

# Remote Kindergarten

May 2021

Hamilton-Wentworth District Schoolboard

Dear Families,

Spring flowers are in full bloom and the magnificent cherry blossoms have made their fleeting appearance. Spending time outside reduces stress, increases energy, boosts mood, and improves sleep. Here's to the month of May! This month also marks Eid, Mother's Day, Victoria Day, Mental Health Week, and Education Week. With only two months left of school, our virtual classrooms are as busy as ever with special events and activities to extend and celebrate our students' learning. As always, please reach out to your educator team for support as needed.

Yours in Education,  
M. Turner, K. Manfredi,  
K. Dunford, and M. Panju



## Important Links:



Elementary Learning Resources

### Transition Pause

The final transition planned to begin on May 3<sup>rd</sup> is on pause pending the return to in-person learning.



JS1G celebrated Earth Day using recycled materials to create unique projects.



The students in JS1P explored the Anishinaabe tradition of totem animals by reading the book *Sometimes I Feel Like a Fox* by Danielle Daniel and creating their own animal masks.

### Mental Health Awareness Week May 3-9

This year's CMHA Mental Health Week is all about getting real about how we feel. When we name how we feel, instead of numbing it, we actually feel better. Using the language of emotions fosters understanding and develops empathy. To access the CMHA's comprehensive 2021 toolkit, please visit the [Canadian Mental Health Association](https://www.cmha.ca/canadian-mental-health-association).



## CODING

Students in JSKK enjoyed coding together. Students had fun creating their own coding maps and algorithms offline with different materials.



## SPRING



We've been looking at signs of spring in JS1K, learning about how flowers and plants grow and how rainbows are made. We've also been having fun with 3D shapes.

### From Our Classrooms...

More and more friendships are being forged

Students have become more confident and are helping each other

Students are eager to have a turn to read the Land Acknowledgement – it's very important to them.

Our class is so welcoming and inclusive!

Our kids have shown massive growth in self-regulation – they are participating, listening, and contributing!



Happy Mother's Day to all the caregivers in our Remote School Community



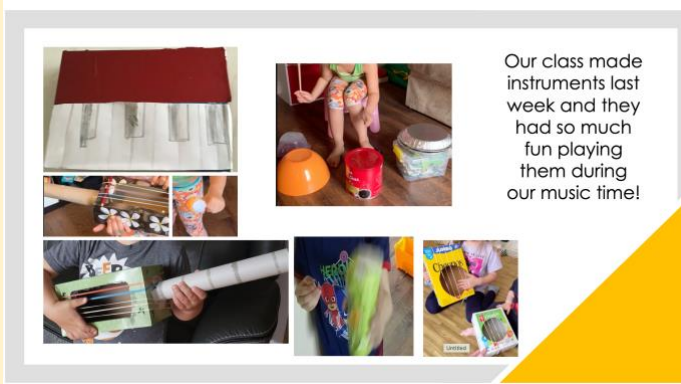
At HWDSB, we are committed to identifying and removing barriers so we can offer all students supportive, inclusive, and respectful learning environments. To learn more about our students, We All Count: HWDSB Student Census 2021 will gather identity-based student data so that we can identify and address systematic barriers by focusing our programming and resources. For more information and to view the survey questions please visit <https://www.hwdsb.on.ca/about/equity/we-all-count-hwdsb-student-census-2021/>



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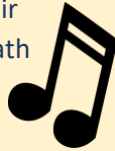
Hamilton-Wentworth District Schoolboard



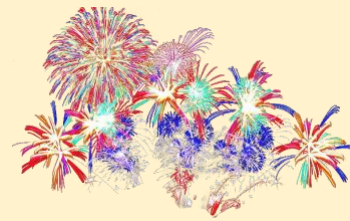
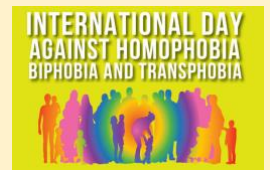
Our class made instruments last week and they had so much fun playing them during our music time!



Students in JS1L have been busy making homemade musical instruments and extending their learning in math activities.



HWDSB recognizes several days of significance this month including Jewish Heritage, the National Day of Awareness for Missing and Murdered Indigenous Women and Girls, and the International Day Against Homophobia, Biphobia, and Transphobia. Please visit the [HWDSB Calendar](#) for the complete list.



Victoria Day is Monday, May 24<sup>th</sup>. There is no school for students.

## Andy Warhol Inspired Multiples



## Norval Morrisseau Inspired Art



In JSN, students have loved learning about famous artists and styles and have created work inspired by them.

The pandemic has increased stress for children and youth – and this has challenged the caregivers who support them. HWDSB invites caregivers to explore Emotion Coaching.

## EMOTION COACHING FOR PARENTS AND CAREGIVERS

The pandemic has increased stress for children and youth – and this has challenged the caregivers who support them.

In response, Hamilton-Wentworth District School Board (HWDSB), Hamilton-Wentworth Catholic District School Board (HWCDSB) and the Hamilton Family Health Team (HFHT) invite caregivers to explore Emotion Coaching in a series of 90-minute webinars and/or a four-week parent/caregiver group.

### WHAT IS EMOTION COACHING?

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds, and help improve relationships. Emotion Coaching has two steps:

- VALIDATION:** Letting someone know we understand why they feel, think or act a certain way.
- SUPPORT:** Then, we provide emotional and practical support using strategies like reassurance, limit-setting, redirecting, collaborative problem-solving, teaching skills, etc.

### LEARNING IN WEBINARS

- Introduction to Emotion Coaching and how it can improve relationships with your child/youth
- Understanding the role of emotions, including resistance
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches

### TO REGISTER FOR ONE OF THE 90 MINUTE WEBINAR

May 6, 2021	6:30pm	<a href="https://bit.ly/ECCaregiverWebinarMay6">bit.ly/ECCaregiverWebinarMay6</a>
May 13, 2021	1:00pm	<a href="https://bit.ly/ECCaregiverWebinarMay10">bit.ly/ECCaregiverWebinarMay10</a>
May 27, 2021	6:30pm	<a href="https://bit.ly/ECCaregiverWebinarMay27">bit.ly/ECCaregiverWebinarMay27</a>
June 2, 2021	9:00am	<a href="https://bit.ly/ECCaregiverWebinarJune2">bit.ly/ECCaregiverWebinarJune2</a>

### TO REGISTER FOR THE FOUR-WEEK CAREGIVER GROUP\*

Please call the Hamilton Family Health Team, Mental Health Groups line at Phone: 905 667-4852

\*We encourage caregivers to participate in a webinar before joining the caregiver group, however it is not required.



HWDSB

