

Glenbow School Newsletter

June 2020



MESSAGE FROM ADMINISTRATION

"Far up in the deep blue sky, great blue clouds are floating by. All the world is dressed in green; many happy birds are seen. Roses bright and sunshine clear; show that lovely June is here." By: F. G Sanders

Bonjour – Hello Glenbow Families!

As we enter the month of June, it is both a time of reflection and a time to look forward.

When we look back at the school year, without a doubt, we can say it was a year unlike any other we have ever lived. Up until the middle of March, it was business as usual at Glenbow School. The typical vibrant, caring learning community was in full swing. Of note was the revisioning of our school core values which, after feedback from all stakeholders, produced a new school motto – A Community of Learners Who Care – Une communauté d'apprenants qui a un cœur en or - along with beliefs statements for each of the letters of the word CARE.

Then the world changed mid-March. Within two weeks, learning from home became the new reality. Big adjustments needed to occur for all of us and that sure was not easy! What did not change though was the care and compassion we hold for each other as a school community. Teachers/staff adapted and, right up to now, continue to reach out maintaining connections with students and families at the same time providing opportunities for meaningful learning. Equally, in large part, students responded with huge assistance from their parents. Parents, we thank-you so much for all you have done in support of your child(ren)'s learning during this stay at home time! Our work together is it is a true testament to the spirit of learning, connection and "CARE-ing" that exists here at Glenbow.

Moving forward, we are not sure what holds when September arrives. What we do know is whatever comes our way, we will be resilient, we will adapt, and exciting learning will occur. New connections/friendships will be forged, and we will continue to CARE. Students and families, from all the staff of Glenbow School, we wish you all the best going forward!!

Fraser Montgomery
Principal

IMPORTANT DATES

June 10th – School Council Meeting 7pm

June 23rd – Kindergarten Last Day of School.

June 26th – Last Day of School, Report Cards emailed home.

LIBRARY BOOKS

We are hoping to recover as many library books as possible prior to the end of the school year. If you have library books, please return them to the school, the main door has a mail slot. If the books don't fit in the slot will be a box outside to put them in.

MOVING?

If you know your family is moving or transferring out of Glenbow School for the 2020/2021 school year, please notify Mrs. Stewart at kstewart@rockyview.ab.ca



MESSAGE FROM OUR SCHOOL COUNCIL

Greetings from Glenbow School Council. I am so proud of everyone in our school community! We have all stepped up in a big way over the last few months. I want to send a huge thank you to all the teachers and staff who have worked tirelessly to make at home learning work.

We have one more council meeting on Wednesday, June 10th at 7pm on Zoom. The link will be available soon through the school. This meeting would normally be our AGM. Given the current circumstances, we have chosen to postpone the AGM until our September 9th meeting. We hope that in September we can host an in person AGM, and our new friends from Heartland can join us!

Have a wonderful June and summer. See you soon!

Alison Warnock

At Glenbow We....

<i>Celebrate</i>	<i>Célébrons</i>
<i>Accept</i>	<i>Acceptons</i>
<i>Respect</i>	<i>Respectons</i>
<i>Explore</i>	<i>Explorons</i>

Have a Safe & Happy Summer!

Message from our CDA

Happy June Families,

We're in the final stretch of what probably seems like an eternity of your child learning at home while managing your own commitments and all the other many things life has thrown at you in these last few months.

What you need to know is that you're doing an amazing job, deciding what's right for you and your family in this usual time!

I recently had the fortunate opportunity to be at a Zoom presentation called "Corona and A Coffee with Dr. Jody Carrington". I would like to pass on the five points she wanted us all to leave with:

- 1. "Feeling It"** – hold space for the emotion you're feeling or someone close to you is feeling. You have to name it to tame it. Spend some time understanding your emotion so you can deal with it rationally. Don't allow anyone to tell you that what you're feeling is not important or your problem is not "as big as" someone else's problem. If it matters to you, it matters!
It's not IF you address the emotion, it's WHEN, so address it and move on!
- 2. "Drop Your Shoulders"** – Yes, drop your shoulders and relax them, then relax your glutes (bum muscles) and take a moment to enjoy the feeling of not being tense.
- 3. "Eye Contact"** – Social distancing sometimes makes us feel that we shouldn't be looking at the people around us and that's making things even harder on us. When you meet a person on the pathway or in the store, give them your eyes and smile behind your mask. It will make the person's day brighter because they will feel noticed and important.
- 4. "Find Gratitude"** – This is a practice just like practicing your golf swing, keep doing it, you'll get better at it and it will become easier. Just REMEMBER, it's really hard to be grateful when you haven't spent time "Feeling It", "Dropping your Shoulders" and using "Eye Contact". No matter how much we prepare for the worst-case scenario, we're never really prepared so instead of living in worry, choose to live in joy.
- 5. "Give it Away"** – You are emotionally regulated when you have empathy, compassion and kindness. When you're feeling your absolute worst, that's the moment you really need to dig down deep and find a way to give someone a compliment, buy someone a coffee, smile at someone. These small acts will help you climb out of your deep hole step by step. Take your focus off yourself and put it out into the world to see what you might be able to do for someone or something else.

As with all good advice, you have to allow yourself time to digest it in small amounts. I had to watch the presentation three times before I was really ready to work with what Dr. Carrington was saying, so give yourself permission to take your time to make all of this your own.

Have a wonderful, sun filled month!!
Colleen Heschl-Ball