

SANDOWNE SURF



OUR CLASSROOM VALUES



CONSIDERATE

COOPERATIVE

ENGAGED

FRIENDLY

HELPFUL

INCLUSIVE

KIND

PREPARED

PRESENT

RESPECTFUL

SHARING

THOUGHTFUL



HEALTHY FOOD +



ACTIVE, HAPPY KIDS



"Everyone, ultimately, has a stake in the calibre of schools, and education is everyone's business."

*Michael Fullan,
The Moral Imperative
of School Leadership*

= GOOD LEARNING

UPCOMING LOCAL EVENTS:

News from Ms. Garstang:

I just got back from the NorthWest Mathematics Conference in Victoria, and believe it or not, it was FANTASTIC!

DID YOU KNOW THAT HIP HOP IS THE MUSIC OF MATH? IT MUST BE THOSE SWEET 4/4 BEATS.

I learned that Math can be creative, kinesthetic, inspiring, and fun. I learned that there are many resources available to help support making it so. Language, dance, art and math can all be integrated to support a whole experience for students.

The approaches I saw are supported by Bandura's theory of Social Learning, Piaget's Cognitive Developmental Theory, and Vygotsky's Sociocultural theory.

Active learning that engages both sides of the brain and considers a number of learning styles supports the development of multiple intelligences and brain development/processing. When children have the opportunity to engage in physical activity while they learn, they experience reduced production of cortisol, secreted due to stress, and have an easier time understanding and interpreting information, integrating the parts into the whole.

MATH IS FUN AND MATH IS EVERYWHERE!



SKATE & SCARE

WHEN? OCTOBER 31 2012

TIME? 4:00 PM

Where? Strathcona Gardens

Wear your costume for free entry to skate and participate in fun Halloween activities like the "mummy wrap", "pass the pumpkin", messy crafts and more! Guaranteed to be lots of family fun!

PARENTING COMMUNICATION



Monday, October 29: 6:30 - 8:00PM

Campbell River Family Services: 487 10th Ave

This free seminar aims to help parents gain some insight into the communication methods that we use as parents.

We will discuss parent habits and practices that affect children in negative ways and can create problems for our children as they grow and develop relationships within their world. We will also look at some great tools to increase communication and positive learning and role-modeling for children of all ages.

For information or to register, please contact Sandy at Campbell River Family Services by phone: 250-287-2421 or e-mail: sandra.bellosillo@crfs.ca

CHRISTMAS ARTS AND CRAFTS MARKET



WHERE: CAMPBELL RIVER ART GALLERY

WHEN: MON-SAT, 10 A.M.- 5 P.M.,
NOVEMBER 8 - DECEMBER 24, 2012

A classy show and sale of work presented by Gallery staff and volunteers and it includes weekly Saturday artisan demos from 1-3:00 pm.

Have you heard about this?

VIRTUES PROJECT

Virtues The Good Within

Empathy

Empathy is the ability to put ourselves in another's place and to understand their experience. We are deeply present to their thoughts and feelings with such compassionate accuracy that they can hear their own thoughts more clearly. Empathy connects us with our common humanity. It protects us from prejudice, blame and judgment – those things that divide us from each other. With empathy, we reflect on how our actions affect others. It moves us to seek justice for every person, even those with whom we disagree. Empathy inspires us to be giving and selfless. Empathy connects our hearts.



"To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service any human being ever performs for another."

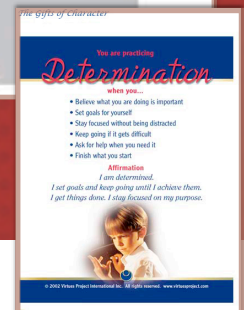
DOUGLAS V. STEERE

The Practice of Empathy

I seek to understand others' experience.
I listen with compassion.
I refrain from judging and blaming.
I think about how my choices impact others.
I care about people's rights.
I feel my connection to all people.

*I am thankful for the gift of Empathy
It sensitizes my heart.*

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THE FIVE STRATEGIES OF THE VIRTUES PROJECT

1. SPEAK THE LANGUAGE OF THE VIRTUES
2. RECOGNIZE TEACHABLE MOMENTS
3. SET CLEAR BOUNDARIES
4. HONOR THE SPIRIT
5. OFFER COMPANIONING

Introducing the Virtues Project:

Bringing Virtues to Life

The Virtues Project is a global grassroots initiative to inspire the practice of virtues in everyday life. The Project is sparking a global revolution of kindness, justice, and integrity in more than 95 countries through its facilitators and Virtues Connections.

The Virtues Project empowers individuals to live more authentic meaningful lives, families to raise children of compassion and integrity, educators to create safe, caring, and high performing learning communities, and leaders to encourage excellence and ethics in the work place. It has inspired

and mobilized people worldwide to commit acts of service and generosity, to heal violence with virtues.

The Five Virtues Strategies awaken the gifts of character, through inspiring programs, books, and materials that help us to remember who we really are and to live by our highest values.

The Virtues Project was founded in Canada in 1991 by Linda Kavelin Popov, Dr. Dan Popov and John Kavelin. It was honored by the United Nations during the International Year of the Family as a "model global program for families of all cultures".