



# Claude Watson School for the Arts

Weekly Update - Friday March 1, 2019

## Upcoming Events

### March 5

- 6.2 Gardiner Museum Trip

### March 8

- Showcase

### March 11- 15

- March Break

### March 23

- Auditions Callback

### March 26

- Gr. 8s to Raptor's game

### April 1

- Parent Council

### April 10

- International Day of Pink

### April 11

- Strings Night (6:30)

### April 18

- Pizza Lunch

### April 19

- Good Friday Holiday

### April 22

- Easter Monday Holiday

### April 30 - May 3

- Gr. 8 Montreal Trip

### May 9

- Dance Night

## The Power of Perspective Pt.2

This week I asked students to try to be positive in the midst of challenges. Our students are growing and maturing concurrently as they are learning to develop pro-social skills.

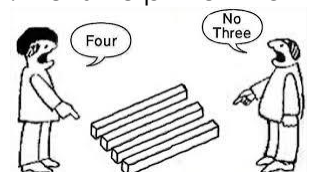


It's natural for children to get upset when things don't go their way. They may feel angry, jealous, embarrassed and /or disappointed. They may react without thinking from that 'reptilian' brain which may cause them further discomfort as they experience natural consequences of exclusion from others as a response to the non-characteristic behavior they have displayed while reacting suddenly from a place of resentment, hurt or other complex stream of emotion. This behavior can cause children to get in a cycle of hurting each other by continuing to act in negative, non-characteristic ways. As a student said in my office this week, **"I realized, my feelings towards my old friend were changing me - I needed to forgive them."** It's a painful lesson for us as adults to watch. We wish we could swoop in, "help" our children and take the emotional pain away. Sometimes, unintentionally, we create and feed a narrative where our children are perfect and other children are not. All 9-13 year old children display a breadth of emotions both positive and negative. All of them make mistakes and act in ways that are out of character. Today someone else's child hurt or offends your child tomorrow your child may hurt or offend someone else's child. Rather than shielding children from what we know is unpleasant, what we need to do is correct and guide them as caring adults – teachers and parents /guardians in a learning conversation.

Again it's important that as adults we understand that these painful experiences can cause our children to narrow their perspective when they should be broadening their perspective. We need to engender in them the habit of seeking to broaden their perspective – You're feeling this but perhaps there is more than just one perspective, more than this emotion. Again this is really a sophisticated level of thought – it's a meta-cognitive level of awareness. We want them to be reflexive - to pause and then put their best foot forward.

Reflexivity, the idea that informed reflection is necessary for improvement, is part of the highest level of awareness and thinking. It asks that we interrogate our minds - "why do I think that?" "do I need to change my thinking in order to influence my behaviour to achieve a more desirable outcome"? Although your children are beginning to acquire these skills, we know from our lived experience that a life time may be required to master them. Let's help them to get the best start they can in preparation for the coming twists and turns of the coming years.

Have a great week-end!  
Ms. Jones



## Winter Showcase

March 8(PM) CWSA students will have the opportunity to showcase their extra-curricular involvement school wide through this school daytime show.

## Teacher Appreciation Breakfast

Thank-you to Pavel Gouchtchine, his family and the School Council for the wonderful breakfast for staff! It brightened our winter week and helped CWSA staff to remember that parents care and are appreciative of the efforts they make every day to create such a great environment of learning for our students.

## Dance Night

Please mark your calendars Dance Night has been moved to **Thursday, May 9<sup>th</sup>, 2019** stay tuned for details.

## CWSA Hours

School Entry time is 8:30 am. Please call 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at **7:30 – 7:45 am**. Doors will remain locked until 8:20 for regular entry.

## Pizza Lunch Volunteers

School Council calling for volunteers on the Pizza Lunch sub-committee! Please email co-chairs John Choi [John.Choi@tdsb.on.ca](mailto:John.Choi@tdsb.on.ca) or Jay Kang [Jay.Kang@tdsb.on.ca](mailto:Jay.Kang@tdsb.on.ca). A member of the Pizza Lunch sub-committee will contact you with details on how to get involved.

## Traffic Safety – In the Loop

We kindly ask all members of our community to:

- Please notice the STOP sign at this intersection
- Please drive with extreme caution around our school
- Please keep traffic moving and do not keep your car idling for long periods

## Toronto Public Health

Toronto Public Health (TPH) began sending letters, in early January, to parents requesting their child's immunization information. TPH are seeking school support to promote **online reporting** to parents. Families without a health card, can make an appointment at the **free vaccination** clinic. Language interpreter services are available at 416-392-1250.

## School Council

Next School Council meeting – Monday, April 1 (no joke!). All Welcome!

## March Break

The CWSA Staff would like to wish all members of our community a safe and happy **March Break!** CWSA will close at 4pm on Friday March 8, 2019. There will be no after school extra-curricular activities on March 8 (except for After The Class). CWSA will re-open at 8am on Monday March 18, 2019. **There will be no extra-curricular before school on Monday March 19, 2019!**