



Journal News

Principal: Hélène Saint Onge
Vice-Principal: Sharon MacCoubrey

EWES Phone: 667-8083 Fax: 393-6211
Website: <http://www.yesnet.yk.ca/schools/wes>



Bonne Année!



Self Regulation

École Whitehorse Elementary staff have been exploring self-regulation in the school environment as one of our two School Growth Plan goals. This has been taking many forms. Many of the classes have been practicing Mind Up in the classroom. This is one way students are learning to focus and be calm to ready themselves for optimal learning. When students need to 'up' their energy level, they are invited to eat, jump on a trampoline, or maybe perform a few exercises. When students need to 'calm' their energy level, they are encouraged to use fidget tools, wiggle cushions, therabands, yoga, rock in the quiet corner or sit in a tent.

Ask your child what is happening in their class.



Food for Thought: Video Games and Natural Opiates

Biederman and Vessel (2006) have published an important study on the pleasurable "fix" of natural opiates that are released when we solve a problem. Their research raises the possibility that the more time one spends playing certain video games, the more time playing will be required in subsequent sessions to reach the same level of enjoyment. This, in turn, might reduce the pleasure experience in less stimulus-rich activities such as reading. (Shanker, 2013. Calm, Alert and Learning)

Dates to Remember

Thursday, January 30th

House Colour Day
Wear your house Colour
Pizza Lunch

Friday, January 31st

School Professional Development Day
No School

Friday, January 31st

Siblings entering Kindergarten?
Deadline to inform office for reservation

February 8th

Parent Information Night for New Kindergarten Parents 6:30

Monday, February 10th

Kindergarten Registration On-line

Friday, February 14th,

Valentine's Day

Thursday, February 20th,

Olympics Theme Morning
Fun Activities Outside PM

Friday, February 21st,

Rendez-vous - No School

Friday, February 28th,

House Colour Day
Sports/Olympic - Pizza Lunch

Please also take a look at the electronic version of our school calendar at

<http://ewescalendar.weebly.com/index.html>



Games Room

We are looking for table games - Clue, Monopoly, Snakes & Ladders, Trouble, Checkers etc., .. any game you may have but no longer use. We hope to offer 'Table Games' as an option during Open School and your donation can help. Please send in any old, COMPLETE games or puzzles to Mme Sharon. Merci.

Reminders

Outside supervision and Open School start at **8:10 am**. For your child's safety, please do not drop off your child at school before this time. Thank you for your cooperation.

There is no parking in the Drop Off Zone. Please do not leave your vehicle in this area. Parking is available in the parking lot, on Third and Black Streets and in Extra Foods Parking lot.

Attention Parents

Do you have another child starting kindergarten in 2014-2015? We are able to reserve a place for siblings if the office knows by January 31st. You will still be required to register on-line on the 10th of February. Please contact the office - either send in a note or an email to Breanne.leschert@gov.yk.ca



The Whole Child Program will start up again on January 15th at 5:30.

<http://wholechildprogram.weebly.com/>



School Council News

Lana Wickstrom, Chair

Phone: 393-3400, Email: ewesschoolcouncil@gmail.com

Hillarie Zimmermann, Vice-Chair

Phone: 456-4305, Email: ewesschoolcouncil@gmail.com

Laura Lang

Phone: 456-2601, Email: ewesschoolcouncil@gmail.com

Katy Mead

Phone: 668-7273, Email: ewesschoolcouncil@gmail.com

Next School Council Meeting will be held on Tuesday, January 14th, 2014 at 7:00 in the school staff room.



Vie Active

You may have heard that Marlon Davies instructed Zumba during December and Melissa Murray from Leaping Feats is keeping everyone moving through dance for the month of January. The students enjoy the variety, especially when it is cold outside. These activities have been made possible because of the \$500 Action Grant and with the support of RPAY from funding from the **Yukon Government Sport and Recreation Branch** through the Renewed Yukon Active Living Strategy.



Who will be the next Spelling Champ of Yukon?

The 2014 Northwestel Spelling Bee will be held on **Friday, February 21st, 2014** at the Yukon Government Main Admin Building. Come on out and support these great speller's (did we just spell that right?) For a full list of words (in English AND French) for grades 3 to 7, rules and regulations and more, visit:

<http://www.yukonrendezvous.com/#!/spelling-bee/ccae>

Attention Parents of Grade 4 & 7 Students

The Yukon [Foundation Skills Assessment](#) (Yukon FSA) is an annual territory-wide assessment of Yukon students' academic skills, and provides a snapshot of how well students are learning foundation skills in Reading Comprehension, Writing, and Numeracy.

The main purpose of the assessment is to help the department and schools evaluate how well students are achieving basic skills, and make plans to improve student achievement. FSA is designed and developed by British Columbia educators. The skills assessed are linked to the provincial curriculum and provincial [performance standards](#). The assessment is administered annually to Grade 4 and 7 students in public and provincially funded independent schools.

The Yukon FSA will be administered January 13 - February 21, 2014
Please click on the link below for more information.

<http://www.bced.gov.bc.ca/assessment/fsa/pdfs/fsabrochure.pdf>

