January 13, 2021.

Professional development opportunity "Moving forward in a state to change" for Jack Stuart staff has been made available on January 8, 2021 from 9 am to 10 am. Our staff will not be available during that time but will be available after the PD session. We appreciate your understanding.



Kindergarten Registration for 2021-22

The early learning adventure begins here! We are accepting registrations for Kindergarten. There will be a Monday/Wednesday class and a

Tuesday/Thursday class with alternating Friday's. The classes are calculated out to have the exact same minutes.

Requirements are:

- 1) Must live in Jack Stuart School's attendance area.
- 2) Must be 5 years of age before December 31, 2021.
- 3) Must provide a copy of your child's birth certificate.

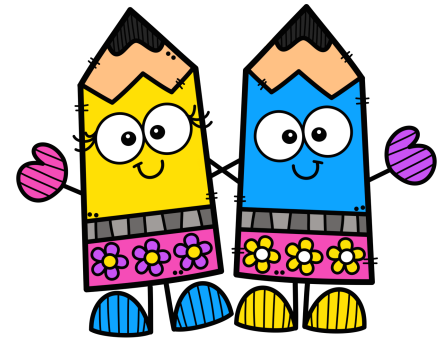
Registrations form can be found on the Jack Stuart School website:

Menu > Families > Registration. Please fill out the form and drop it off in the front door mail slot (located on the right side of the front doors). Please indicate (on the top of the form) if you prefer the Mon/Wed or Tues/Thurs class.

Parent Council

by Terra Manion

Thank you to everyone who supported our school by purchasing items from our fundraisers. Thank you to the volunteers who helped with the organization and distribution of fundraising purchases.



Pink Shirt Day

Pink shirt orders and
can be submitted
until Monday, Jan. 11
via:



jackstuartparentadvisory@gmail.com

Extra shirts will be available for purchase after we
receive our order. (Sizes available will not be
guaranteed).

**** Next Newsletter
February 3, 2021**



Important Dates:

- | | |
|---------------|---|
| January 7 | Early Dismissal - 2:06 pm |
| January 11 | Classes resume in school |
| January 15 | Staff Collaboration Day
No School for Students |
| January 25-29 | Family Literacy Week |
| January 27 | Parent Council/Society
Online Meeting 7 pm (Google Meet
link will be sent via messenger
on this day) |
| January 29 | School Closed for Semester Break |

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.

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

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.

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:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

