



LYNDHURST FEBRUARY-MARCH 2019 NEWSLETTER

We have had an exciting February and March:

- Basketball Intramurals for Grades 6/7 wrapped up. Thanks again to Ms. Ho and Mr. Singh for providing this opportunity.
- The Burnaby Fire Department came to read stories and provide fire truck tours to our primary students. They also donated copies of the story to our school library.
- We enjoyed some snowy weather with students having fun sliding and sledding on our playground. The students did an excellent job of being safe during these activities!
- Our Valentine's Day Carnival was a huge hit with students from Mr. Singh's class running stations in the gym for all classes to participate in.
- This was followed by Pink Shirt Day with a focus on Kindness and an end to bullying. Nine students from division one participated in an event at Lougheed mall – they handed out kindness messages, paid for people's lunches using gift cards donated by Lougheed Mall, and then participated in a flash mob dance with students from Stoney Creek and Cameron schools. If you go to Global News BC online and put in 'pink shirt day' you will see them in action.
- We had a Celebration of Learning Assembly on Feb. 28 where students from Mr. Lathigee's and Ms. Youssefi's classes shared their writing.
- In March we had a parent conversation with Suzanne Vardy from our Burnaby School District's Safe School's Team to discuss Peer Conflict and Bullying. Thank you to all the parents who participated.
- On March 12th our Grade 2s and 3s will participate in the district's Primary Days of Music. Thanks to Ms. Nastalski for organizing this.
- We will finish our week before Spring Break with students receiving their report cards. Please take some time to celebrate your child's successes.
- We will also have a presentation for all students by Michelle Sipl from UBC on "Exploring Kindness".

If you walk through the halls and classrooms at Lyndhurst you will see our school's focus on Kindness. I know sometimes Kindness is seen as a 'soft fluffy thing' rather than a real-world skill. For me Kindness is composed of three elements – Respect, Caring, and Service.

Our children are learning to treat each other with respect and caring and solve problems peacefully. This includes helping our students learn to recognize their emotions and learn strategies to deal with more difficult feelings such as anger and frustration. Children are at different places on this journey and require different levels of support to be successful at treating themselves and others with Kindness (i.e. Respect and Caring).

The service piece of Kindness is also very important. Children can be very self-focused and need opportunities to support others. When students help others they feel better about themselves, more connected to other people, and feel a greater sense of belonging. (Turn this page over for an article about the research proven benefits of teaching Kindness in schools)

Our School Spirit Committee has created three bulletin boards in our school hallway and they are inviting all students to add their ideas about what Being Kind *Sounds Like*, *Feels Like*, and *Looks like*. When you first enter the school you will see the "Being Kind Looks Like" board. All the photographs were taken by students who were sent on the playground with cameras to capture 'Kindness in action'. In two days they had over 50 examples of Lyndhurst students treating others with Kindness! I am very proud of the progress staff and students are making in creating a more caring learning community.

Have a wonderful Spring Break with your family!

Sincerely, Mrs. Moro

