

SOUTHEAST KOOTENAY PATHWAYS TO LEARNING



_____ 's **NEW YEAR'S GOALS**

☆ I wot to get better a mad minutes.

☆ I will prachce 30 math questions once a week. I want to get better a spelling tests. I will

☆ prachce every day for 10 minutes.

Ms. Lennox class Fireworks Goals - Isabella Dickens Elementary

JANUARY 2022





From the Desk

of Silke Yardley
Superintendent, Southeast Kootenay
School District



A special thank you to District Principal Darcy Verbeurgt, who presented at our Board committee day our Framework for Enhancing Student Learning's third goal, Human and Social Development. Although our frameworks professional learning has been put on a temporary hold due to COVID, we are pleased to see the great work that is happening in our schools toward achieving our third goal. Thank you to the schools and staff who have been involved in this project and in supporting our students.

Silke Yardley

Outcome 3 Objectives

1. To improve the quality of student's feeling **welcome, safe, and belonging** to their school community.
2. To improve the percentage of students who feel there are **two or more adults** in their school who care about them.



Why Human & Social Development?





From the Desk

of Silke Yardley
Superintendent, Southeast Kootenay
School District



The H&SD project – Grade 7

Jaffray Elementary Jr Secondary School

- Just started looking at physical structure of the school and understanding the barriers to sense of belonging in late November.
- Discussed opening to other grades in the school.
- Now on hold due to staffing shortages.



The H&SD ad hoc projects

Amy Woodland Elementary

- Building a more welcome space for students at the start of each day
- One meeting – January 6th with school based team
- Proposal is in the works

Learning series on the Rainbow

- Everyday Anxiety Strategies for Educators (EASE) Gr K -7
- Social Emotional Learning 101 - An Overview for K-7 Educators
- K-5 Mental Health Resources
- Learn Mental Health Literacy
- Teach Mental Health Literacy
- SOGI Inclusive Health Education
- Mandt Training
- Social Emotional Learning - residencies at Highlands Elementary and TM Roberts Elementary
- Trauma Aware Practices

Check out the Rainbow of Learning Opportunities

The Rainbow of Learning Opportunities aligns Professional Learning Categories with Colour Themes.



Engaging All Learners

Professional Development Day, January 21

Some of our clerical staff taking an outdoor break



We are all learners. School District 5 clerical staff to collaborate and share. Professional Development topics included MyEducation BC Best Practices, KEV School Cash Online and Managing Self-Care in Challenging Times.

Education Assistants and Youth Care Workers attended a mutual morning session with Dr. Juliana Negreiros. Dr. Juliana is a registered psychologist passionate about mental health. She works as a clinician, researcher, supervisor, trainer, consultant, and public speaker. She spoke to the group about what happens when anxiety goes to school and what educators can do to best support anxious students.

Participants chose to attend one of 11 afternoon sessions that were offered on a variety of topics which included:

- The How and Why of Regulation for All with Kim Richards, Behaviour Resource Teacher, SD5.
- Supporting Students with ADHD, presented by Trina Anderson and Oliva Griffioen, Psychologists, SD5.
- Visual Tools and Strategies in the Classroom with Sarah Paziuk, Hearing Resource Teacher, SD5.
- The Art of Co-Regulation with Susy Passey, SLP with SD5 and ASD Consultant for Windy Ridge Autism Services.
- Staying Well in your Job, presented by Shelley Balfour, CDTA – President, Previous Student Services Teacher, SD5.
- Breaking the Cycle: How to reframe your thinking and get out of the heat of the moment with Jessica Bartraw, SELC (Social Emotional Learning Centre) Teacher.
- Dictation and text to speech tools to support struggling readers and writers presented by Ryan McKenzie, Helping Teacher of Transformative Learning, SD5.
- Minecraft Education with Kim Froehler, Helping Teacher of Transformative Learning, SD5.
- The Play-Language Connection: Building Communication Skills Through Play-Based Learning. This session was presented by Collette Tovee, SLP, Autism Specialist, SD5.
- Self-Care and Co-Regulation: Caring for Yourself to care for Others – Kelsey Lummer, Counsellor, SD5.

Each session was well received and timely for our support staff.

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Engaging All Learners

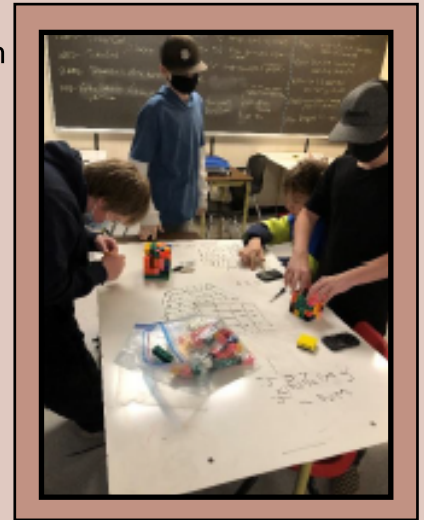
This month sees the start of our initial dual credit Early Childhood Education/Educational



Assistant/Human Service Worker cohort to start at the College of the Rockies. 5 students from our school district, along with 4 students from School District No. 6 and 3 students from Creston will be spending the 2nd semester of their Grade 12 year starting their transition to post-secondary life. Our three districts have also been successful in securing a ministry grant for this program, ensuring that there truly will be zero cost for the students.

We are also committed to being a place where these students can complete their practicums as they transition into the 2nd year of their program.

Mrs. Culver's math 8 and 9 class have been engaging in a variety of rich math tasks, including skyscrapers, taxman and painted cubes. This is part of a district initiative to enhance student learning related to numeracy. The students have had a lot of fun thinking outside of the box. Students have been working on persevering through new challenges!



Art 8/9 students at Elkford Secondary School have been working on Lino-cut projects inspired by Aboriginal Ways of Knowing. Students had to design a picture representing First Nations' world views, carve the linoleum and print the image. They used both – creative and critical thinking – for the image development strategies and to learn this challenging technique. The prints turned out great!



The Elkford jr shop class have completed their treasure boxes for the term. They have used a series of hand tools and power tools to complete their projects. Well done grade 8s and 9s!

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Inclusive Partnerships

Interior
Early Years
 Conference
Grow your skills - Grow your mind - Grow your passion

March 5, 2022

Virtual Conference

Keynote speakers:



Dr. Jody Carrington

To inspire and encourage early childhood professionals, families & community partners to the importance of taking care of themselves and to continue to offer quality care to the children they care for.



Cathy Balatti

Caring for Children, Committing to Change: An Exploration of Truth and Reconciliation in the Early Years

Workshops on:
 infant toddler play,
 school aged care,
 outdoor programing,
 Metis Nation of BC,
 program transitions,
 & self-care

The Interior Early Years virtual Conference is for educators, program facilitators, students and families. Join us for the day to learn, listen, share, and be inspired.



For more information:
<https://interiorearlyyears.ca/>

To register:
<https://www.eventbrite.com/e/interior-early-years-conference-tickets-222328840547>

Teaching and Learning

FREE Stress Management Training for Preschool and Kindergarten Educators.

Psychology Canada is offering a free Preschool and Kindergarten educator stress management program for child serving professionals in BC who work with indigenous children and youth.

Session takes place on March 4th. Check the 'rainbow' to register and see who's eligible.

Congratulations!

The following schools, in recognition for their participation in the [KBEE Take Me Outside for Learning School Year Challenge](#), have been awarded \$500 gift cards to the [CBEEN's Outdoor Learning Store!](#)

- Elkford Secondary
- Fernie Secondary
- Frank J Mitchell Elementary
- Isabella Dicken Elementary
- Kootenay Orchards Elementary
- Parkland Middle
- Rocky Mountain Elementary
- Sparwood Secondary
- Steeple Elementary
- TM Roberts Elementary

Have you checked out the [Outdoor Learning Virtual Workshop Series?](#)



Check out the great article featuring School District 5 staff in the [Leaders and Learners Winter 2022](#) magazine.

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Coping Through a Natural Disaster Emergency

mental health tips for you and your family

Having to flee your home, leave animals or possessions behind and relocating can cause distress, fear and anxiety for you and your loved ones. Remember that these are some of the most stressful events one can experience. Whether you are coping with fire, flood, earthquake or an other emergency dealing with your physical safety, here are some proven tips to help you cope with the mental stress of a natural disaster.

Take care of the basics

Try to eat well and get enough sleep. Sleep and nutrition are more important than ever.

Be kind to yourself

Set realistic expectations and be patient with yourself and others.

Give and accept support

Expect to feel angry, sad, confused or just numb—and talk to others about it.



Get back to your daily routine

Doing things as simple as brushing your teeth can help restore a sense of safety and control.



Take a break

Take breaks from disaster news coverage and from thinking and talking about the events.

Check in on older people around you. Coping may be more difficult for older adults living alone, those with mental health problems or with few social supports. Reaching out to connect with them can be a big help.

When to seek more help

Most people, if given support, will recover almost completely from the fear and anxiety caused by a traumatic experience within a few weeks. However, some will need more help to heal. It's important to watch for the following signs and contact a medical professional if they last more than 2 to 4 weeks:

- Trouble with sleeping and eating
- Feeling depressed or hopeless, showing low energy or crying often
- Being anxious and fearful
- Trouble focusing on daily activities
- Recurring thoughts or nightmares about the event
- Avoiding activities or places that are reminders of the event

If you are struggling right now

BC's Mental Health Support Line is open to talk you through the problem, 24 hours a day at 310-6789 (no area code). This service is provided by the Distress Line Network of BC.

For assistance in helping Younger Children, Older Children and Adolescents age 12 to 17, visit this [link](#) to find more information or visit the Canadian Mental Health Association's website at <https://cmha.ca/>

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Child and Youth Mental Health & Substance Use (CYMHSU) Regional Team

Over the past several years, we have often been a part of the community based CYMHSU team. This initiative brought together Interior Health, MCFD, CYMH, East Kootenay Addictions, RCMP, KKCFS and the School District to really look at supporting vulnerable students in our community.

Recently, this work has been moved to a regional scale, and those same partner groups are now working with fellow stakeholders across the breadth of the Interior Health region. Meetings so far have been productive, and we are very much viewing the newly approved local Foundry as a 'hub' for many of these services. More details to come!

Congratulations

Congratulations to Carol Johns and Cindy Gleb! They will be representing the BC Teachers Association in working with the Ministry of Education on officially revising the primary program documents. Having a local connection, talent and participation in the previous version served our District very well.

Looking for some information or inspiration for using our district resources in your classroom? Look no further than the **DRC Portal Page!**

1. Links to Digital Resources: Tumblebooks, Curio, BCDC (BC Digital Classroom), ACF, Criterion on Demand...the list goes on.
2. Password Link: Need a password in a hurry? - click on "Resource Center Passwords" under featured links to be directed to the password page in TEAMS.

3. Equipment Lists: Wanting to browse though our equipment, tech, or outdoor equipment?

Try the "Equipment Lists" link under the Resources tab to get to our lists with pictures!!

Cross country Ski boots	38 pairs in total EU30 - 2 pairs EU 32 - 4 pairs EU33 - 6 pairs EU34 - 6 pairs EU35 - 4 pairs EU36 - 4 pairs EU38 - 4 pairs EU39 - 3 pairs EU40 - 4 pairs EU41 - 1 pair		38 pairs
Cross country ski poles	115 cm - 1 pair 110 cm - 5 pairs 105 cm - 5 pairs 100 cm - 7 pairs 95 cm - 6 pairs		24 pairs
Data Projector			3
Digital Microscope	This kit contains 10 digital microscopes.		1 kit

4. Rotating "Features" with links to resources. This month we have "International Day of Education" January 24 and "Canadian Black History Month" February 2022.

5. Many other helpful resources for teachers, students, and parents including a dedicated link to DESTINY our OLC (Online Library Catalogue).

The possibilities are endless! If you would like some help to search or narrow down your choices please contact the District Resource Center: resource.center@sd5.bc.ca or the DRC Librarian!

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Inspiring Through Technology



Touring the World with Virtual Reality

Elkford Secondary students in Ms. Brower's French and social studies classes went touring around the world using VR headsets. Students in the French class took a tour visiting various French speaking countries. They started their tour at the Eiffel Tower and ended on the island of Bora Bora. The social studies class toured the Uffizi Gallery in Florence, Italy and went on a hunt to find a famous painting by Botticelli. This was one of their culminating activities for their Renaissance unit.

Students in Mr. McAllister's social studies class at Elkford Secondary had an introductory tour of Greece as part of their unit on Greek history and mythology. Students were in a VR experience that explained how Athens got its name, they toured the Acropolis, Delphi, Sparta and even the Greece section of the British Museum.



Space Travel

Students at Parkland wrapped up a space unit by travelling aboard the International Space Station. They all got to take part in a Virtual Reality experience that allowed them to explore the inside and outside of the ISS, complete with floating in microgravity, but without the solar radiation. Virtual reality has proven to be a very engaging exploration tool that can be used to enhance science, social and language arts learning.



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Stop Frame Animation

Mr. Baty's classes at Fernie Secondary experimented with stop frame animation to make short movies. Each group had to develop a short movie scene (1 minute or less) that could tell a short story. The students had some very creative ideas and the results were fabulous. They also participated in some group communication games in French and English.



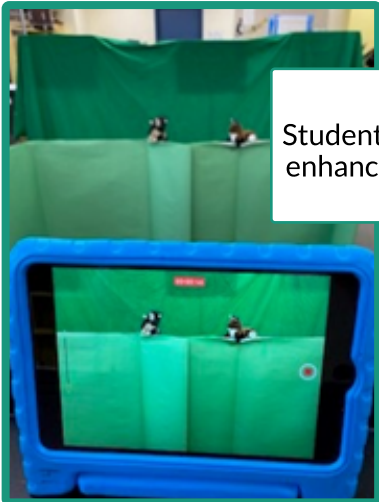
Minecraft at FJ Mitchell

Some students at Frank J Mitchell Elementary took part in an empathy building exercise in Minecraft. They worked together to build a community inside of Minecraft Education. In February this group will continue their building skills by participating in a real life design and build challenge using cardboard and plastic screws.



The Ktunaxa Legend

Students at TM Roberts are exploring the green screen tech tool to enhance their productions of a Ktunaxa Legend about the creation of the seasons.



Filament Fossils

Parkland Students in Mrs. Galvin's science class designed 3D fossils using a variety of tools like drawing, sculpting and Tinkercad 3D design software. The fossils were then printed at the Design Lab. The plan is to hide them in the spring then teach a younger grade how to be paleontologists so they can dig them up and study them.

The Gondola Challenge

Students from Mme. Catherine's grade 5 class at TM Roberts designed custom gondolas during their visit to the Design Lab. They had to create a design that was safe for little LEGO people and a design that could climb a rope. Once their creations were tested and proven inside the Lab, they brought them out to climb the 25 meter toboggan hill outside of Kootenay Orchards School.



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Winter Adventures



MBSS Outdoor Ed Class

The grade 11/12 Outdoor Education students travelled to Kootenay Pass. They snowshoed or skied up approx 3km to the pass and completed the field portion of the Avalanche Skills Training 1 course. Then they set up camp near Ripple Ridge cabin. The students slept in snow shelters, tents, or tarps, and cooked in a snow kitchen. A lot of awesome learning took place, and we are thankful for community support to help us do this great experience.



Elkford Secondary's Adventure Club

The Adventure Club went to the Hosmer Mine Ruins. They had fun exploring the powerhouse and compressor house at the base of the hill then walked up the old rail line to see the lamp house. They had so much fun and look forward to their next adventure!



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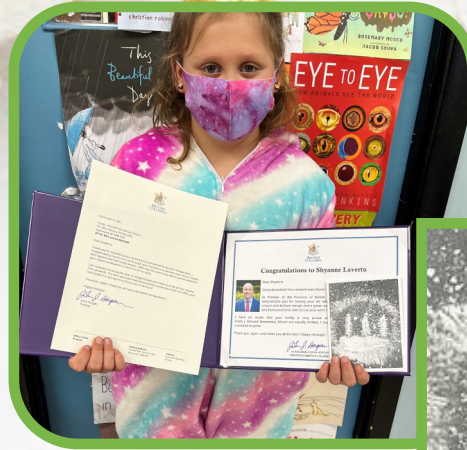
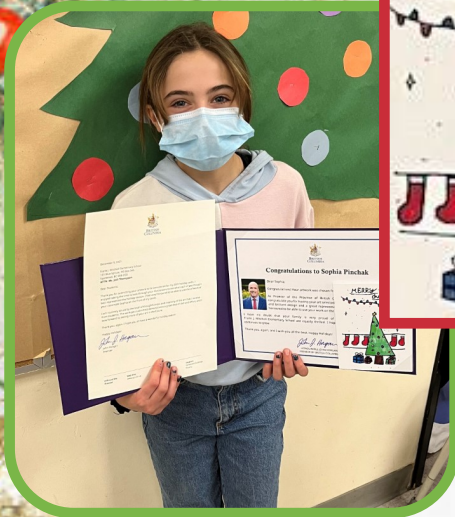
Sharing Culture

A student did the Fancy Dance in her regalia for the dance unit in her PE class. Often referred to as the Butterfly dance; the dance represents the opening of a cocoon when the butterfly emerges.

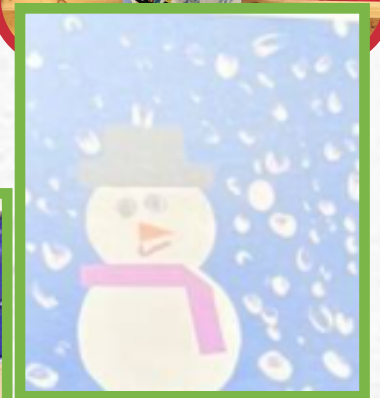
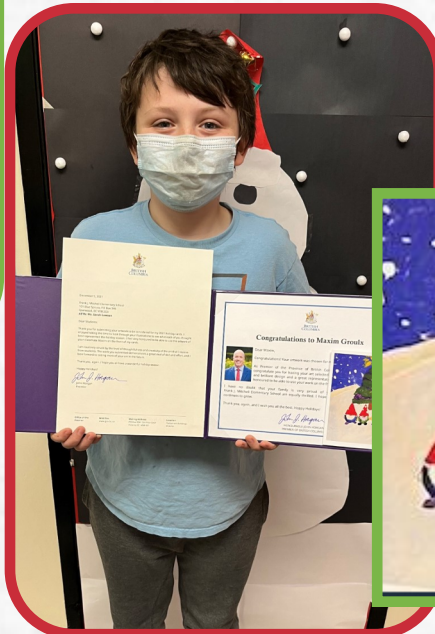
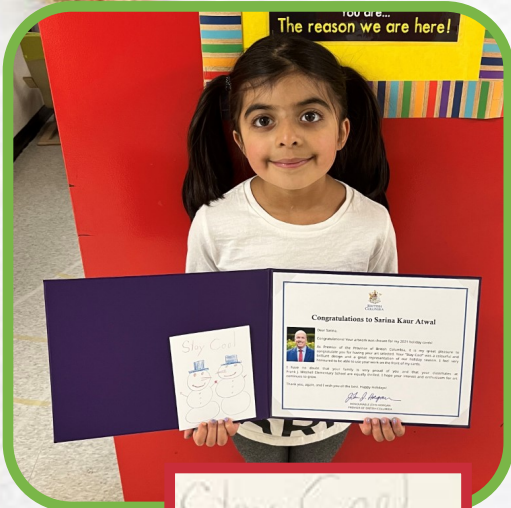


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Growing Artists



We are pleased to announce that five of our students' submissions from Frank J Mitchell Elementary School were selected for the Premier's holiday cards. Each student received two cards with their artwork, a certification of appreciation from Premier John Horgan and a letter for the class thanking the students and announcing the winner.



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Outdoor Learning & Play

Students and staff enjoying the snow at Frank J. Mitchell Elementary.



T.M. Roberts kindergarten classes went outside and made snowpeople. What a special time!



The grade 2/3 and grade 3 classes from GTES are practicing, and learning, some Nordic ski skills on the school playground. We are very excited, as we are heading to the Kimberley Nordic Center for some Nordic lessons and snowshoe adventures in a few weeks. Outdoor learning is always a wonderful learning experience and a great adventure.



MBSS Outdoor Ed: A small but mighty group of cross country skiers.

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Thank You's



Thank you, MBSS PAC and Cranbrook Subway for the juice and cookies for the entire school in December!



Christmas gifts for students generously donated by the Christmas Blessing organization, coordinated by Candace at Beautiful Moments . We are so very grateful for the time and efforts put into helping our students feel the magic of the holiday season.

A BIG Panther ROAR of Gratitude to Fernie Alpine Resort for donating new Helly Hanson winter jackets for students who will enjoy some extra warmth this winter!



Ms. W is SO happy to receive this Happy Holiday donation!



A special thank you to Elk Valley Thrift Store for their very generous donation of \$1000 for a new Life Skills Room we are working on at ESS.

Students have enjoyed volunteering at the Thrift Store with Brenda. We look forward to spending more time helping again in the new year!

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Ministry of Education Update



Applications for BC Excellence and Pathway to Teacher Education Scholarships:

Applications are now being accepted for the BC Excellence and Pathway to Teacher Education scholarships. Applicants must graduate by August 2022 and meet all scholarship specific and core eligibility requirements. Recipients are awarded a scholarship voucher of \$5,000 for tuition reimbursement at a designated post-secondary institution or B.C. authorized trades training provider (Excellence) or approved K-12 teaching program in B.C. (Pathway). Applications are due **February 15, 2022, 2:59 pm PST**. Contact scholarships@gov.bc.ca with any questions.

Career Exploration Webinars:

WorkBC, alongside Career Education Society career coordinators, is facilitating one-hour webinars for parents and caregivers to help them start career conversations with youth and access tools for career exploration.

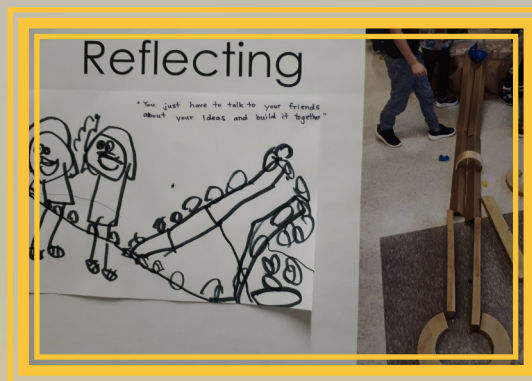
[Career Exploration flyer.](#)

Summer Program to Learn French in Quebec:

The Explore program (formerly the Summer Language Bursary Program) is an intensive French language program for students ages 13 and up, with any skill level in French. All meals, lodging and instructional fees are covered through the program. Secondary students can receive four French elective credits to put towards their Dogwood Diploma. Those interested in this opportunity must apply on the [Explore website](#) by February 15, 2022. Please contact Marc.Labelle@gov.bc.ca if you have any questions.

2021/22 Student Learning Survey:

The [2021/22 Student Learning Survey](#) is now available until April 29, 2022 for students in Grades 4, 7, 10 and 12, as well as parents, staff and principals/vice-principals. The student and staff surveys are available in English and French, and the parent survey is available in 18 languages. For more information on the SLS, refer to the [SLS Administration Manual](#). For technical and administrative support, contact AWIS at 1-866-558-5339 or support@awinfosys.com. For other inquiries, contact EDUC.ReportingUnit@gov.bc.ca.



"You just have to talk to your friends about your ideas and build it together"

-Isabella Dickens Elementary student

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