



February 2-6

School hours 8:45am – 2:37pm

February/March Executive Learning Skill: Sustaining Attention

Monday, Feb 2 Gr.5 floor hockey @ 12:10-12:35pm (gym)

Tuesday, Feb 3 Gr.5 Strings 8-8:45am
 Chess Club gr.2-5 @ 12:10-12:35pm

Wednesday, Feb 4 **Girls** Gr.4-5 Basketball practice 8-8:45am (gym)

Thursday, Feb 5 Gr.5 Strings 8-8:45am
 Choir gr.3-5 @ 12:10-12:35pm

Friday, Feb 6 **Co-ed** Gr.4-5 Basketball practice 8-8:45am (gym)
 Gr.3-4 floor hockey @ 12:10-12:35pm (gym)

Important events coming up

Wednesday, Feb 11: PAC Lunch (Mexican)

Friday, Feb 13: Pro-D Day: no school for students

Monday, Feb 16: Family Day: no school for students & staff

Wednesday, Feb 18: PAC Lunch (pizza) & PAC meeting 5:30-7pm

February and March Executive Functioning Skill: Sustaining Attention

This month, our school is focusing on the executive functioning skill of **sustaining attention**. Sustaining attention means being able to stay focused on a task, activity, or lesson for an extended period of time, even when distractions are present.

Students will be learning and practicing strategies to help them listen, follow directions, and persist with their work. Some strategies that will be considered to help students with this skill are breaking tasks into manageable steps, using visual schedules and clear expectations, offering movement or brain breaks, and providing gentle reminders to use self-talk to ignore distractions.

Families can support this skill at home by encouraging children to complete short tasks from start to finish, creating distraction-free spaces for homework or reading, and praising effort and focus rather than speed.



Reminder: morning and after school 15 minutes supervision at the front of the school

Just a friendly reminder that morning supervision starts at 8:30am in the morning from 8:30 to 8:45am; after school supervision starts at dismissal at 2:37pm from 2:37-2:52pm daily **at the front of the school**.

As a result, students should not be arriving to school prior to 8:30am and stay on school ground past 2:52pm unless supervised by an adult.

Thank you for your collaboration 😊