

What's Happening

Feb. 28 - Hot Lunch Forms Online

Mar. 1 - Mom's Pantry Deadline

Mar. 6 - Hot lunch - Hot Dogs

Mar. 8 - Kindergarten Friday

Mar. 15 - Green Day

Mar. 20 Hot Lunch - Pizza

Mar. 21 - Easter Activities

Mar. 22 - April 1 - Spring Break

April 2. Classes Resume

Monthly Newsletter February 26



Hot Lunch Menu

Hot Dog Day - March 6

Preorders Due: March 5 @ noon

Domino Pizza - March 20

Preorders Due: March 19 @ noon



Mom's Pantry Fundraiser

Forms due: March 1

Orders delivered late-March.

Kindergarten Friday

March 8

GREEN DAY - March 15

Easter Activities - March 21



NO SCHOOL

March 22 - PLC Day - No School

March 25-April 1

Spring Break

April 2 - Classes Resume

All behavior is communication!!! Challenging behavior is often how children communicate their big feelings that are related to stress, anxiety, changes in family dynamics, peer problems, school related dynamics or a need for connection from an adult. When a child acts rudely or talks back, it's important to see beyond the surface. The key is to not take it personally but to approach it with patience and empathy.

Here are some examples of what can be said that will promote connection and attunement rather than disconnection and escalation of behavior.

Instead of: "Stop talking like that, you are being rude!"

Try: "I understand that you don't agree with me. But that's not okay to talk like that. Can you please say what you want to say in a more respectful way?"

Instead of: "Don't you dare use that tone with me!"

Try: "Okay, we are both feeling a bit frustrated right now. Let's both take some time to calm down and then we can try again in a few minutes."

Instead of: "Go to your room and calm down!"

Try: "I would like to continue our conversation when we're both calm. I will be in the kitchen so please come when you are ready to talk."

Instead of: "I don't have time for this attitude!"

Try: "It's okay to be upset with what I just said. We still need to speak calmly in order to continue our conversation."

Check out www.biglifejournal.com for more tips on communication and helpful ways to incorporate a growth mindset into your life.

Kandice Wynia, RPC, CT
Family School Liaison.



<https://inclusionalbarta.org/event/2024-inclusion-alberta-family-conference/>



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Hot Lunch form due	6 Hot Lunch - Hot Dogs Preorders only	7	8 Kindergarten Friday	9
10	11	12	13	14	15 Green Day	16
17	18	19 Hot Lunch form due	20 Hot Lunch - Pizza Preorders only	21 Easter Activities - in the afternoon	22 No School - PLC Day	23
24	25	26	27	28	29 Good Friday	30
SPRING BREAK - classes resume April 2						
31 Easter Sunday	1 No School					

