

October 21st, 2019

# CLES Growth Plan Newsletter

## MANAGING OUR EMOTIONS

This year, CLES is working on managing emotions. The teachers are introducing a relaxation station to help calm people before they have to work things out. It helps the students manage their emotions because if they get into an argument, it's hard to figure things out when they're anxious, mad, and not calm. They go to the relaxation station to breathe and calm their mind down so that when they work things out with the other peer, they're calm and ready to talk. (by Lyla)

In C.L.E.S we are working on managing our emotions, and this year we have a Relaxation Station. If you do something bad to someone, you get sent there. You sit in the Relaxation Station for a bit then you get a slip of paper some, better, and you check the box that is right for you. Once you have calmed down, you solve the conflict or problem! (by Bodhi)

*This year we are reviewing the social skills we did last year. They teach us how to interact with other people without being rude and how to do things correctly. Some of the skills are Pay Attention to Your Work, Follow the Rules, and Do the Right Thing. Learning social skills helps us meet our school goal of responsibility and kindness. (by Gavin M.)*

## RESPONSIBILITY

At CLES we focused on the school rules for the first week of school so the primaries would know them and so other kids would remember them. We made posters and put them in the hallways. Focusing on the rules will help us all be more responsible. (by Ty)

**This year CLES is focusing on responsibility. One way we show that is by hanging up our school rules on decorated fish in the halls. How this helps is the students of CLES can read the rules as they go by and then they have the responsibility to follow them. (by Savannah)**

In C.L.E.S. this year, we are reviewing the rules to make C.L.E.S. students more responsible around the school. It is important to remind the students the rules because new students don't know the rules, and some students need to be reminded of the rules. This will help the students be more responsible by respecting the rules and following them, to keep the others safe, respected, and happy. (by Dee)

This year at CLES we have been working on responsibilities. What we are doing towards this is that we are making rule posters the hall. This includes coming up with rules and publishing them in the hall. Each poster has a title telling you what the rules are about. (by Lucas)

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# MORE GROWTH!

## SOCIAL EMOTIONAL LEARNING

This year CLES students are working on social-emotional learning by doing their daily breathing every morning. CLES is doing this so that when students are done they are calm, cool, and collected.

If they get frustrated or emotional, they can take a couple of minutes and do their breathing and then get back to what they are supposed to be to be doing. (by Olivia)



## ORANGE SHIRT DAY

A while ago C.L.E.S honored a day called Orange Shirt Day. It was about all the people that had to go to Residential schools. In the gym at the start of the day we read a book about a little girl who went to a Residential school and her experience. After the book kids from each class wrote how people should feel at school on popsicle sticks. The kids came up with great ideas These ideas are visible by the relaxation station. (by Brayden)

## RESPONSIBILITY (LUNCH MONITORS)

This year the grade 6/7s are being responsible by going into primary classrooms every lunch. They supervise, help, make sure primaries eat, and keep them safe. We are responsible. (by Ava)

**This year the Grade 6/7s are learning to be responsible by lunch monitoring Grades K-3. The lunch monitors help kids open packages, keep the volume a reasonable volume, and dismiss students when they are done. Lunch supervisors Ali and Jen say it's very helpful! (by Carys)**

## PROBLEM SOLVING - MAKER'S DAY

Makers Day is a good Problem Solving Day for all the students. It's a day where you try to build whatever you want. Some things I have seen people build are chairs, tables, and mini houses. (by Jaxen)