

WELCOME BACK TO SCHOOL

PRINCIPAL'S MESSAGE

Hello, bonjour, ki?su?k kyukyit Panther families,

We have rolled right into 2025 and Term 2 and February is just around the corner full of FABULOUS learning opportunities and school events!

Please mark your calendars to support the Grade 6 Blue Lake Fundraiser events:

Pizza Days February 6th (K-3 inside school) and February 7th (portables and gr 5-6)
Movie Night – February 12th

PLUS – SAVE the DATE for EIDES' FEEL GOOD FEBRUARY FINE ARTS FESTIVAL on Thursday February 20th.

We look forward to seeing you and... as always if you have extra free time ... want to invite you to join the many skating and ski days with your child's class as your help is always appreciated.

Thank you, merci beaucoup and suki!qukni everyone!

Janet Kuijt & Amy Leeden
EIDES Admin Team



FROM THE OFFICE

- ☒ Please check into the office when visiting the school.
- ☒ Don't forget to sign your child(ren) in at the office when late or departing school.
- ☒ SafeArrival is a great way to log your child's absence. Download the App today!



UPCOMING DATES

- February 4th – PAC meeting
- February 12th – Movie Night – G6 Blue Lake Fundraiser
- February 20th – Feel Good February Fine Arts Festival (FGFAF)
- February 26th – Pink Shirt Day
- March 13th – Gr 6 Elk Valley Basketball Tournament – FJMES
- March 14th – Learning Updates go home
- March 17th – 28th – Spring Break



TRAFFIC NEWS

École Isabella Dicken Elementary School Parent Advisory Council



The ÉIDES PAC applied for one of this year's Vision Zero BC Grant that supports improvement to road and pedestrian infrastructure in communities across the province. Our proposal focuses on improving safety at the intersection of 2nd Ave and 13th Street. As you likely know, this intersection is very busy every school day, particularly at drop-off and pick-up times.

To support our grant application, the PAC coordinated a traffic and pedestrian behaviour observation on November 28th. For 30 minutes before and after the school day, observations and statistics were collected using tools from Ontario's School Travel Planning resources.

In just 30 minutes before school, we observed:

- 4 rolling stops through the intersection
- 2 groups jaywalking across 2nd avenue towards the school
- 6 different groups walking out into traffic on 2nd Ave from between parked cars

The afternoon statistics were similar (or worse – sorry parents!):

- 15+ rolling stops through the intersection (the large snowbanks make this a real challenge)
- 2 cars that failed to yield to pedestrians at all
- 2 more jaywalkers on 2nd avenue and one making a kitty-corner crossing through 2nd and 13th!
- At least 8 groups walking out between parked cars to leave the school across 2nd avenue

Parking is so congested on 2nd Ave that traffic flow through this intersection is very difficult, pedestrians do not feel seen or safe because of too many cars all in one place.

2nd Ave, on the school side of 13th St, is a one-way street but has 2 lanes of traffic at the intersection. Visibility for pedestrians is seriously limited when traffic is at its peak.

There were two near misses during traffic observations, one in the morning and another in the afternoon of November 28, 2024. The near hit of a pedestrian had a student entering crosswalk to come across 13th street on the east crosswalk – a vehicle turning east onto 13th St from 2nd Ave (from the school side) did not see this pedestrian and had to slam brakes in the middle of the intersection. The second near miss was a vehicle-vehicle near collision at this exact same spot.





ÉIDES Traffic PAUSE Patrol

EIDES is a wonderful and busy school community – so we'd like to introduce our new PAUSE PATROL to help keep everyone safe while travelling to and from school every day.

Morning drop-off and after school pick up are the BUSIEST times around our school.

*Between 8:30 am – 9:00 am and 2:45 pm - 3:15 pm we all need to **PAUSE** and ensure we are following all traffic safety rules:*

- **WALKING** – on sidewalks.
- **STOPPING** – before crossing streets and looking both ways, following crossing guard signals, signs and crossing lights.
- **SLOWING** – driving speed limit down to 30km along all streets.
- **OBEYING** – all road rules if biking on the streets by schools. Bikers must follow car rules on the street or walking rules on sidewalks.
- **PAUSING** – to look around you, whether you are driving, walking or biking.

TOGETHER we can all be part of the PAUSE PATROL for our school traffic safety!



KINDERGARTEN REGISTRATION

École Isabella Dicken Elementary School provides all students with a warm and caring learning environment. We offer our kindergarten students a developmentally appropriate program along with access to computer technology, a Fine Arts program, student services support and, if parents choose, French Immersion.

Registration will begin to be accepted for children born in 2020 and turning 5 in 2025, beginning on February 3, 2025 at 8:30 a.m.

Registration Links:

- [Online Portal Kindergarten Registration](#)
- [Online Registration Information](#)
- [Registration Form](#) (for parents not wishing to complete online portal registration)

Save
the
Date

“Feel Good Fine Arts Festival”
Thursday, February 20th



PIZZA FUNDRAISER

Our Grade 6 students are looking forward to their year end Blue Lake trip. As a fundraiser for this opportunity we will be having pizza days in February.

We will continue to use the online platform Munch A Lunch so that people can pay and order online www.munchalunch.com

PIZZA DAYS

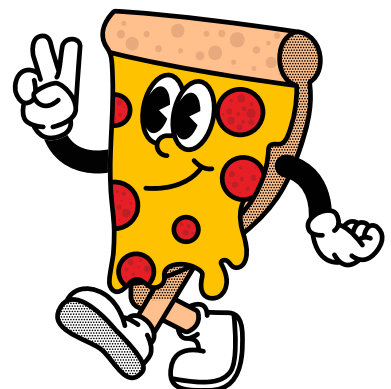
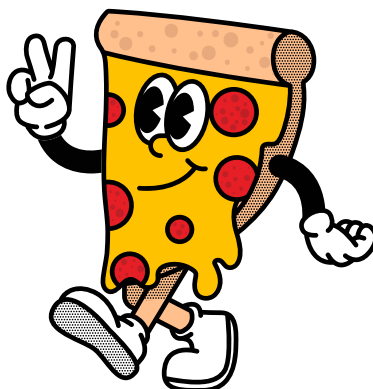
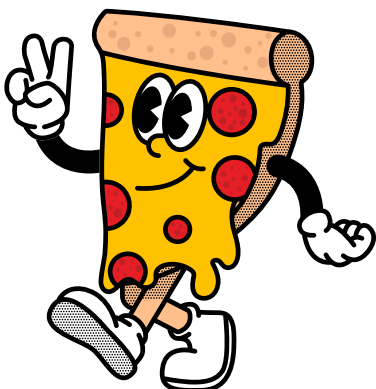
Grades K - 3 (classes that are in the main building) - Thursday, February 6th
Grades 3 - 6 (classes in the new addition and portables) - Friday, February 7th

ALL ORDERS & PAYMENTS ARE DUE BY FRIDAY, JANUARY 31st

\$3.50 per slice

www.munchalunch.com

Students may also come to the office to request a paper order form if you would prefer to pay by cash.





Free and accessible resources

The precious years of infancy and early childhood are a wonderful time to support your child's mental health. Mental health challenges can affect many aspects of a young child's life and can often be difficult for parents* and caregivers to recognize and respond well to.

As children take their first steps and put their first words together, they also experience other firsts—first fears, frustrations and tearful separations. It's normal for young children to feel a wide range of unpleasant feelings, such as fear, stress and anxiety. They show us their distress through a wide range of behaviours, from crying, withdrawing, shouting, and being overly eager to please. Other behaviours may include refusal, avoidance, tantrums, anger, physical complaints, sleep or toileting issues, and increased clinging. At this age, a distressed child can't yet calm or soothe themselves, nor can they use the more typical coping strategies. They still need our help.

As the most important influence in your child's world, you can do a lot to help them with their fears, anxiety and stress by nurturing and responding to them, and guiding them through safe experiences.

Taking care of your child also means taking care of yourself and drawing from the support of your community and cultural practices.

These resources are designed to build the confidence and capacity of parents* in British Columbia to support the unique needs of young children experiencing mild to moderate levels of anxiety and stress.

<https://healthymindsbc.gov.bc.ca/everyday-anxiety-strategies-early-years-at-home/#growth-tree>

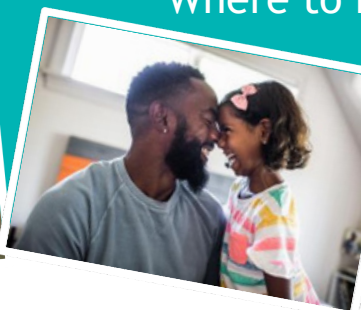
HealthyMindsBC provides evidence-informed prevention and early intervention tools and resources.

This site is for B.C. parents, caregivers, families, educators and other professionals to help them support the "everyday" mental health of children and youth.



Supporting Children and Youth to Manage their Emotions: The Power of Parents & Caregivers

Where to Learn More



Learning How to Manage Your Emotions as a Parent

- [Managing Your Own Emotions: The Key to Positive, Effective Parenting](#) (From: Zero to Three)
- [Managing Emotions as Parents](#) (From: PBS.org)
- [Parents, Manage your Emotions: Challenges, Practices, Importance, Benefits and More](#) (From: Parent Circle)

Helping Your Child and Youth Manage Emotions

- [Emotional Regulation in Children: A Complete Guide](#) (From: Parenting for Brain)
- [How Can We Help Kids with Self-Regulation](#) (From: Child Mind Institute)
- [How to Help Kids Understand and Manage Their Emotions](#) (From: American Psychological Association)
- [Moods: Helping Pre-Teens and Teens Manage Emotional Ups and Downs](#) (From: Raisingchildren.net.au)
- [How Can I Help My Teen Manage Their Strong Emotions](#) (From: Psychology Today)
- [Emotions](#) (From: Encyclopedia on Early Childhood Development)
- [Embracing the Early Years - Responsive Calming Strategies](#) (From: ASCY)

Other Resources on Child Well-Being

- [Sacred and Strong - Childhood](#) (From: First Nations Health Authority)
- [Social and Emotional Learning: Supporting Kids at Home and School](#) (From: Kelty Mental Health)
- [Encyclopedia on Early Childhood Development](#) (From: CEECD)
- [Parenting Guides to Support Your Child's Academic, Physical, and Social-Emotional Growth](#) (From: Today)

Selected Research References

Brumariu L. E. (2015). Parent-child attachment and emotion regulation. *New Directions for Child and Adolescent Development*, 2015(148), 31–45. <https://doi.org/10.1002/cad.20098>

Morris, A.S., Criss, M.M., Silk, J.S. and Houtberg, B.J. (2017), The impact of parenting on emotion regulation during childhood and adolescence. *Child Development Perspectives* 11(4), 233-238. <https://doi.org/10.1111/cdep.12238>

Tammilehto, J., Punamäki, R. L., Flykt, M., Vänskä, M., Heikkilä, L. M., Lipsanen, J., Poikkeus, P., Tiitinen, A., & Lindblom, J. (2021). Developmental stage-specific effects of parenting on adolescents' emotion regulation: A longitudinal study from infancy to late adolescence. *Frontiers in Psychology*, 12, 582770. <https://doi.org/10.3389/fpsyg.2021.582770>

Zimmer-Gembeck, M.J., Rudolph, J., Kerin, J., and Bohadana-Brown, G. (2021). Parent emotional regulation: A meta-analytic review of its association with parenting and child adjustment. *International Journal of Behavioral Development*, 46 (1), 63-82. 1464-0651 <https://doi.org/10.1177/01650254211051086>

Establishing Safe, Caring, & Respectful Digital Communities



Everyone Welcome! Upcoming Remote Sessions:

<https://pages.saferschoolstogether.com/erase-family-session>

February 4

February 26

March 12

April 8

May 7

Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community (60 minute session).

This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion.

Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline



SAFER
SCHOOLS
TOGETHER



Canadian Parents for French is a nationwide, research-informed, volunteer organization that furthers bilingualism by promoting opportunities to learn and use French for all those who call Canada home.

Vision Statement:

A Canada where French – and English – speakers live together in mutual respect with an understanding and appreciation of each other's language and culture and where linguistic duality forms an integral part of society.

Value Statement:

At Canadian Parents for French we value commitment to our mandate, the acquisition and dissemination of knowledge, and the taking of initiative and responsibility so that we achieve credibility and effectiveness.

Parents, Teachers and Staff involved in French Immersion. Join Canadian Parents for French (CPF) for free at <https://cpf.ca/en/join-cpf/>

CPF brings in French cultural events, performers and activities for our students and offers a bursary for a Grade 12 graduate in Cranbrook and Fernie.

Funding is based on membership so please Sign up Today!

