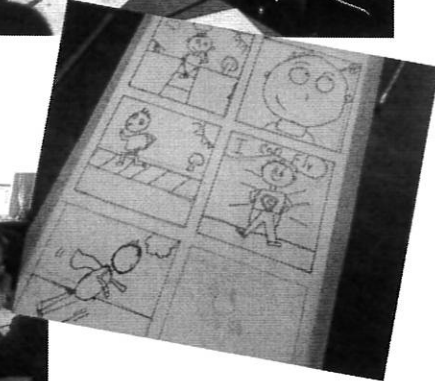
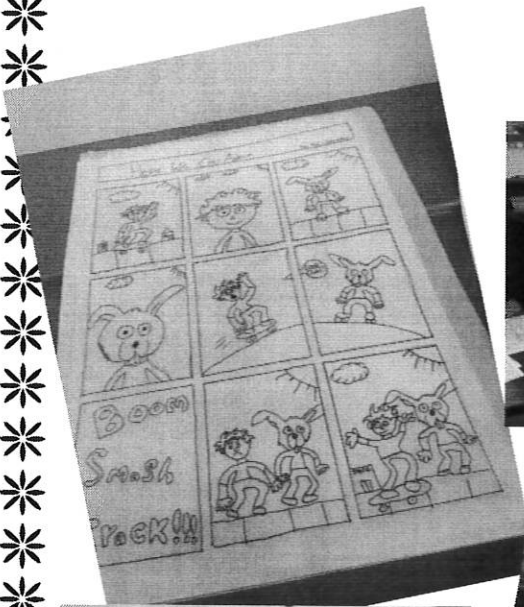


BIRCH RIVER SCHOOL

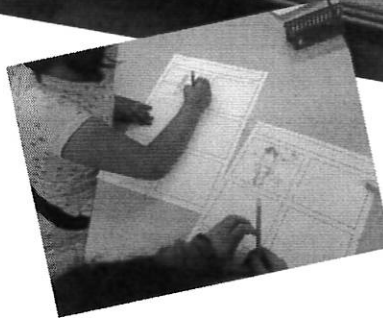


MAY 2017

Students took part in various activities for Education Week. We welcomed Mr. Gerald Laroche who was here cartooning with the students..



No School on Friday April 28th. Professional Development Day for all staff.



May is already here, the snow is gone, sun is shining and we are all smiling with spring fever. Wow, two months to go before summer break and we have lots of fun activities and events planned at the Birch River School. We are going to be busy.

Track and Field will soon be getting underway. Grade 5-8 will be travelling to Swan River on May 12th for the Sunburn Classic. The Valley Champs will be held on June 2nd.

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Day 6 - JK Hot Hamburger Sandwich/Potatoes/ Vegetable	2 Day 1 Taco Wrap & Salad	3 Day 2 - JK Tomato Macaroni Soup Grilled Cheese	4 Day 3 Ham & Cheese Pinwheels & Salad	5 Day 4 - JK Chicken Burger Roasted Potatoes & Mixed Vegetables
8 Day 5 Stew & Bannock	9 Day 6 - JK Chicken & Cheese Quesadillas/Rice	10 Day 1 Cream of Broccoli Soup Egg Salad Sandwich Gym Night	11 Day 2 - JK Chili Cheese Dog Bake & Vegetables	12 Day 3 Smokies & Perogies Sunburn Classic
15 Day 4 - JK Sloppy Joes/ Sweet Potato Fries	16 Day 5 Roast Beef/ Potatoes/Carrots	17 Day 6 - JK Chicken Noodle Soup Roast Beef Sandwich Gym Night	18 Day 1 Hamburger Stroganoff & Peas	19 Day 2 - JK Baked Spaghetti & Garlic Toast
22 No School Victoria Day	23 Day 3 Chicken Fingers & Caesar Salad	24 Day 4 - JK Hamburger Soup Turkey & Bacon Wrap	25 Day 5 Fish Sticks/Fries & Gravy/Peas	26 Day 6 - JK Pizza Sale
29 Day 1 Chicken Tater Tot Casserole/Veggie Sticks & Dip	30 Day 2 - JK Taco Salad			

Speech Language Corner

May is Speech Language & Hearing Month

Did You Know...?

1. A child's vocabulary upon entering school is a prime predictor of school success or failure.
2. Watching TV does not improve a child's vocabulary or communication skills; there is no substitute for conversation when it comes to learning to talk.
3. Early language abilities are directly related to later reading abilities. To develop literacy skills, children first need speech and language skills.
4. It is projected that the number of adults with low-literacy skills in Canada will increase from 12.4 million in 2006 to 15 million by 2031.
5. Stuttering is not caused by parenting practices, a bad scare or psychological trauma.
6. A shocking 70% of young offenders in the UK have speech, language and communication needs that are often undetected (refer to www.rcslt.org for the full story).
7. Twenty teachers in an average school in Australia will take time off work each year because of voice problems — that's 28% of all teachers in the country.
8. The opportunity to communicate is a basic human right. Read more about the International Communication Project (ICP) at www.communication2014.com.
9. Children with Apraxia have difficulty speaking because their brains cannot plan and coordinate the movements needed for speech. Less than 1% percent of children are diagnosed with Apraxia.
10. An Auditory Processing Disorder affects the way the brain hears language. A child with APD does not have a hearing loss nor is it related to the level of intelligence. APD is like ADHD in which the child has difficulty listening, reading, a short attention span, language delay and difficulty following verbal instructions.
11. **ONE IN SIX Canadians has a speech, language or hearing problem.**



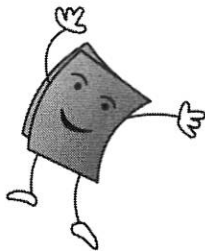
Dear Parents!

Our **School** has a subscription to **TumbleBookLibrary**, and your family can access it from home! It's **unlimited**, and it's **FREE** for you to use from home!

TumbleBookLibrary is an online collection of **e-books** for children. They are a great way to encourage tech-savvy kids to enjoy reading!

There are **over 250** animated, talking picture books! The site also features Spanish and French books, read-along chapter books, non-fiction books, quizzes, and exciting games and puzzles!

We hope that you will get the chance to check out the collections with your child! Below is all the information you'll need to login to the collection:



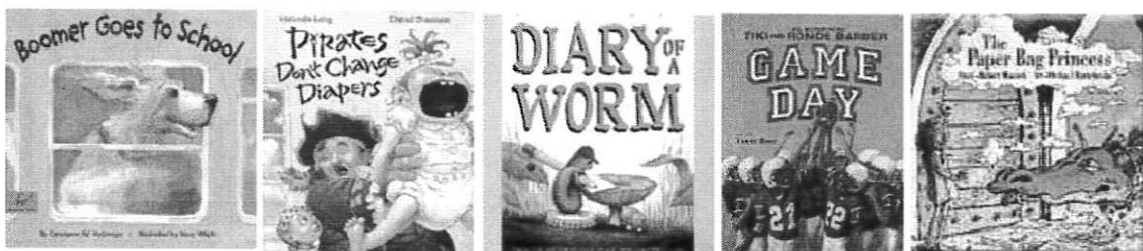
www.TumbleBookLibrary.com

Username: **swanvalley**

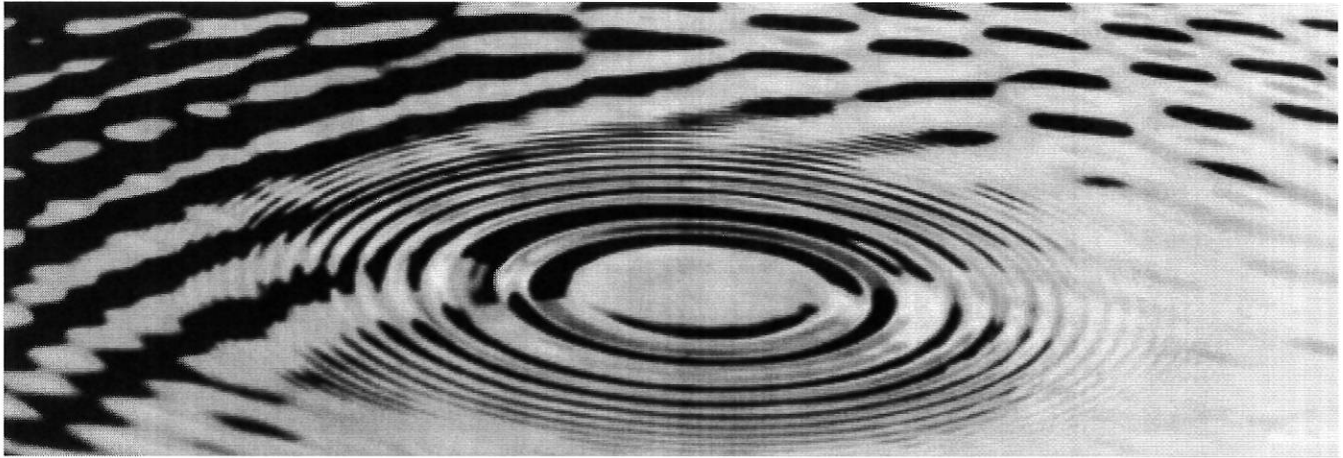
Password: **reads**

You can use your computer, tablet, or mobile phone! All you need is an internet connection. There are no downloads: books are streamed right to your device at the click of a button.

Happy Tumbling, everyone!



WHAT IS MINDFULNESS?



“The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. An education which should improve this faculty would be the education par excellence.”

– William James, psychologist & philosopher

WHAT IS MINDFULNESS?

Mindfulness is like exercise for our minds. It exercises the muscles of paying attention and developing healthy attitudes.

Jon Kabat-Zinn, the founder of health-based mindfulness training, describes mindfulness as the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to things as they are. Non-judgment means being open and accepting. It does not mean a lack of discernment.

The key points are:

1. Mindfulness is a training
2. It involves paying attention to present moment experience
3. It's all about *how* we pay attention

BENEFITS OF MINDFULNESS

- Resilience
- Self-regulation
- Concentration
- Mindfulness training teaches us how to notice and shift out of unhelpful cognitive routines
- Being more responsive and less reactive
- Awareness of thoughts, emotions, impulses to act, body sensations
- Present moment awareness
- Acceptance / non-aversion
- Kindness and compassion
- Ability to let go
- Self-awareness
- Increases grey matter and cortical thickness in the brain

MINDFULNESS IS THE “HOW” OF SOCIAL AND EMOTIONAL LEARNING

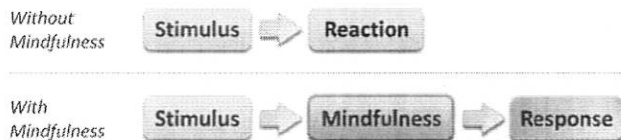
The training in attention and positive habits of mind is a powerful form of social and emotional learning (SEL). Mindfulness provides an increased capacity to recognize our emotions and habits of mind while they are present, and respond intelligently to the moment rather than react to it. That's why mindfulness is the “how” of SEL.

“It is the mark of an educated mind to be able to entertain a thought without accepting it.”

– Aristotle

AWARENESS OF THOUGHTS

Mindfulness teaches us to be aware of a thought without accepting it. By taking a step back to observe our thoughts, we are able to discern helpful and accurate thoughts from those that lead us astray. We can respond rather than react.



Source: Mindful Schools

AUTOPILOT VS. MINDFULNESS

In a car we can sometimes drive for miles “on autopilot,” without really being aware of what we are doing. In fact, we may be on autopilot for much of our lives, unaware of the thoughts and feelings that drive us.

On autopilot, unseen thoughts, feelings and bodily sensations can trigger old habits of mind that are often unhelpful, and may lead us to react in negative and unskillful ways. Mindful awareness creates an opening to choose a different course; we do not have to go down the same old mental ruts that have caused problems in the past.¹

DEVELOPS HEALTHY ATTITUDES

How we pay attention matters. In mindfulness training, we practice adopting certain attitudes, including acceptance and openness (i.e. non-judgment), as well as kindness, compassion, curiosity, gratitude and generosity.

¹ Segal, Williams and Teasdale, Mindfulness-Based Cognitive Therapy, 2nd ed. 2013

MINDFULNESS IS A TRAINING

Mindfulness can be cultivated through mind-body practices (such as meditation) that are founded on a discerning mode of awareness.

What you practice becomes stronger. This is the science of neuroplasticity, which shows that our repeated experiences shape our brains.²

Mindfulness trains our minds, which over time actually rewires our brains.

REDUCES MIND WANDERING

A recent Harvard study found that people’s minds wander an astounding 47 per cent of the time. It concluded “a human mind is a wandering mind, and a wandering mind is an unhappy mind.”³

Mindfulness training reduces mind wandering. It builds our attention, our ability to focus our mind where we want it and keep it there.⁴

Discover Mindfulness is an Ontario-based, non-profit whose mission is to be a hub for information and a catalyst for the integration of mindfulness into education as a means to overall well-being for educators, students, families and society.

To see other Fact Sheets, please go to discovermindfulness.ca/tool-kit.

To see the detailed studies, please visit discovermindfulness.ca/evidence.

² Kays et al, The Dynamic Brain: Neuroplasticity and Mental Health, J. Neuropsychiatry, Vol 24, Issue 2, Spring 2012, 118-24. See also Shapiro, “Does Mindfulness Make You More Compassionate?” Greater Good Science Center, Feb 27, 2013.

³ Killingsworth and Gilbert, “A Wandering Mind is an Unhappy Mind,” Science, Vol 330, Nov 12, 2010

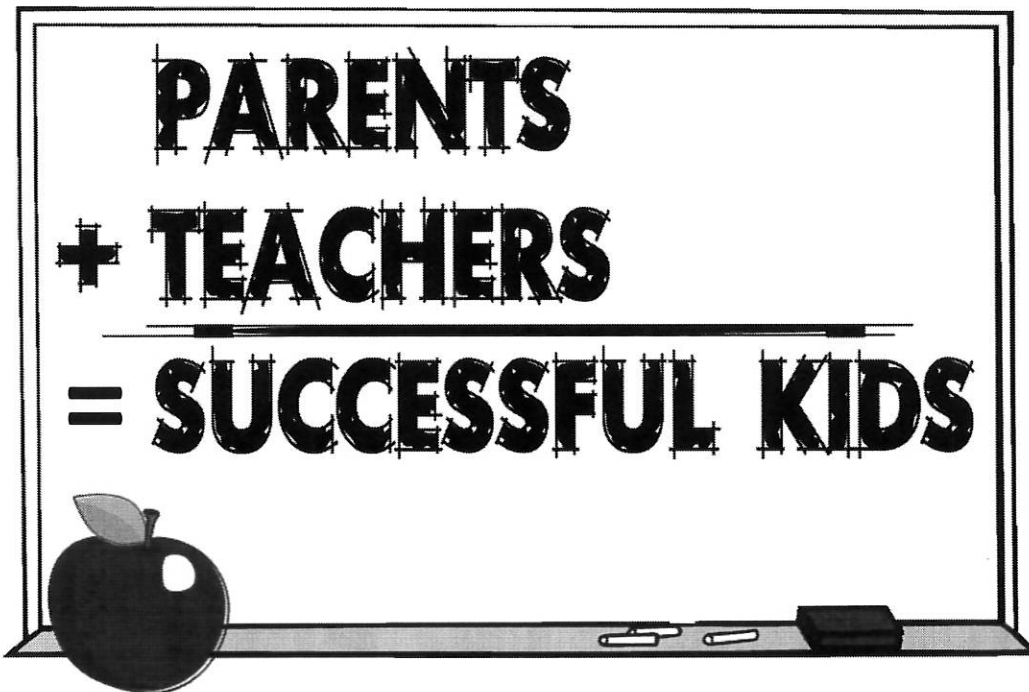
⁴ Morrison et al, “Taming a wandering attention: Short-form mindfulness training in student cohorts,” Front. Hum. Neurosci., 06 January 2014

At Birch River School Parents **MATTER!**



Parent Involvement

*The Foundation for
Student Success*



Please share your comments and suggestions to help with school planning for next year. Please return attached feedback form to the school by May 12th. Thank you.

Sincerely,

Birch River School Staff

BE SAFE, RESPECTFUL, RESPONSIBLE



Name: _____

March 2017

Birch River School Planning - Parent Input Form

Please provide school staff your valued input so we may include it when planning for the next school year. All your comments are important to us. Thank you.

School Strengths	Area For Development

BE THE BEST THAT YOU CAN BE!