



2021

EATON CLIPPINGS

UPCOMING EVENTS

April	2	No School Good Friday
April	5	No School Easter Monday
April	6-9	No School Spring Break
April	12	SCC Virtual Meeting @ 6:30
April	21	Grade 10-12 Report Cards
April	26	No School Pd Day
April	28	Secretaries & Admin. Asst. Day
April	28-29	Grad Bottle Drive
May	10	No School PD Day
May	24	No School Victoria Day
June	12	Grad
June	23-28	Grade 9-12 exams
June	25	Last Day of Kindergarten
June	28	Last Day of School
June	29	PD Day
June	30	Grade K-12 Report Cards
June	30	PD Day

*Thank
you*

To the SCC for the buns, meat, cheese and veggies during interviews for the staff. It was greatly appreciated!

Just a reminder to watch for our students on their way to and from school in the morning, at lunch and after school, not just in the school zones. Please remember to obey the school speed zone and slow to 30 km/hr and always be vigilant and alert of pedestrians and students on bikes. Let's keep everyone safe!



SRC Spirit Days:


April 1 Pastel Colour Day



April 22 Hero Day—Dress up as your —fictional or real

April 29 Masquerade Day—Wear your favorite Mask (in addition to your PPE as required by COVID protocols)

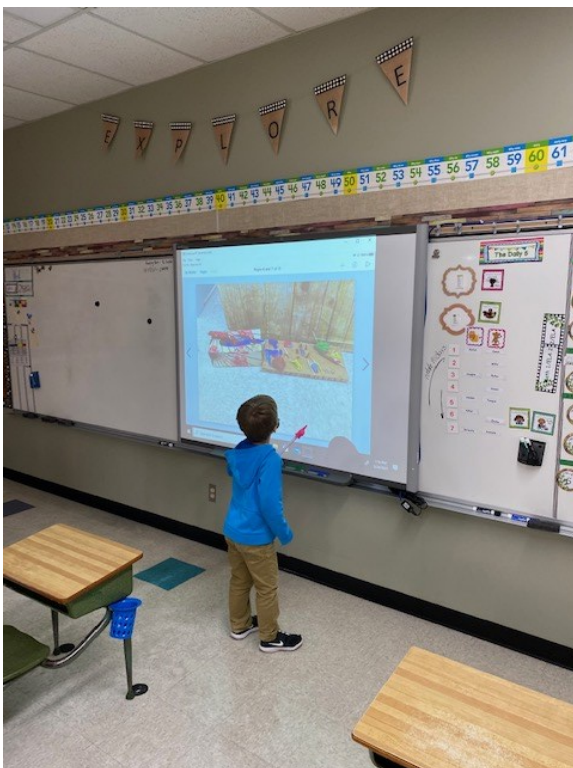
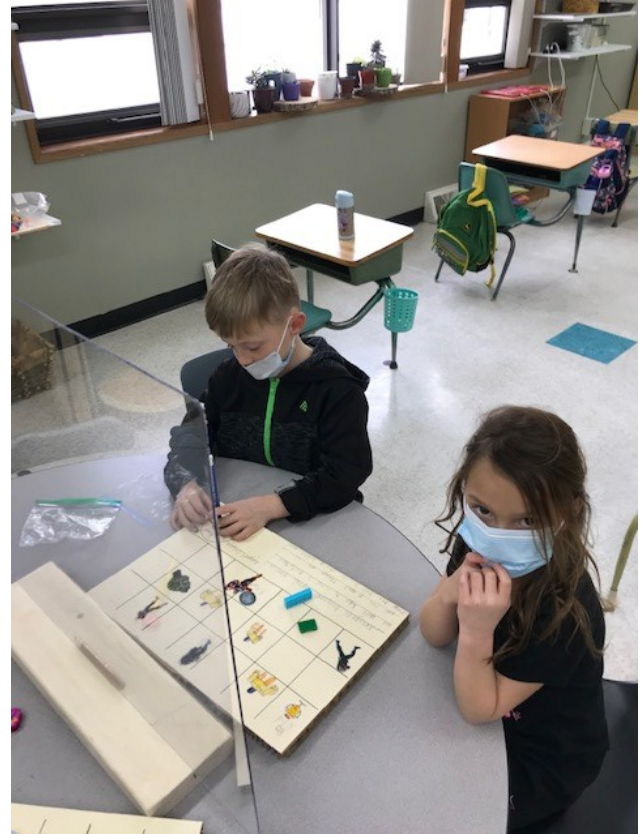


The GSA has been working hard on plans for their upcoming t-shirt fundraiser. More information coming soon! 

The Eaton GSA would like to send out a huge thank you to Saskatchewan Lotteries for their grant. We were able to attend a GSA Virtual conference and learn a lot about self love and acceptance.

Grade 1 & 2 happenings!!

The class has been busy sharing what they know in different ways! Grade 1 & 2 prepared awesome book talks and created non-tech coding board games. They are moving forward in their learning!



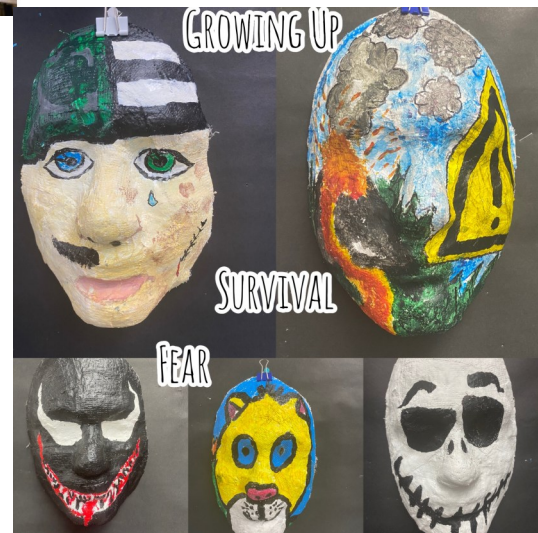
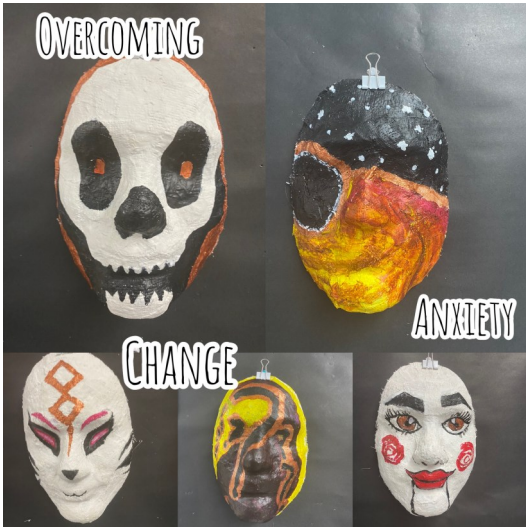
Grade 3/4

Grade 3/4 's are enjoying the beautiful March weather we have been having. In Science, we have started learning about rocks and minerals. We are geologists in training as we search for interesting rocks, and identify the properties that make them unique!



Bredy's Bunch

Grade 5/6 have been busy creating!! They learned how to make and glaze pottery. We also challenged ourselves to make masks according to the theme of our independent novel studies. Themes included fear, overcoming anxiety, growing up, change and courage. Keep it up creative cats!!





ANNUAL EATON GRAD BOTTLE DRIVE

APRIL 28TH AND 29TH

**Support our 2021 Grads and
donate your bottles!**

Due to COVID restrictions, the students will not be able to come to your door. Please leave bottles out that day in a visible location so students can pick them up without contact. Thank you for your understanding!

April 28th - Farms

April 29th - Town

Start time for both
days:

3:30 PM

Accepting cans,
bottles, cartons,
etc.

Help make Eaton
Grad 2021 a
success!

CONTACT EATON
SCHOOL TO ARRANGE
PICK UP!

306-967-2536



2021

Spring Order Form

Contact Trisha Lee to order or for more information (306)460-8387

Orders Due: _____

Plant Pick-up: _____



12" Premium Hanging Baskets

Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. There are a variety of mixes/colours.



12" Premium Patio Planters

All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a spring patio or backyard paradise.



12" Strawberry Basket

A kid favourite! Enjoy fresh strawberries all summer long. Ever bearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!



10-pack 4" Succulents

Fast-growing in popularity, succulents are versatile & low maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the echeveria, sedum, sedeveria and senecio families. *Duplicates & substitutes may occur.*



10-pack 4" Herbs

An assortment of our finest herbs! Varieties include:

- Basil (Sweet)
- Basil (Thai)
- Thyme
- Chives Onion
- Chives Garlic
- Mint Mojito
- Peppermint
- Oregano
- Parsley
- Rosemary

Duplicates & substitutes may occur.



10-pack 4" Veggies

Grow your own food this year in a garden or planter box! Varieties include:

- Tomatoes x 4
- Zucchini
- Kale
- Cucumber
- Peppers x 2
- Romaine

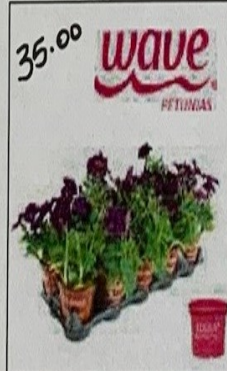
Duplicates & substitutes may occur.



10-pack 4" Zonal Geraniums

These easy to grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits.

Colours: Red, White, Pink
Cannot mix & match colours in a flat



10-pack 4" Wave Petunias

The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes and hanging baskets.

Colours: Purple, White
Cannot mix & match colours in a flat



10-pack 4" Marigolds

Marigolds add a pop of colour and brightness to enjoy all season. Excellent companion plants for many vegetables!

Colours: Orange



Premium Soil 30 L

A bag of organic potting soil, perfect for filling containers. This hearty mix helps plants grow to their full potential. Enriched with: compost, kelp, fish meal, peat moss, glacial rock dust, & rice hulls.



Fertilizer Shaker 1.8 kg





















Enhance your garden with an easy to use fertilizer shaker. Made with organic granular kelp this blend is great for both flowers and veggies.

Product mixes, plants used and materials vary. Item received may not be exactly as shown. Substitutions may occur.

.....SPRING SCAVENGER HUNT.....

Nature walk

Check off items as you find them!

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
NEST	SPIDER'S WEB	ROBIN	FEATHER
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
WORM	BUNNY	BLOSSOMS ON A TREE	DANDELION
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
PUDDLE	GREEN LEAF	SEED POD	SOMETHING YELLOW
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
MUSHROOM	ANT	DEW DROPS	WILDFLOWERS
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
ANIMAL FOOTPRINTS	MUD	SMOOTH ROCK	SHADOW

Course Selection: If students are exploring changes or making future choices for their planned high school courses, it is important to consult with Principals and Career Counsellors before making any drastic changes to be certain any adjustments meet needed graduation requirements, fit with personalized plans and align with post-secondary aspirations.

Work-based Learning: This was a very busy semester for students involved in work-based learning courses. A sincere and heartfelt thank you to our local and area businesses who are supporting our various work-based learning courses.

Career Education 9: All grade 9 students are developing a Graduation and Post-Graduation Plan using myBlueprint. Students utilize this tool to learn more about their learning styles, understand personality types, set life/career goals, investigate occupations, etc. The upcoming student-led conferences are a great opportunity for students to share their portfolio with parents/guardians.

Grade 10 Students: Grade 10 students will progress with life/career investigations utilizing the myBlueprint planning program as an ePortfolio tool. They will be revisiting inventories, reflecting and updating goals, and continuing to investigate various options as part of their Grad and Post-Graduation Plan.

Grade 11 Students: Grade 11 students are completing the CAPS/COPS/COPES career assessment inventories to help them further explore their interests, values, and skills then examine how their personalized strengths and interests align with various occupations. This is another career planning tool our school division provides in support of life/career explorations. Grade 11's may also want to consider attending the many online post-secondary information sessions open to high school students to help make decisions about future possibilities.

Grade 12 Students: This is a very important time to continue to research and make informed life/career decisions for the first steps upon graduation. Not sure what to do after grade 12? There are a number of ways to investigate a Gap Year. Discover Year (<https://www.discoveryyear.ca/>) offers a one-year career and life skills program that helps young adults aged 17-23 develop self-awareness, confidence, motivation and interpersonal skills through experiential learning, mentorship and interactive education. To learn more, join a virtual meeting on Tuesday, March 16 to learn how Discover Year is helping young adults manage uncertainty and thrive in their lives after high school. Register here (<https://www.discoveryyear.ca/events/>)

For more information on these opportunities and support with the life/career planning process, please contact our school's Career Counsellor, Mr. Motier.

News:

Our Career Development LEAD Teacher Team has created a Sun West Career Development Facebook Page to help students/families stay up-to-date with timely information. If interested, please visit: <https://www.facebook.com/SWCareerConnectors/>

Interested in the Skilled Trades? Check out the list of Designated Trades within our province. Also, see the Entrance Requirements for Apprenticeship Training. Other opportunities to consider while in high school: a. Saskatchewan Youth Apprenticeship Program helps students explore opportunities in the skilled trades. Ask your Career Counsellor for information on this awesome program. Benefits include 100 hours of trade time/level completed, waiver of indenturing fee, waiver of first level of technical training tuition, etc

How can parents promote student well-being?

According to recent data from Ontario, over one-third of students in grades 7-12 report experiencing moderate-to-serious levels of psychological distress, with rates increasing across grades. Despite this, about one-third of students (39%) report that they rarely or never talk to their parents about their problems or feelings. This isn't surprising as adolescence is often marked by a shift, with youth turning to friends for support rather than parents. Still, parents are the cornerstone in supporting their child's well-being.

HERE ARE FIVE STRATEGIES THAT PARENTS CAN USE TO SUPPORT THE WELL-BEING OF THEIR MIDDLE-AND HIGH-SCHOOL CHILDREN:

<p>1. Listen and empathize</p>	<p>Parents often want to provide advice to their kids or fix their challenging feelings. It's important that parents really listen to what their teens have to say, try to understand their perspective, and validate their feelings. Parents can recognize how their child is feeling without reinforcing unhealthy or unhelpful behaviours. For example, rather than dismissing disappointment (e.g. "You don't need to get upset about not having your phone"), parents can validate and acknowledge these feelings (e.g. "I know you're disappointed that you can't have your phone right now").</p>
<p>2. Find time for positive communication</p>	<p>Kids and parents have busy lives, which often means they are limited in the amount of quality time they spend together. Finding time for positive connections and interactions (e.g. family meals or time in the car) is critical to supporting well-being. Focus on positive communication and feedback during these times and avoid criticism, which can have negative impacts on self-esteem and mood.</p>
<p>3. Parental monitoring</p>	<p>This means parents knowing where their children are and getting to know their friends, which has been found to protect against a variety of risk behaviours (e.g. alcohol and other drug use).</p>
<p>4. Set limits</p>	<p>An authoritative parenting style has been found to best support healthy development. This means parenting that involves both high demands (i.e. setting limits on their child's behaviours) and high responsiveness (i.e. warm and sensitive to their child's needs). It's important that parents explain their reasons for enforcing boundaries rather than using punishment (i.e. "do it...or else") or power (i.e. "because I said so").</p>
<p>5. Role model healthy coping</p>	<p>From an early age, kids learn how to take care of their mental health and well-being by watching their parents. The best way for parents to teach kids and teens how to manage stress, cope with setbacks, and engage in self-care is for parents to do these things themselves.</p>

Research shows that the quality of a parent-child relationship can have a significant impact – positive or negative – on their child's mental health and well-being. While middle- and high-school children tend to seek support from their peer groups, it's important for parents to continue supporting and promoting the well-being of their child by setting healthy boundaries, modeling healthy coping strategies, and having open conversations that acknowledge and validate their child's feelings.

For online resources and references please visit:
www.edcan.ca/facts-on-education

Authors,
**Dr. Abby L. Goldstein, C.Psych. and
Jasmin Katz, BSc.**

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Self-Care Checklist For Youth, by Youth



1

Take care of yourself in different ways.
(mental, physical, emotional, spiritual)



Use the time to take a break,
develop new interests &
routines.

2

3

Exercise. It helps!



4

Eat well.
Sleep well.



5

Connect with others. But
also don't spend too much
time on social media.

6

Pause. Stop
overthinking. Relax.
No negative self talk!



GENERAL ANXIETY REDUCTION STRATEGIES

Many techniques exist to balance feelings of anxiety, as well as to bring the self back to a neutral state from a state of heightened emotions. The strategies can be used by adults, children, and youth.



Stop
Take a breath
Observe emotions
Proceed



Balloon Breathing: Empty your lungs, and inhale slowly and deeply, feeling air up to your diaphragm. Imagine your lungs like a big balloon being inflated and deflated.



Butterfly Hug Exercise: Place hands in a butterfly position on your chest and alternate tapping on each side. Experiment with the speed and pressure of the taps until it feels right.



The Container Exercise: Picture any container that is big and strong enough to hold an object. Picture an object that symbolizes what is being remembered or felt right now. Place this object into the container and ensure it is locked tight, until you feel safe and ready to deal with the feeling or memory.



Hand Tracing: Take a pen or your finger and run it along the edges and inside the webbing of the fingers on your other hand. Focus only on the feeling.



Square Breathing: Breathe in slowly for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, and hold it once again for 4 seconds. Picture scaling the walls of a square while breathing.



Yawning Exercise: Fix your jaw into a yawning position and place your fingers on the space where your upper jaw and lower jaw meet. Gently massage those muscles and hold for a period of time. This will activate more than one yawn back to back, each holding a deeper breath than the one before.