



November 2020

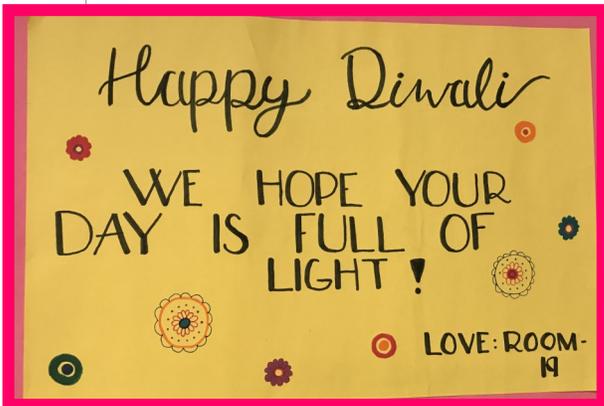
## Diwali 2020

There are many things we are missing at the moment as we continue to do our best and observe all of the Public Health guidelines to help our city get Covid-19 under control. As we need to keep our distance and make sure we are not spending time with people outside of our homes, we reminisce about what Diwali has looked like in our school and in our school division, thanks to Maples Collegiate annual Diwali celebration that includes all of the Seven Oaks Schools to take part. We are usually busy preparing our new suits, our new dances and our new gatherings. Although we miss much of what it has looked like, we are celebrating how the wonderful things we could do to highlight this important celebration in our school community.

Friday, November 13th, our kids ate samosas,

watched their teachers' dance video, celebrated the creative artwork around the school and watched the library get trans-

formed into a colorful, beautifully lit space we can enjoy for a few weeks to come. The bulletin boards told stories of Diwali, the classrooms held dance demonstrations and the joy was felt by all. Although we are all feeling the challenge of the pandemic on Friday, we felt the love and diversity of the people that inhabit this place. It is with gratitude every day for the things we can do and will continue to do!



### A.E. Wright School Builds:

Healthy Minds!



Healthy Hearts!



Healthy Bodies!



Healthy World!



### November Important Dates

#### Wednesday, November 11

- Remembrance Day—NO School

#### Wed/Thursday, November 18 & 19

- Evening Parent/Teacher/Child Conferences

#### Friday, November 20

- Morning Parent/Teacher/Child Conferences—NO SCHOOL

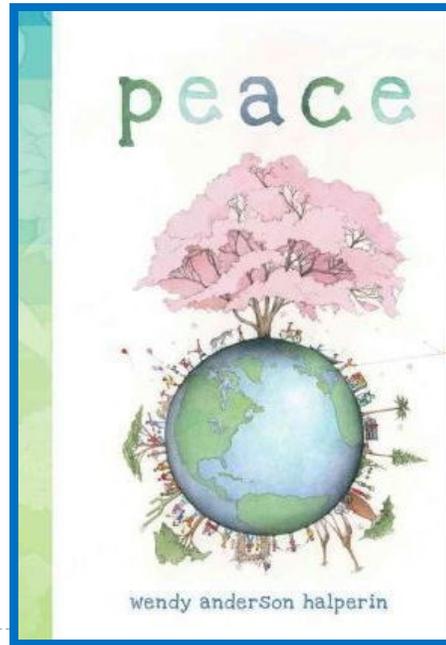
#### Friday, November 27

- Divisional Professional Development Day

Nov. 27th was originally chosen last Spring as an AEW school closure for PD. Since the government has allocated 3 more days to schools, the Seven Oaks School Division has chosen Nov. 27 and Dec. 11 as two dates prior to the Winter Break. We will inform you of the 3rd day chosen by the Division when we know it and we will choose another PD day in addition to the school allotted one for Nov. 27.



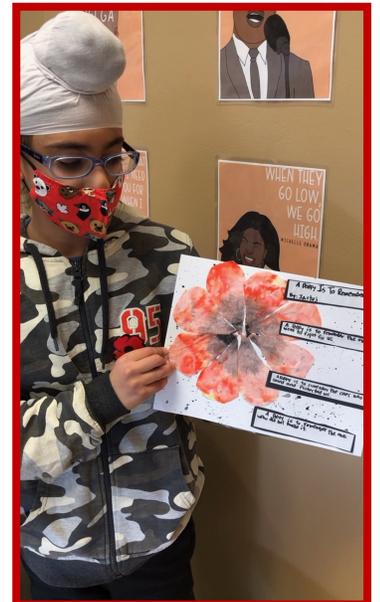
**A READ  
YOU  
NEED!**



*“This lavish and lyrical picture book based on the Tao Te Ching ponders the eternal question: How can we bring peace to the world? Radiating tenderness and reflecting the influence of eastern philosophies, a compilation of exquisite illustrations and wisely chosen words reveals the heart of where peace truly must originate: within ourselves. The beautifully intricate artwork, with tiny, precisely rendered details of life across the globe, complements the spare and powerful text that includes quotations from famous peacemakers. And with each reading, you’ll find something else to notice—such as the visual storylines that subtly play out across the pages. Poetic and soothing, Peace is a masterful exploration of the true path to world peace and serves as a perfect springboard to discussions about bullying, conflict resolution, and right actions.” ~ Book Depository ~*



Last year, in honor of Remembrance Day each of our classrooms was gifted the beautiful book above reminding us that the Peace we search for lies within us. In order to live in a peaceful place we must be peaceful people and truly understand what that means. Our classrooms commemorated Remembrance Day once again with a meaningful virtual assembly where they got to celebrate their learning and pay tribute to



all of the brave people that came before us, in order to help us live in a peaceful world today!

# Nothing Like A Challenge...



Room 13 decided they needed to use their estimation skills in order to find out how much we spent for our school-wide Samosa party on Friday, Nov. 13. In order to help them figure it out, they used the 3 Act Math Problem approach. They start with a real life problem and are given a bit of information. They make their initial predictions and then watch videos which provide a bit more information. Their estimations get more and more accurate as they get to the third Act. The kids love making math connections to the real world and the friendly competition provides a little more motivation and excitement. We are looking forward to hearing what they come up with.

Ms. Greco's class thought those Samosas were pretty tasty! Ask your kids what they thought...



# A YEAR LIKE NO OTHER...

## Mental Health in COVID-19

Taking care of our mental health is always important, but as we are all living through the increased stress and fears around COVID -19, this has become even more important. Fear and anxiety can be overwhelming and cause strong emotions. It is important to make sure we are taking care of ourselves and each other.

### **Some ideas to make sure we think about each and every day are:**

- Taking care of your body
- Take deep breaths, stretch, or meditate
- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Get outside – nature and fresh air can do wonders
- Take breaks from watching, reading, or listening to news stories

Although it is important to be informed, hearing and reading about the pandemic repeatedly can be upsetting

- Remember it is important to provide children with age-appropriate information
- Make time to unwind
- Try to do activities that bring you joy
- Have fun as a family
- Connect with others

Talk with those you trust; while social distancing measures are in place, consider connecting on the phone or virtually

- Encourage your child to talk about their feelings
- Check in on your friends and loved ones

### **Take care of each other!**

If you feel like you or your family is needing more support at this time, please reach out to the school team. At AEW there are school staff as well as a School Social Worker and School Psychologist that can help support your child and your family.

### ***Here are a couple of links to resources you may find helpful:***

Talking to Kids about Anxiety around COVID-19 –

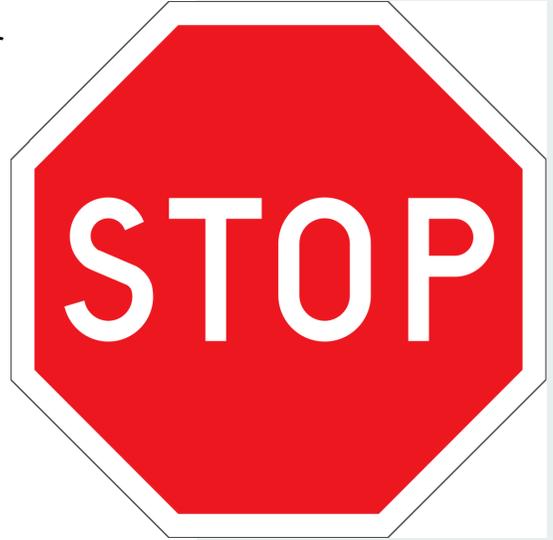
<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

Taking care of our Mental Health during COVID-19 – Canadian Red Cross

<https://www.redcross.ca/blog/2020/3/taking-care-of-mental-health-during-covid-19>

## A FEW REMINDERS ...

Thank you for remembering **not** to park or stop in our parking lot back lane to drop off or pick-up your kids. This is a **very** dangerous spot in the morning and after school! We really need to keep everyone safe! On the East side of the school, Manila Rd., we have adults situated to make sure all kids make it into and out of the school yard safely. Please do not park on the cross-walk on Manila Rd. for any reason. Feel free to pull up passed there to let your kids out or for pick-up. You are also encouraged to decide on a pick-up spot further away from the school to avoid congestion.



Thank you for calling the school office when you know your child will be away. Please leave a message if you call after hours or if the phone is busy.

**PLEASE  
SIGN IN & OUT  
HERE**

Remember to SIGN-IN to our office when you need to be in the building. This is very important to help with contact tracing should we require it.

Don't forget to follow us on [TWITTER](#)

@AEWrightSchool

We just had our 5th anniversary—thanks for your support—306 Followers! Let's keep growing that number! Celebrate with us 





# Virtual Book Fairs Family Night

## How To Have The Perfect Shopping Night

1

Grab some yummy snacks and get cozy

2

Shop as a family for your new favourite books!

3

Read together, laugh out loud, and share new stories



## Our School's Virtual Family Night Is

Wednesday  
from 6-8pm



*\*Limited time offer expires Dec 10th, 2020*