



# Sunnylea Update #15

## Upcoming Dates <https://schoolweb.tdsb.on.ca/sunnylea/Calendar>

March 8 - International Women's Day, Pizza Day, End of term slideshow

March 11 to 15 - March Break - no school

March 21 - World Down Syndrome Day - Rock Your Socks <https://dsat.ca/wdsd/>

March 22 - Pizza Day



## Extra Curricular

Chess Club - Tuesdays

Grade 4 Girls Club - Thursdays

Oscar Peterson Club - Thursdays

Grade 1 Drawing/Games Club - Thursdays



## Decodable Texts to use at home

<https://slz01.scholasticlearningzone.com/resources/dp-int/dist/#/login3/CANCDYH>

Username: SJS, Password: SJS123

## Hot Lunch Program

Please see attached LunchLady flyers. This will be our hot lunch provider on Wednesdays going forward.

## Lunchroom Supervisor

We are continuing to look to hire temporary lunchroom supervisors. If you are available between 11:40 and 12:55 please contact the office for more information.

## Parent Workshop

If you missed the online workshop offered by Lambton Kingsway on **Anxiety and Resilience**, here is a link to the presentation. It was very well received by families.

<https://www.youtube.com/watch?v=gWMPxOJpff8>

## Great Parent Blog

[My Blog - UPower Presentations - Sara Westbrook](#)

**Here's another sample:**

As children navigate the ups and downs of growing up, resilience is a necessary tool to guide them throughout their journey into adulthood.

We can't change that they will face challenges along the way. What we can do is give them resilience-enhancing strategies so these challenges don't break them.

Implementing the strategies provided in this message, combined with those shared in [my previous newsletter](#), will enable kids to face challenges with courage, learn from setbacks and foster a positive mindset.



1. When they view challenges as opportunities to learn and grow, it transforms their way of thinking and gives them hope. This change in mindset helps them handle problems, recover from tough times and learn from the experience.

2. They can be confident and have self-doubt, be brave and feel anxious, be afraid and excited - all at the same time. Teaching children to embrace the complexity and often the discomfort of their emotional experiences enhances their ability to navigate the unpredictable journey of life.

3. Since the brain can only concentrate on one thought at a time, deliberately choosing to focus on gratitude becomes a powerful practice for building resilience. By regularly thinking about what they are thankful for, children realize that they have the ability to choose the thoughts they focus on.

4. Building a support network strengthens resilience. Joining a club, sports team, volunteering, connecting with family members and friends creates connection and belonging.

*By providing your kids with these resilience-enhancing strategies, you will see their challenges turn into triumphs, setbacks into stepping stones and problems into opportunities.*