

APRIL NEWSLETTER

EARLY DISMISSAL
WEDNESDAY, APRIL 30TH AT 2:25 P.M.

Parent Teacher Conferences

Conferences will be held on **Tuesday, April 15th & 16th from 4:00 to 7:00.**

Conference times will again be booked with School Interviews. If you do not book a time using the online program, a time will be scheduled for you.

We look forward to chatting with you about your child's learning!

School Interviews link can be found on our new website. On the right inside, click on Quicklinks, Parent and School Interview.

Or visit this website : <https://schoolinterviews.ca/code/4gddj>

Ms. Russell will email you if Mr. Wheeler would like to meet with you.

Booking closes on Wednesday, April 9th.

Bake Sale and Popcorn!

Our SLC will be selling baked goods and popcorn during Parent Teacher Conferences on April 15 & 16. They will be open from 4:00 - 7:00 pm.



SCHOOLGUIDE APP

With our new website, we now have access to SchoolGuide App. Parent/Families and Staff can add this App to their smartphone to view news, events and receive notification from the school!

Contact Ms. Russell for more information!



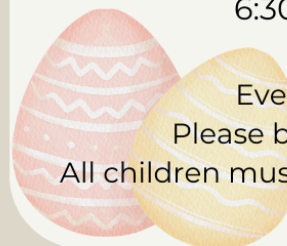
IOS



ANDROID

SCC Easter Craft Night

Tuesday, April 10th
6:30 p.m. - 8:00 p.m.



Everyone is welcome!
Please bring hard-boiled eggs.
All children must be accompanied by an adult

NATIONAL DENTAL HYGIENISTS WEEK APRIL 4 - 10



OVERTIME HOT LUNCH

WEDNESDAY, APRIL 9TH
FORMS ARE DUE APRIL 2ND.

FRIDAY, APRIL 4

Classroom Champions will be at the school for a visit!
Veren will also be here to provide a school wide BBQ lunch!



Counselling for Children, Youth and their Caregivers Available

Family Service Saskatchewan, a network of family service organizations across the province, offers free counselling to support the mental health and well-being of children, youth and their caregivers. Their services are available in person in communities throughout the province as well as by phone and video. Counselling can help families navigate challenges such as behavioural concerns, family conflict, trauma, grief, anxiety and depression.

While their counsellors do not provide formal diagnoses or assessments, they work with children and families facing a wide range of experiences. They provide a safe, supportive and non-judgmental space where children, youth and caregivers can express themselves, explore their emotions and work towards positive change. Visit

www.counsellingconnectsask.ca to book a session.

[Counselling for Children, Youth, and their Caregivers](#)

Contact: Family Service Saskatchewan 306-757-6675

JUMP ROPE FOR HEART

Jump Rope will be starting again on April 7 and run during noon hour until May 26. Please check our School Calendar on our Website to see which day of the week Jump Rope will take place!

www.shonavonpub.chinooksd.ca

FOOTBALL

Shaunavon Minor Football - Registration Open!

Flag Football U10 & U12 Tackle (Gr 5-6)

U14 Tackle (Gr 7-8)

Football Season runs from mid-August to end of October.

Visit our Website for more information!



We raised \$755 for **Telemiracle** Fundraiser this year.

Thank you to everyone who participated!

The Grade 1 is the classroom who raised the most money, and had popcorn and a movie as their price.

Congratulations Grade 1!

Thank you to everyone who participate in

Jump Rope for Heart!

We raised \$553. The students who raised the most money were Elly, Theia and Reese Hardin in first place, followed by Easton Drockner in second place!

HIRING CASUAL BUS DRIVER!

APPLY NOW
chinooksd.ca/employment



EXECUTIVE FUNCTIONING

METACOGNITION

WHAT IS METACOGNITION?

Does your child say they understand, but then struggle with showing or explaining their thinking? If so, your child may struggle with metacognition. According to Balboa and Sinclair (2023), metacognition is an executive functioning process where individuals think about their thinking. Essentially, it is the necessary skills required to monitor, plan, and assess one's own thinking (Balboa & Sinclair, 2023).

Metacognition is a critical skill that can be taught and practiced. It is the skills that allows individuals to identify and understand their strengths and weaknesses, while also developing strategies to change their weaknesses into strengths.

Individuals with well-developed metacognition skills more accurately are able to judge their own level of learning and make realistic judgements about their present abilities (Balboa & Sinclair, 2023). These skills include thinking about a problem, developing a plan of approach, choosing appropriate strategies to complete the task, and then reflecting on the pros and cons of the learning process and what new knowledge was acquired as a result.

Strategies for teaching Metacognition

- 1 Provide a list of self-reflective questions while doing tasks
- 2 Model verbalizing the thought process of learning
- 3 Create rubrics and instruct how to use
- 4 Help students create S.M.A.R.T. goals
- 5 Explicitly teach planning, monitoring and self-evaluation



EF Specialists
The Way to Success

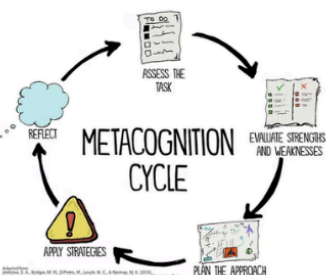
THE TRUTH AS IT STANDS

- Metacognition begins to present as early as 2-3 years old with toddler "I don't know" comments
- Research indicates that it is not until age 11-13 that metacognition becomes full functioning
- Individuals with ADHD struggle with metacognition and require explicit and deliberate teaching of the strategies.
- Metacognition is often referred to as self-efficacy
- Metacognition is a cyclical process that needs to be modeled, practiced, and reflected upon
- Metacognition awareness can be developed through small group instruction, observing others dialogue through a task or problem, and by being in situations where individuals can practice and experience success.
- Metacognition is a life-long process

THE POWER OF METACOGNITION

Metacognition is vital for students to become college, in their careers, and in life-long learning. It helps promote autonomy and resiliency. When students improve their metacognitive skills, they are more likely to embrace a Growth Mindset and learn from mistakes.

If we want students to grow into problem solvers and critical thinkers, we need to help them develop metacognition.



"Don't just think outside the box, think about the box."
- Balboa & Sinclair

GROWTH MINDSET

INSTEAD OF SAYING...

SAY THIS...

This is hard.

Practice will make me better at this.

I'm making too many mistakes.

Mistakes are how I learn and get better.

I'm not smart.

I'm really smart when it comes to ____.

I don't know how.

I can learn!

I don't like challenges.

Overcoming challenges helps me grow!

I give up.

I can't succeed if I don't try!






I am not good at this.

I am not good at this yet, but with practice I will be!

Thank you Mr. Wheeler and Ms. Allen for all you do to support our students and to provide great ideas to all our families each month on our newsletter!

STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ASSEMBLY 2:40 Everyone is welcome! KINDERGARTEN DAY 3	2 HOT LUNCH FORMS DUE DAY 4	3 KINDERGARTEN DAY 5	4 VISIT FROM CLASSROOM CHAMPION BBQ LUNCH FOR EVERYONE! DAY 6
7 KINDERGARTEN DAY 1	8 DAY 2	9  OVERTIME HOT LUNCH PARENT TEACHER CONFERENCES BOOKING CLOSES KINDERGARTEN DAY 3	10 Easter Craft Night 6:30 -8:00 p.m. DAY 4	11 KINDERGARTEN DAY 5
14 DAY 6	15 PARENT TEACHER CONFERENCES 4:00-7:00 KINDERGARTEN DAY 1	16 PARENT TEACHER CONFERENCES 4:00-7:00 DAY 2	17 KINDERGARTEN DAY 3	18 GOOD FRIDAY NO SCHOOL
<div>   <div>EASTER BREAK</div>   </div>				
28 DAY 4	29 KINDERGARTEN DAY 5	30 GR.6 IMMUNIZATION AT 9:00 EARLY DISMISSAL AT 2:25 DAY 6		

APRIL

Name.....

GROWTH MINDSET VS FIXED MINDSET

Read each mindset in the boxes below. Cut and sort into the correct column.



GROWTH
Mindset



FIXED
Mindset



Mistakes help me learn.

Embrace challenges.

I can try a different
strategy.

Avoid challenges.



I can't do this.

I can train my brain.

I made a mistake.

I give up.