

## POWERFUL STRATEGY

Practicing new skills is the best way to make sure a child remembers to use their new expertise. This month we practiced through role-play and scenarios how to not respond to those who are trying to get an emotional reaction. As our Sacred teaching this month is Wisdom, it encourages families to share their wisdom with one another. Practicing at home is a great way to reinforce their learning and share wisdom. The strategies we worked on are:

1. IGNORE
2. AGREE
3. DISTRACT
4. LAUGH
5. STAY AWAY



iMind

This month during the Elementary iMind classes we have been focusing on resilience and “not taking the bait” when individuals try to get a reaction out of us. By teaching students about their own strength and power over their reactions they learn to embrace their emotional strength. By finding and believing in their ability to grow and include, students are able to be true to their own spirit, which helps teach them the virtue of honesty.

## Virtues and Values

As character building is part of parenting and caregiving, we encourage you to reinforce the monthly virtue at home. These virtues align with our Catholic Social Teachings as well as with the First Nations 7 Sacred Teachings. May’s teaching is that of Wisdom. Wisdom is the ability to make decisions based on personal knowledge and experience. The Beaver represents wisdom because it utilizes its gifts in ways that promote wellness to itself and its family. Wisdom also means knowing what your limits are with respect to your body and the life around you <http://www.abegweithealth.ca/carousel/carousel.asp>

**COMING UP!**

### **Robb Nash Presentation**

June 5 10-12:30 @  
Westerner Park

### **Last Day of Classes**

**June 27<sup>th</sup>**

Below is a link to access more information for parent community resources and supports.

**Parent Resource**  
**Link**

### **Counselling Team**

Mme Magill- Counsellor

Mme Lajeunesse- Counsellor

Mme Masson- Family School  
Enhancement Counsellor