



Dear Families

It was good to see people as they came into school to collect their child's personal items earlier this week. Thank you for your help in ensuring the process here at Simon Fraser was safe. Naturally, many people were asking myself and the staff if we know when school will be reopening. The reality is that because reopening schools is a Public Health decision we do not have any more information than you do- School Districts continue to follow the advice of Dr. Bonny Henry and Vancouver Coastal Health and have the same information at the same time that you do. One thing that I am sure of however, is that when we do return to school, there will be guidelines in place and I would expect a gradual return of students in order to ensure the safety and wellness of everyone on site.

Even though we do not know what the next school year will hold, we continue to plan for it. We have been having online meetings with High Schools to ensure a smooth transition for our grade seven students and we are planning the class placement meetings in preparation for your child moving into the next grade. During the class placement process, the learning profile and needs of every student are discussed. Ensuring that every student is thoughtfully and appropriately placed in the best learning environment that we can provide for them takes time and so we start discussions in May and continue to review placements throughout June. **If you have any information about your child's educational and learning needs that you think your child's teacher is not aware of and will help to inform the class placement process, please email your child's teacher or myself by Tuesday 19<sup>th</sup> May- the day after the Victoria Day long weekend.**

Staff continue to ensure that they are connecting with students as they provide ongoing learning opportunities. This week, the Vancouver School District has released a document for parents outlining the expectations for assessment and reporting for this term- [Continuity of Learning- Elementary Assessment Guidelines](#). Key points are that teachers will:

- Recognize that students will be spending less time learning than normal and that some students may not have the same home support or access to resources.
- Reduce the scope of instruction, assignments, and course requirements.
- Focus instruction and assignments on Literacy and Numeracy and other Learning Standards that are essential to succeed in the next level of the course.

Additionally, student progress and achievement will not be reported as lower than it was on March 13<sup>th</sup>-the last day of school before the start of Spring Break.

#### **Message from Ms. Leslie Germain, Area Counselor-**

During this time, it is expected that children will be experiencing several different emotions, at varying levels of intensity. Some of those emotions may include anxiety, stress, boredom, anger and loneliness. Increases in challenging or unexpected behavior is often how these intense emotions present themselves in children. Some ways we can support these big feelings is through helping children name what they are experiencing. Neuroscience has thought us that accurately labeling how we feel is a powerful tool in activating the part of our brain that can help those feelings becomes less intense. Remember the idea is not to push those feelings away, but rather to manage the uncomfortable sensations and thoughts that accompany those intense emotions. Dan Siegal, a neurobiologist and parenting expert, has several online videos (try YouTube "*Name it to tame it*"), if you are interested in learning more.



# Simon Fraser Elementary School

I also recommend his book, *The Whole Brain Child: 12 revolutionary strategies to nurture your child's developing mind*.

Other ways we can help children manage powerful emotions during this time include:

- Restrict children's access to news and encourage them to come to you with questions. There are several picture books and comics that have been created to explain the corona virus to children. Please reach out to your teacher if you would like some ideas.
- Modelling your own self-care and self-regulation strategies.
- Creating a daily schedule and keeping a similar routine each day.
- Checking in with your child often and making time for play and connection.

If you have any concerns about your child's wellbeing, I invite you to connect with me to discuss other ways you may be able to support them while at home-  
lgermain@vsb.bc.ca

I hope that you have a good weekend. If you have chance to walk past the school, make sure to look at the playground- the new design of a BC landscape including mountains, salmon and bears looks wonderful.

Take care and stay safe,

A handwritten signature in black ink that reads 'C. A. Thomas'. The signature is written in a cursive, flowing style.

Cathy Thomas  
Principal  
Simon Fraser Elementary