

# The Arbutus Global Week at a Glance...



## THIS WEEK’S REFLECTIONS

Week Two of our new protocols has again gone smoothly. Yahoo! Thanks again for all of the support from home in making this successful.

This week (and last), I had the pleasure of going into classes to go over the Zones of Regulation and how to use them to identify our emotions and needs, and, most importantly, choose strategies to help us when we are struggling with self-regulation. We had thoughtful discussions, and students themselves came up with the list of potential strategies to use through those conversations.

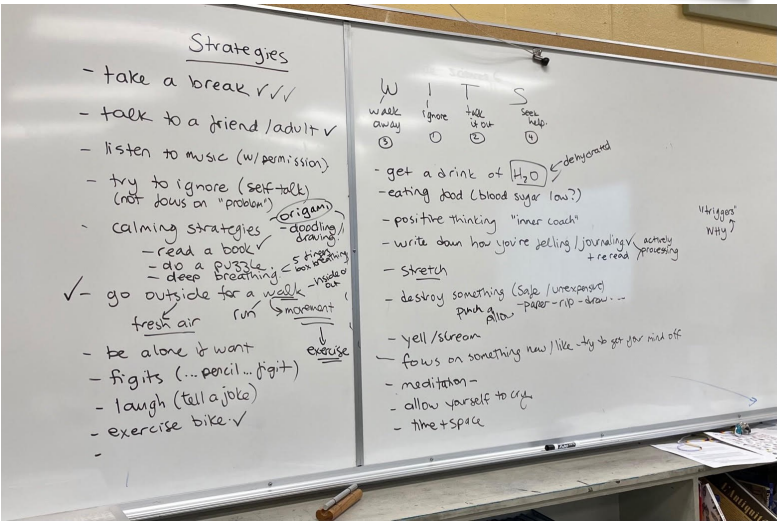
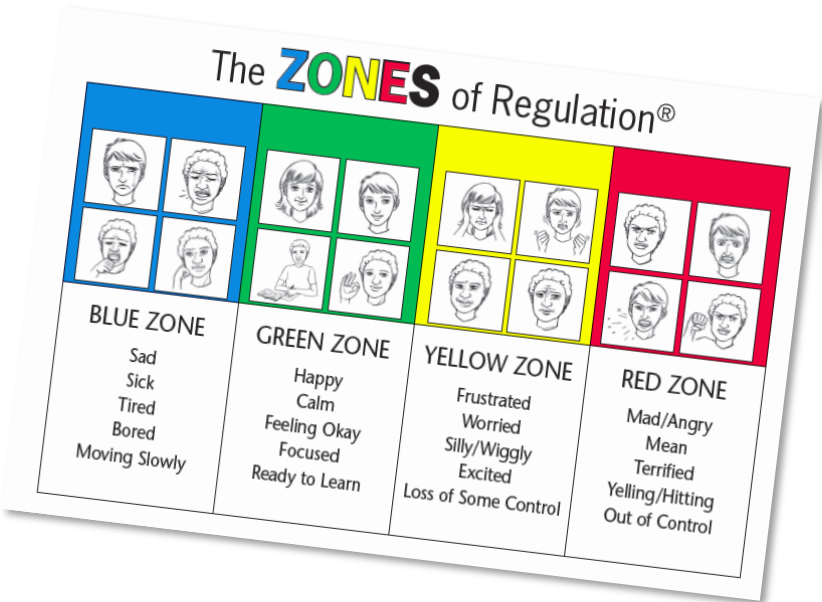
Here is just one example of the list of strategies classes made. As you can see, it is wonderfully varied and provides students with lots of ideas on how to help themselves, and support each other, when needed.

We talked about how learning to identify what we are feeling, why we might feel that way, and identify ways to help ourselves is not just a school skill, but a life skill. We also highlighted that all of the staff in the building are here to help support them and problem-solve, especially when a situation feels overwhelming.

We also emphasized to be gentle with ourselves if we’re having a hard time; that there is no such thing as “perfect”; and to ask for the help we need from those around us.

We hope this inspires you to continue these conversations at home, and reinforce and normalize the fact that we all have a range of emotions and use a variety of strategies throughout our day to self-regulate and strive to be our best selves.

Enjoy this weekend with your families.  
- Carrie Schlappner - Principal



	YOUR WEEK AT A GLANCE
Monday, Jan. 24	<b>Middle School Pro-D—students not in session</b>
Tuesday, Jan. 25	
Wednesday, Jan. 26	
Thursday, Jan. 27	
Friday, Jan. 28	

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Upcoming Dates to Remember:

- Tuesday, Feb 1 First Day of Black History Month  
Chinese New Year
- Tuesday, Feb 8 K-12 Transfer Week—Feb 8-11
- Thursday, Feb 17 **CHANGE—CC DAY with early dismissal (11:35am) now FEB 25th**  
**There is no hot lunch this day!**
- Friday, Feb 18 Pro-D Day—school not in session
- Monday, Feb 21 Family Day Stat—school not in session
- Friday, Feb 25 Curriculum Completion Day (note the date change from the 17th) - dismissal at 11:35am

VOLLEYBALL

Volleyball season is here!

**Please return forms as soon as possible.** See below for the Practices and Games schedule—please note that **Grade 7/8 Boys play at ROYAL OAK on MONDAY (the ProD Day).**

	January 24 Monday	January 25 Tuesday	January 26 Wednesday	January 27 Thursday	January 28 Friday
7:30-8:30am					Grade 7/8 boys
12:06-12:36pm	Pro-D		Gr 6/7 boys	Non-gender team	Gr 6/7 girls volleyball
3:00 - 5:00pm	Grade 7/8 boys @ Royal Oak	Grade 7/8 boys Grade 7 girls Gordon Head @ Arbutus	Gr 8 girls @ Bayside	Grade 6/7 boys Bayside @ Arbutus	Grade 7 and 8 girls
	January 31 Monday	February 1 Tuesday	February 2 Wednesday	February 3 Thursday	February 4 Friday
7:30-8:30am					Grade 7/8 boys
12:06-12:36pm	Grade 6/7 boys practice			Non-gender team	Gr 6/7 girls volleyball
3:00 - 5:00pm	Grade 7/8 boys Gordon Head @ Arbutus	Grade 7/8 boys Grade 7 girls @ Lansdowne	Gr 8 girls Gordon Head @ Arbutus	Grade 6/7 boys @ St. Pat's	Grade 7 and 8 girls
	February 7 Monday	February 8 Tuesday	February 9 Wednesday	February 10 Thursday	February 11 Friday
7:30-8:30am					Grade 7/8 boys
12:06-12:36pm	Grade 6/7 boys practice			Non-gender team	Gr 6/7 girls volleyball
3:00 - 5:00pm	Grade 7 girls practice	Grade 6/7 girls Lansdowne 2 @ Arbutus	Gr 8 girls practice	Grade 6/7 boys practice	Grade 7 and 8 girls
	February 14 Monday	February 15 Tuesday	February 16 Wednesday	February 17 Thursday	February 18 Friday
7:30-8:30am					
12:06-12:36pm	Grade 6/7 boys practice		Gr 6/7 girls volleyball	Non-gender team	Pro-D
3:00 - 5:00pm	Grade 7/8 boys Monterey @ Arbutus	Grade 7/8 boys Grade 7 girls @ SMUS	Gr 8 girls @ Bayside	Grade 6/7 boys Lansdowne @ Arbutus	



**ALL STUDENTS must wear a mask at ALL TIMES at school.** Your assistance in making sure your children **have at least TWO EXTRA MASKS in their backpacks** at all times would be much appreciated. We would like to suggest a **check at nighttime before going to bed.** **Thanks to those parents who have dropped off boxes of masks—we greatly appreciate this!**

**Attendance** - Please remember to inform the **attendance email or phone line** if your child will be late or absent. You can email to **attendance62@sd61.bc.ca** (please also cc the teacher) or phone and leave a message at **250-360-0725**.

Please do not call the office in the morning for attendance or leave a message there and do not email **arbutus@sd61.bc.ca** as these may not be monitored in the morning which will result in you getting an absence call out.