

Primary Strategies Class – October 2017- Newsletter

We continue to work on learning goals that promote cooperation and following the 'group plan'.

- ✓ Students can follow classroom rules and routines that have been developed for their success and safety.
- ✓ Students will be working towards achieving high standards of behavior.
- ✓ Students will try to put their best efforts forward when facing academic tasks.
- ✓ Students will be provided with activities and experiences that will help them to practice self-regulation and self-advocacy skills.
- ✓ Students will be encouraged to use their words to express their needs, interests and feelings.
- ✓ Students will be provided with opportunities to contribute in the classroom and school community in meaningful ways.



Dates to remember:

- October 3, 2017-P.A. Day
- October 9, 2017 –Thanksgiving Monday
- October 13, 2017-Scholastic book orders due
- October 13, 2017-we will be making apple crisp
- October 16, 2017-Leader of the Pack assembly @ 11:30 a.m. – an assembly for primary students
- October 27, 2017-we will be making mashed potatoes
- October 30, 2017-carving pumpkins with Gr. 8 helpers
- October 31, 2017- more details to follow- we are not sure what school wide events will be happening

*****check the school's website for other school events and hot lunch days*****

*****if you are signed up for cashless school payments then you will receive emails about hot lunches.

Some of what we will be working on this month...

- Learn Not to Burn curriculum- learning about fire safety
- Changes for plants and animals during the Autumn
- The difference between wants and needs – Rules and Responsibilities
- Using the book *Giraffes Can't Dance* to inspire us in some dance/drama and art projects
- Finish listening to *Charlotte's Web* being read to us
- Patterning, estimating, telling temperature, counting money and working with numbers operations (some of us are adding and some are multiplying)
- Writing in our journals 2 times per week
- Many are using technology to assist with our learning on a regular basis

Please keep looking in your child's communication book for details about your child's day.

Thank you to those who signed up for the Remind app. I am currently trying to figure it out and hope to be proficient with it soon. Remember to follow our class on Twitter. The school's website is being revamped and should be easier to navigate soon.

Mrs. Chevrier, Mrs. Wood and I would like to wish all of our students and their families a Happy Thanksgiving.
Mrs. M. Ruigrok

The Goldie Hawn Foundation presents...

MINDUP Curriculum

Brain-Focused Strategies for Learning – and Living

Imagine ...joyful learning, academic success, and a powerful sense of self and community

Imagine ...students who are able to engage in a focused energetic way with one another, with their teachers, and with their learning

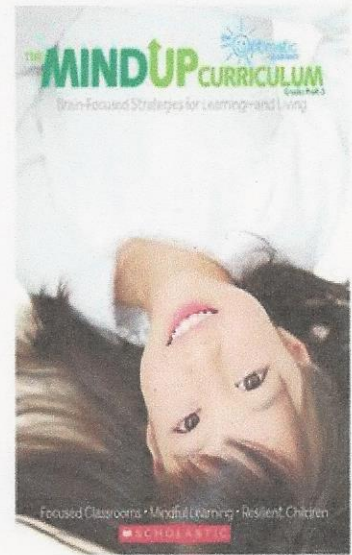
Imagine ...schools that are productive, harmonious centres of successful learning, where all students thrive because they recognize themselves as

- ✓ Capable, creative learners
- ✓ Self-aware human beings
- ✓ Compassionate, responsible learners

All of this is possible. MINDUP can help you achieve it.

(The MINDUP Curriculum, Goldie Hawn Foundation, 2011, p. 4)

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**Curriculum for Pre K-2,
Grades 3 – 5 and Grades
6 - 8**

- Focused Classrooms
- Mindful Learning
- Resilient Children

Check it out

www.thehawnfoundation.org

www.scholastic.com/teachers

Sample lesson plans
and
videos about the
research behind the
program and
implementing the
program

A small, white, rectangular object, possibly a piece of paper or a small box, lying on a surface.

About the Program:

The curriculum is based around four units of study:

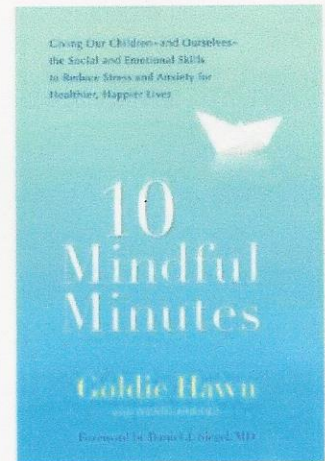
- Unit One – learning about how the brain works, the Core Practice of breathing, quieting the mind
- Unit Two – sharpening the senses and the relationship between senses and how we think
- Unit Three – attitude, how our mindset affects how we learn, choosing optimism
- Unit Four – apply mindful behaviors to the world, being grateful, acts of kindness

"Broadly defined, mindful attention centres on conscious awareness of the present moment: by focusing our attention and controlling our breath, we can learn to reduce stress and optimize the learning capacity of the brain." (p. 8)

MINDUP is dedicated to helping children learn about their own brains and mental processes. In addition, the children will be learning and experiencing how the body and the brain are connected. The benefits of the program include:

- ✓ Improved children's self-regulation
- ✓ Strengthen self-resiliency
- ✓ Increase decision making skills
- ✓ Engaged learners
- ✓ Improved academic success
- ✓ Reduction in peer conflicts
- ✓ Increase empathy, compassion and generosity
- ✓ Joyful classroom
- ✓ Optimistic students

The program has 15 lessons that are meant to be taught throughout the school year. Lessons includes literature, journal writing, arts, social studies, science and physical education connections.



Goldie Hawn's book about mindfulness

Since the success of the MINDUP program parents have been asking how they can extend the program into their families. 10 Mindful Minutes is the parenting guide book written by Goldie Hawn to support the classroom program.

I am finding that it is full of simple advice for parents to promote mindfulness in themselves and their children. I have always enjoyed learning about the brain's hemispheres; so I found the chapter on how our brain works interesting. Goldie suggests that by following mindful techniques for as little as ten minutes a day, we can develop ways to manage our emotions and become more in the moment and closer to our children.