



September 22nd, 2021

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Wildcat Weekly

What are the New Mask Regulations?

On Wednesday of last week, we had an announcement of new health restrictions that unfortunately impacted our school system. We have been able to review the Health Order, and have some clarity on what exactly is required for staff and students in the school.

The largest change is around masking:

"All students enrolled in grade four through twelve, staff and visitors must wear a face mask while attending a school building."

There are allowances for masks to be removed in the classroom setting under specific conditions that we have ensured are met. This means that while students are seated and facing in the same direction, they are not required to wear a mask.

Mask Exemptions for students must now be supported by a medical note from a nurse practitioner, physician or psychologist.

Apple Orders

Thank you to all of our families that took part in our Apple fundraiser!

*Pick-up will be on
September 28th*



Terry Fox Run

*Our Terry Fox Run will take place on
Thursday, September 22nd!*

*Please continue to send your
Toonies for Terry!*

The Importance of Resilience

One of the qualities we look to help students develop is resilience. Resilience in its simplest definition is the ability to 'bounce back' after facing challenges, emotional events and changes. When we speak of resilience, it tends to be in relation to the "big" events in life, such as starting at a new school, moving houses, welcoming a sibling into the family. They can also include serious experiences like being bullied, family breakdown, family illness or death.

Resilience, like many other skills, is something that needs to be learned and practiced. Learning to cope with manageable and smaller barriers that we experience is critical for the development of resilience. There are numerous opportunities in every child's life to experience manageable stress—and with the help of supportive adults, this can be growth-promoting. This is one of our focuses at school, as students experience challenges like conflicts with their peers and struggles in their learning. Over time, with support in dealing with these challenges, students become better able to cope with life's obstacles and hardships, both physically and mentally.

The capabilities that underlie resilience can be strengthened at any age. Age-appropriate, health-promoting activities are known to significantly improve the odds that an individual will recover from stress-inducing experiences. Regular physical exercise, stress-reduction practices, and programs that actively build self-regulation skills can improve the abilities of children (and adults) to cope with, adapt to, and even prevent adversity in their lives.

As well, we know that adults who strengthen these skills in themselves can better model healthy behaviors for children, thereby improving the resilience of the next generation. As a staff, we ensure that we are modelling resilience and promoting healthy activities. We want to be our best so that we can help your students be their best too.

Thank you for your support,
Tim