

# PEBBLE HILL TRADITIONAL ELEMENTARY

246 52A Street V4M 2Z8 Tel: 604-943-0228



## Calendar:

- Feb. 13 Jump Rope For Heart/Goodie Bag
- Feb. 18 Student Led Conferences- **2 pm Dismissal**  
  
Flash Mob- Vancouver Giants (gr. 4-7)  
  
**SDSS Gr. 7 Parent Meeting-7pm**
- Feb. 19 Student Led Conferences- **2 pm Dismissal**
- Feb. 20 Pro-D Day (no school)
- Feb. 23 Kindergarten Registration
- Feb. 25 Field Hockey (Gr. 3-7)  
  
**Pink Shirt Day**
- Feb. 26 Hot Lunch/Casual Assembly-11am
- Feb. 27 Field Hockey (Gr. 3-7)
- March 4 Field Hockey
- March 6 Field Hockey (Gr. 3-7)
- March 12 **Report Cards Home**
- March 13 Last Day of School
- March 30 First Day Back

## Principal's Message:

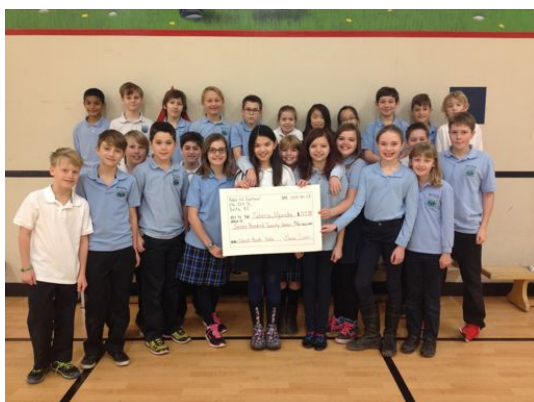
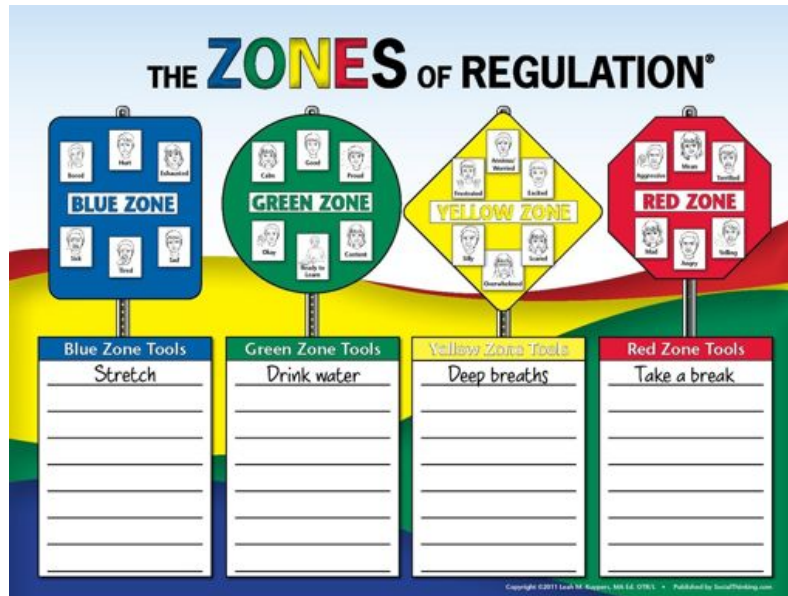
'Does the implementation of S.E.L strategies/activities increase the resiliency of Pebble Hill students by improving students' abilities to solve problems, cope with challenges, and bounce back from disappointments?'



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As part of our focus on implementing SEL strategies to help students increase resiliency, we have adopted a program called Zones of Regulation. The goal of the “Zones” curriculum is to help students become independent at controlling their emotions and impulses and improving their ability to solve problems. Students learn to recognize and pay attention to how they feel so they are aware when they may be less regulated. The teachers and students are learning different strategies to help move between the Zones (e.g. taking deep breaths or have a drink of water to move from the Yellow Zone to the Green Zone). Each class in the school has the Zones of Regulation poster. Under each Zone we are learning and recording different strategies for students to

choose from to help move between Zones. We are finding that having a common language really helps. We try to use the same language on the playground, in the classroom, in the gym and other areas of the school. Having a home school connection is helpful in emphasizing these skills. I have attached the posters so you can see the various emotions in each of the different zones. It may be helpful to refer to the Zones at home as well (e.g. If your child is having difficulty with his/her homework you could ask “which Zone do you think you are in right now? What could you do to help move into the Green Zone?”).



## Tekera Village

On **January 28th** we had our **Used Book Sale**. We raised an amazing **\$730** for our school in **Tekera, Uganda**. The kids were so proud and excited that we were able to raise so much for kids in need. Your donations and support are much appreciated.

On **Friday, February 13th** the Me to We/Green Team will also be having a **Valentine Goodie Bag Sale**. Goodie bags are \$1 and will be on sale during lunch time that day. Again, money raised for this event will go toward our school in Tekera, Uganda.



## Basketball Season:

Basketball season is well underway. Our Grade 6 and 7 boys and girls have been practicing hard and started our after school games last week. We have two students from SDSS: Matt Sarkissian and Sam Pritchard coaching our Gr. 6 Boys. We have Mr. Clay and Mrs. Bertsch coaching our Gr. 7 Girls. Thank you so much to all our coaches for volunteering their time.

The District's Annual **Hoop Shoot** event will be taking place on March 10th at SDSS. Pebble Hill Traditional will be holding our own Hoop Shoot finals during the week of February 23rd. Finalists from our own event will attend the evening event on March 10th. Hoop Shoot is open to all students in Grade 5, 6 & 7.



## Jump Rope For Heart

On **February 13th** we will be holding our Jump Rope For Heart Event. Supporting kids' health for more than 30 years, the Heart and Stroke Jump Rope for Heart program encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. The students have been practicing their jumping outside at lunch and recess. We are encouraging them to practice at home as well. Our goal is to raise \$6000 for the Heart and Stroke Foundation. Your pledges are much appreciated.



VANCOUVER



## Third Annual Flash Mob

On **Wednesday, February 18th** we will be participating in Vancouver Giant's Third Annual Flash Mob promoting acceptance and anti-bullying. During the Vancouver Giant's game there will be guest speakers and musicians talking about acceptance and anti-bullying. Then, along with 40 other lower mainland schools, we will break out into our Flash Mob routine. All students in grades 4-7 have been invited to attend. Students and teachers have been working hard to learn our dance routine. It's perfect timing as we lead up to Pink Shirt Day.



## Pink Shirt Day

Wednesday, February 25th is Pink Shirt Day. On this day students wear pink to symbolize that we will not tolerate bullying anywhere. Along with other activities during school time, our PAC will be set up out front of the school handing out pink treats and pink balloons to our students after school. **Please remember to WEAR PINK on Wednesday, February 25th.**



## Getting Better Grades In School

Terry Small is Canada's #1 study skills expert and will be coming to do a seminar for parents and students in Grade 4-12 on **Wednesday, February 18th, 2015, 7:00-8:30 pm at Delta Manor Education Centre** in Ladner. He will teach study skill strategies and study secrets to help students get better grades, and gain self-confidence. To register phone: Delta Continuing Education at **(604) 940-5550**.

(\*\*There will also be a **Grade 7 Parent Meeting at SDSS on February 18th at 7pm.**

