

Week at Glance April 20-24, 2020

Dear Parents,

Congratulations! We have completed 13 days of remote learning! The downside, of course, is that we haven't seen our student body for 5 weeks. Delivering treats to our students provided us with a chance to see faces and have distant conversations which boosted our spirits.

Without a doubt, this is a challenging time for parents, teachers and children alike. As we navigate through this health emergency, we know that having students continue with their school work helps them to cope with stress as they stay connected and focus on their school work. We also know that screen time can also have adverse impacts on kids, and the shift to online education will only increase your child's time with their devices. Keeping a 'regular' school day routine with proper bedtimes and wake-up times helps to promote healthy mental wellness. So, take your breaks, do some coloring, reading and backyard activities with your family!

As you may have already heard, many of our school support staff received notice that they will be laid off from their current positions effective the end of the day on April 30.

While we are not alone in having to make difficult choices, we recognize the stresses this may cause some of our staff and our BK families. Please be assured that school administration is working in collaboration with Student Services and Human Resource Services to effectively plan for continued, collaborative, and effective supports for students with diverse learning needs.

We would like to invite our BK families to do something fun, so in light of being at home, we were hoping that families could record themselves singing "O Canada", send it to either Cindy or Lisa, and we could put together a compilation of BK families singing our national anthem!

Note: In order to help reduce the spread of COVID-19, our staff is working from home. Should you need to contact a staff member directly, please email them. You can leave a message on our school voicemail, which will be checked regularly throughout the day. Please know that calls to families from staff personal numbers may appear from 'unknown' or 'blocked' numbers.

*If you have any *Books and Items* that need to be dropped-off please do so on April 22 or 24. There will be a box at the front of the school for items.

God bless and have a great week everyone!
Cindy and Anna-Lisa

Monday, April 20

1920 - The Olympic games opened in Antwerp Belgium



Tuesday, April 21

1926 - Elizabeth II, Queen of England was born!



Wednesday, April 22

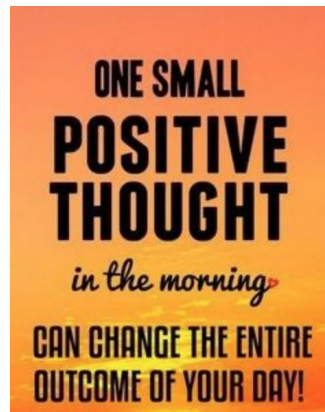
Earth Day!

Take the time today to take care of our Earth! Maybe go outside and pick up garbage, turn off all your electronics for an hour or take a shorter shower. Every little thing helps!



Thursday, April 23

1851 - Canada issues its 1st postage stamps



Friday, April 24

1960 - A record 4 grand slams were hit today



Here's a great and healthy recipe to try this weekend and it's kid-friendly!

<https://tastesbetterfromscratch.com/healthy-no-bake-granola-bites/>

Tips for Digital At-Home Learning

Make space for learning

Kids achieve their best work in a quiet, comfortable and **dedicated space devoted to learning**. Ideally, this will be a different set-up than where they normally play games or watch television.

Digital recess

Make sure your kids take plenty of breaks in order to get physical activity and time away from screens. Set alarms similar to those they would encounter at school and encourage them to get up, get some fresh air, go for a walk or bike ride, or have a snack so that they are not sedentary for the entire day.

Plan your work and work your plan

Good planning can relieve stress for both children and parents. Check in with your kids about their plans and help them develop a written schedule not only for the day, but for the week as a whole.

Don't forget to have fun!

Plan off-screen activities for the whole family. Between school and work obligations, it's rare for parents and children to have this much time together, so turn it into an opportunity for bonding.

CSS Family and Community Safety

[Family violence during COVID-19 info sheet](#)