



OCTOBER NEWSLETTER



Kung Jaadee PERFORMANCE

Kung Jaadee is a professional storyteller, education and published author belonging to the Haida, Musqueam and Squamish First Nations. Over the past 27+ years, she has performed traditional Haida legends, while also sharing vivid personal stories about her clan's survival of the smallpox epidemic, and the history and culture of her people. She has performed at hundreds of festivals, schools and Aboriginal celebrations across Canada. She is the author of the popular children's books, *Raven's Feast* and *Gifts from Raven*, as well as curriculum textbooks, *Haida Nation: Indigenous Communities in Canada* and *We Are Home*. Her stories have also been published in several anthologies, magazines and online publications. Most recently, Kung Jaadee worked as the Vancouver Public Library's Indigenous Storyteller in Residence.

EARLY DISMISSAL

Wednesday,
October 16
@ 2:25 PM

HALLOWEEN

Halloween falls on a Thursday this year, which is PreKindergarten day but not a Kindergarten day. Kindergarten will be celebrating Halloween on Wednesday. Students are welcome to change into their costumes for the afternoon for some Halloween fun. We ask that parents remind their children that there are students as young as 3 years old at SPS. Please save your scary costumes for after school.



Free Children's Eye Exams

Children's eye health is important, and so are regular eye exams. Fortunately, all children in Saskatchewan are eligible for the type of regular, comprehensive eye exams that can identify potential vision complications, **FREE OF COST!**



BRAIN WAVES PRESENTATION

Brain waves is a fun, informative neuroscience presentation for Grade 4-7. Topics covered include the brain & its function, the five senses, concussion, and the importance of protecting the brain.

Thank you to everyone for contacting the school if your child will be absent. This communication is very much appreciated.





9 things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

5. Let's draw it.



6. What does it feel like in your body? Where is the worry? How big is it?

7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

BREAKING
NEWS

THE SPS DAILY

SPECIAL
EDITION

EXECUTIVE FUNCTIONING PLANNING & PRIORITIZING

WHAT IS PLANNING AND PRIORITIZING IN RELATION TO EXECUTIVE FUNCTION (EF) SKILLS?

According to Kelly B. Cartwright (2023), the complex EF skill of planning involves setting and working towards a goal, and prioritizing involves ordering and sequencing information or subtasks in ways that support the completion of a goal. These EF skills directly impact students' ability to carry out daily tasks both at home and at school. As an example, consider a student participating in a science fair project. For the student to be successful, they would need to have a clear plan in place, have ready the necessary materials, and have organized list of prioritized steps required to complete their experiment in order to reach their end goal and be successful. You cannot reach your goal without a plan, and you can do so most effectively if you are aware of the steps you need to take, in the proper order, to ensure that your goal is met.

	Urgent	Not Urgent
Important	Do Do it now.	Plan Plan and schedule.
Not Important	Delegate Who can do it for you?	Eliminate Eliminate the wastes.

The Eisenhower Matrix has four quadrants which are characterized by their level of importance and urgency. Organizing tasks into these four quadrants helps to plan and prioritize to maximize time and energy.

HOW TO HELP YOUR KIDS WITH PLANNING AND PRIORITIZING

1. Set clear and realistic goals
2. Determine a list of tasks that need to be completed in order to reach your goal
3. From your list of tasks, define your priorities using the Eisenhower Decision Matrix.
4. Create a schedule and develop a routine
5. Break down goals
6. Discuss time management
7. Track progress
8. Reflect on initial goals
9. Maintain flexibility to adapt and adjust goals and prioritized steps as required
10. Celebrate successes!

EFFECTIVE TASK PRIORITIZATION

Scan the QR code below to watch a video on how to prioritize tasks using the Eisenhower Matrix



HAVE TO'S AND WANT TO'S

Scan the QR code below for a kid friendly video on planning and prioritizing



STAY TUNED EACH MONTH FOR DETAILS ON A NEW EF SKILL

OCTOBER

MON	TUES	WEDS	THURS	FRI
	1 DAY 2	2 GRADE 6 IMMUNIZATION ASSEMBLY 2:40 KINDERGARTEN DAY 3	3 DAY 4	4 KUNG JAADEE PRESENTATION KINDERGARTEN DAY 5
7 DAY 6	8 KINDERGARTEN DAY 1	9 DAY 2	10 KINDERGARTEN DAY 3	11 DAY 4
14 HAPPY THANKSGIVING NO SCHOOL	15 KINDERGARTEN DAY 5	16 EARLY DISMISSAL @ 2:25 PM DAY 6	17 KINDERGARTEN DAY 1	18 DAY 2
21 SCC MEETING @ 6:30 KINDERGARTEN DAY 3	22 DAY 4	23 KINDERGARTEN DAY 5	24 BRAIN WAVES presentation DAY 6	25 BRAIN WAVES presentation KINDERGARTEN DAY 1
28 NO SCHOOL	29 DAY 2	30 KINDERGARTEN DAY 3	31 HAPPY HALLOWEEN SLC CARNIVAL 2-3 DAY 4	