



Arklan CPS News

January 25, 2023



Message from the Principal

January is always a busy month. We return from the holidays and then need to get right back into the swing of the school routine. With report cards going home mid-February, the teachers and support staff are collecting mid-year assessment data and analyzing the results to support next steps for learning.

Expected Behaviour Draw: This month, we are focusing on two expected behaviors for the Draw.

1. Persevering with a task until completion.
2. Following instructions at school.

The draw will happen on the last Friday of the month during an assembly. Followed by an afternoon of fun as our students will be able to pick an activity of their choice to do for a special "Electives" afternoon. Stay tuned.

Zones of Regulation Tool of the Month: Our students are learning a new Zones Regulation Tool this month called "Stop, Opt and Go". This tool can be used to help figure out what you need to do to find a thoughtful response to a problem. There are three steps in this tool:

- Step One: Stop and think
- Step Two: Determine possible options to solving the problem. (OPT)
- Step Three: Choose the option that allows you to solve the problem in a manner that keeps you regulated and makes the problem smaller. Then do it. (Go)



While this tool sounds simple, the reality is, it is not always easy to stop when you are already in a yellow or red zone. (Frustrated / Angry) Students will be reflecting on their own reactions to problems and finding their personal stop points. Checking in with their feelings to find that place where they are calm enough to make good decisions.

If you would like to learn more about this tool, you can watch the video at the following link: [Stop, Opt & GO Video](#)

Volunteer information Session: We will be holding a volunteer information session for any parents / guardians who are interested in volunteering at the school on Monday, February 6th. At this session we will share what you need to do to become a volunteer as well as share some areas that we are seeking support for the school.

What's Happening at Arklan

Ms. Shearman and some of her students have been working with Canadian musician Craig Cardiff. Craig used the students interests when creating songs and story books with them. Craig incorporated the students' voices into all the projects. Below you will see a project completed by Ms. Bell's class about Giggle Attack's and Ms. Carrion's classes story about their favourite animals.

The students also had the pleasure of listening to Craig's live music and they even learnt about the recording production process. Stay tuned for more projects! #Realworldlearningprojects "



SCAN ME

Mrs. Carrion's Kinder Class



SCAN ME

Mrs. Bell's Grade 2 Class

- engage in active time management and scheduling, including building in time for self-care
- avoid overcommitment
- eat a healthy diet (if this is available to you)
- engage in regular physical activity
- spend time in nature
- engage in an artistic practice (such as journaling, drawing, photography or music)
- participate in cultural activities (such as dancing or drumming)
- promote the establishment of healthy sleep patterns
- limit screen time, especially just before sleeping
- spend time with friends and family

Access the complete Kids Help Phone article *Stress: How to help the young person in your life* at:
<https://kidshelpphone.ca/get-info/stress-how-to-help-the-young-person-in-your-life/>

Kids Help Phone (2022). *Stress: How to help the young person in your life*.

<https://kidshelpphone.ca/get-info/stress-how-to-help-the-young-person-in-your-life/>

Student Electives: Fun Friday

We are excited to announce that this Friday, January 27th, Arklan students will be participating in their first Elective Friday afternoon. Once a month, teachers will provide an activity to engage students from Grades 1-6

students will choose from a variety of activities such as yoga, fitness, coding, music activities, board games just to name a few. Teachers have arranged activities to engage all grade levels and students from Grades 1-6 will be mixed; providing the opportunity for some of our Junior Students to take on a leadership/mentor role within our school community.





Kindergarten students will be participating in Elective Friday as we but will be remaining within the kinder classes.



January

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Back to Classes	10	11	12	13 
16 Martin Luther King Day	17	18 	19	20
23	24	25 	26	27 <ol style="list-style-type: none">1. Expected Behaviour Draw2. School Spirit / Elective Activities3. UCDSB Family Literacy Day
30	31			

February

Monday	Tuesday	Wednesday	Thursday	Friday
February is Black History Month		1 PD Day – No School	2	3
6 Volunteer Information Session 5pm	7	8	9	10 Valentines Dance 
13	14 Valentine's Day 		16 Term 1 Report Cards Sent Home	17
20 	21	22 	23	24 1. Expected Behaviour Draw 2. School Spirit / Elective Activities
27	28			

Upcoming:

- We are aiming to have a hot lunch program up and running at the start of term two, week of February 20th, 2023. Stay tuned.