

Principal’s Message

Anxiety is just one little word, but it can feel like the weight of the world when you or someone you know is dealing with it. As the adults adapt to the changes in the world, children are expected to adjust as well. For some, these adjustments are stressful, and a little extra help may be needed.

If your child is experiencing anxiety, please reach out and let your child’s teacher know. Our goal is to ensure that children feel safe and welcome at school and that they belong. By knowing that your child is experiencing anxiety, we can work together to communicate this message of support.

Also, our school receives support from district counsellors every week who are trained to support learners who experience anxiety. If you’re interested in signing up your child for counselling support, please contact the school so we can forward you a referral form.

In summary, we care about your child and want you to know that we can work together to provide the best support for them.

Respectfully,
Mrs. Kelemen, Principal

Mark your Calendar

October

- 20 Parent/Teacher Interviews
—Dismissal at 11:47 AM
- 21 Mom’s Pantry Fundraiser
Due
- 22 Pro-D Day—No School
- 26 Drop Everything and Read
Day (DEAR)
- 27 Hot Lunch- Chili & carrots

November

- 2 Photo Retakes and Class
Photos
- 7 Daylight Savings Ends—
Clocks Fall back
- 10 Remembrance Day
Ceremony
- 10 Hot Lunch
- 11 Remembrance Day—No
School

DLES PAC EXECUTIVE 2021-2022
Co-chair: Shawna Abietkoff
250-304-8398
Co-chair: Shawna Belcourt
250-691-1094
Secretary: Amy Dash 250-691-1612
Treasurer: Dallas Matson
250-692-0516

10 Tips for Parenting Anxious Children

- Many well-meaning parents try to protect anxious kids from their fears, but overprotecting can actually make anxiety worse. Here are pointers for helping kids cope with anxiety without reinforcing it.
- Don’t try to eliminate anxiety: do try to help a child manage it.**
The best way to help kids overcome anxiety is to help them learn to tolerate it as well as they can. Over time the anxiety will diminish.
 - Don’t avoid things just because they make a child anxious.**
Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run.
 - Express positive but realistic expectations.**
Don’t promise a child that what she fears won’t happen—that you know she won’t fail the test—but do express confidence that she’ll be able to manage whatever happens.
 - Respect her feelings, but don’t empower them.**
Validating feelings doesn’t mean agreeing with them. So if a child is terrified about going to the doctor, do listen and be empathetic, but encourage her to feel that she can face her fears.
 - Don’t ask leading questions.**
Encourage your child to talk about her feelings, but try not to ask leading questions: “Are you anxious about the big test?” Instead, ask open-ended questions: “How are you feeling about the science fair?”
 - Don’t reinforce the child’s fears.**
Avoid suggesting, with your tone of voice or body language: “Maybe this *is* something that you should be afraid of.”
 - Be encouraging.**
Let your child know that you appreciate how hard she’s working, and remind her that the more she tolerates her anxiety, the more it will diminish.
 - Try to keep the anticipatory period short.**
When we’re afraid of something, the hardest time is *before* we do it. So if a child is nervous about going to a doctor’s appointment, don’t discuss it until you need to.
 - Think things through with the child.**
Sometimes it helps to talk through what would happen if a fear came true—how would she handle it? For some kids, having a plan can reduce the uncertainty in a healthy, effective way.
 - Try to model healthy ways of handling anxiety.**
Don’t pretend that you don’t experience stress and anxiety, but do let kids hear or see you managing it calmly, tolerating it and feeling good about getting through it.

What is a PAC?

The **School Act** gives parents the right, through Parent Advisory Councils (PACs), to provide feedback in their school. PAC is the officially recognized collective voice of parents of their school. A PAC, through its elected officers, may advise the school board, the principal and staff of the school respecting any matter relating to the education of the students and the school. PACs are forums within each school community to discuss matters affecting your school and the education of your children. Parents’ voices are a tremendous value to their school. They offer a wealth of ideas and support in the challenges that face all public schools. PACs strive to represent the diversity within their communities and contribute to the benefit of all students by:

- Providing opportunities to educate and inform parents about the school;
- Involving parents in volunteer activities; and
- Openly discussing parents’ concerns and aspirations for their schools.

Who Can Become a Member of PAC?

All parents and guardians of students registered in the school are able to participate and are members of the PAC.

Thank You

DLES PAC for the
\$13 893.40 worth of
fundraising efforts that
purchased and installed the
coolest, giant teetertotter ever!
We are DEFINITELY the BEST
SCHOOL EVER!!!

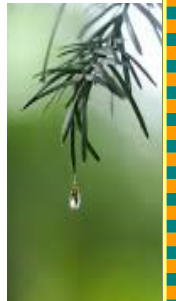
Is your child a bus student? Do you want your child to ride a bus? Have you moved? Do you want your child to go to an alternate caretaker's home sometimes? **Please make your arrangements with our local Bus Garage.** To let them know, call **250-692-3130.**

When we hear from the Bus Garage, then we can put your child on the bus list.



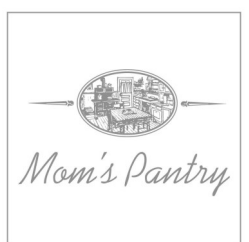
Watch for
upcoming
SPIRIT
DAYS!!

Rain or Shine, Snow or Ice, our students go outside every day, twice a day! And sometimes even more! Please ensure your child is dressed for the weather.



Decker Lake's **Hot Lunch Program** is solely run by parent volunteers. The program plays a large part in our school, it helps with classroom needs, field trips and events—more importantly provides hot lunch every other week for those who order. Mrs. Dallas Matson, Hot Lunch Coordinator, **needs volunteers.** One Wednesday a month, from 10:00 - 12:15 is all they ask for. Please call 250-696-3133 for more details.

On Sept. 22, the students received a **Mom's Pantry** catalogue and order sheet. These are **due** back at the school no later than **Thurs. Oct. 21.**



These orders are scheduled to arrive Thurs. Dec. 2 in the afternoon. Online orders are welcome! For more info call Brenda at 250-698-7301

Anxiety is normal—we all experience it from time to time. But if anxiety is intense, out of proportion to the threat, or long-lasting, it can interfere with our well-being. It can also impact a young person's ability to learn and their success in school. It's important to teach coping skills and how to manage everyday anxiety to help prevent bigger problems down the road. While there are beneficial strategies and programs that can be taught in school, as parents and guardians, your role in modeling and teaching about anxiety and strategies to deal with it at home, is crucial! There are lots of resources out there if you're looking for help. Below are a few resources that were developed within the province of BC for your consideration. And if you're looking for further help, please feel free to reach out to a school counsellor or a community resource, such as Carrier Sekani Family Services, who provide Child & Youth Mental Health services to young people of all backgrounds in the Burns Lake area.

Sincerely,

Nick Ferguson, SD#91 Counsellor—DLES Tuesdays

EASE At Home: <https://healthymindsbc.gov.bc.ca/ease-at-home/>

Anxiety Canada: <https://www.anxietycanada.com/>

Kelty Mental Health: <https://keltymentalhealth.ca/>

Board Biz



School Board Meeting
Monday, October 18, 2021
6:00 pm

Important Public Attendance Notice:

***With the current on-going COVID context amidst this fourth wave, the Board of Education is limiting the number of public at Board meetings to 4 (four), which includes presenters/delegations. All interested in joining the meeting who cannot be accommodated in-person will be provided with virtual link.

We are requesting that members of the public interested in attending this meeting, contact Tracy Austin at taustin@sd91.bc.ca or 250-567-2284 **prior to the meeting.**

***Please note: any additional public arriving to attend the public Board meeting, will be asked to return home and provided with a link to join virtually.

Halloween

Students can wear a costume to school on Friday October 29th but they should keep props and accessories at home.

All shared
treats
need to be
store
bought!



And the last word goes to:

Our PAC
executives, who
have stepped up
for another year
of service!