



4181 4th Avenue, Whitehorse, YT. Y1A 1J7

# Journal News

Principal: H  l  ne Saint Onge  
Vice-Principal: Sharon MacCoubrey



## Sh  w n  th  n! M  hsi cho! Thank you!

  cole Whitehorse Elementary has just completed a very successful week celebrating our First Nations. Students participated in session that included story telling, traditional medicine, crafts, carving, animal tracks, Kwanlin Dun First Nation History and bannock making. The week's events culminated with a feast for all our students and distinguished guests.

An exciting week like this cannot take place without the efforts of our organizing committee. Sh  w n  th  n to Noli Eastmure, Alyce Johnson, Daniel Tlen, Alain Desrochers, Michaela Knispel and Monique Levesque.

We would also like to extend a sincere thank you to all the elders and facilitators who contributed to sessions throughout the week. M  hsi cho to Mario Primozic, Mary Easterson, Ann Smith, Paddy Jim, Hazel Bunbury, Norman Adamson, Alex de Jong, Pat Joe, Jolene Geddes, and Selena Py. Also thank you to the Honourable Elaine Taylor, Minister of Education, and Mr. Kevin Barr, MLA, for their participation in the opening ceremonies.

### Celebrate Learning: Portfolio Night at   cole Whitehorse Elementary

Portfolios provide an excellent opportunity to demonstrate learning, assess progress. Unlike parent-teacher interviews, students take lead and dialogue with parents around their own observations, self-assessment and personal growth. Please join us on Wednesday, April 16th for student-led conferences. Contact teachers for details.



### Dates to Remember

#### April Department Assessments

English School Wide Write  
French School Wide Write  
District Assessment of Reading

#### Wednesday, April 16th

Student Led Portfolios  
After School and Evening

#### Friday, April 18th

Good Friday  
No School

#### Monday, April 21st

Easter Monday  
No School

#### Monday, April 22nd

Read-a- thon School  
Fundraiser Starts

#### Friday, April 25th

Pizza Lunch  
House Colour Day  
Recycling Day  
The electronic version of our school calendar at

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

### Lost'n' Found.....

Please stop by during your visit to the school for portfolio night. We will be sending all unclaimed items to Good-Will the next day.

### Moving? Deferred Salary? Changing Schools?

If your child will not be attending EWES next year, please contact the office to let us know.  
Thank you.

The school calendar for the next three years is now available.

[http://www.education.gov.yk.ca/kto12/calendar\\_consultation.html](http://www.education.gov.yk.ca/kto12/calendar_consultation.html)



### Class Composition for next year

Each year, classroom teachers, administration, counsellors, learning assistance teachers and educational assistants meet to discuss class compositions for the next school year. There are many academic and social factors that are taken into consideration when we try to balance classes.

In some extenuating circumstances, parents may wish to contribute to this discussion if they have specific and significant concerns. All correspondence related to class composition should be forwarded in writing by May 1st, 2014 to [sharon.maccoubrey@gov.yk.ca](mailto:sharon.maccoubrey@gov.yk.ca).

Please know that we take your ideas into account but cannot accommodate all parent requests. Thank you.



Join the Whole Child Program, with crafts, cooking, computers, gym activities and much more. This week, WCP has crafts, cooking and gym time at 5:30.

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

## School Council News

### Lana Wickstrom, Chair

Phone: 393-3400, Email: [ewesschoolcouncil@gmail.com](mailto:ewesschoolcouncil@gmail.com)

### Hillarie Zimmermann, Vice-Chair

Phone: 456-4305, Email: [ewesschoolcouncil@gmail.com](mailto:ewesschoolcouncil@gmail.com)

### Laura Lang

Phone: 456-2601, Email: [ewesschoolcouncil@gmail.com](mailto:ewesschoolcouncil@gmail.com)

### Katy Mead

Phone: 668-7273, Email: [ewesschoolcouncil@gmail.com](mailto:ewesschoolcouncil@gmail.com)

Next meeting is  
Tuesday, May 13th  
at 7 pm, staff room  
at ÉWES.

## SCHOOL COUNCIL ELECTIONS MAY 5, 2014

This spring, communities will take part in deciding who will help shape and direct local education for the next two years. We encourage friends and neighbours to discuss this opportunity to participate in our local school governance. Having broad representation from the community is important, we need a variety of voices speaking and ears listening at the table---all sharing a common interest in what's best for student learning.

Nomination papers will be available in the school office as of April 14<sup>th</sup> and the closing date is April 24<sup>th</sup> at noon. Elections will be held on May 5<sup>th</sup>.

To be eligible, candidates must be:

1. Canadian citizen;
2. 18 years of age or older;
3. a) a resident in the attendance area of the school for at least 3 months,

OR;

b) a parent of a child attending the school



For more information about School Councils, you are invited to contact Carol at the *Association of Yukon Schools Councils, Boards & Committees* [exec.director@ayscbc.org](mailto:exec.director@ayscbc.org) 633-2692 or Lori Choquette, School Council Liaison at Yukon Education [lori.choquette@gov.yk.ca](mailto:lori.choquette@gov.yk.ca) 667-8226.

For more details about seats, nominations and elections, go to ELECTIONS YUKON. Phone 667-8683 or toll-free 1 866 668-8683.

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## Self-Regulation News Part 1

To support one of our School Growth Goals, articles regarding self-regulation are regularly included in the Journal News. This particular article summed up the concept succinctly so I have included most of it here.

### **First the Famous Marshmallow Experiment: Delaying Gratification**

In the 60s, a psychologist called Walter Mischel conducted experiments on four year old pre-schoolers at the Stanford University campus. He told these wee children, who entered a room to find a marshmallow on the table, that if they didn't eat the marshmallow before the researcher returned (15 minutes later), the children would get a second marshmallow. To sum up, if the child can resist, in essence, delay gratification, the child will get a bigger reward.

Years later, students who did not eat the marshmallow were found to be better adjusted socially and made greater academic gains. I recommend you follow this link to a TED talk to see some really cute kids try to resist during the marshmallow experiment.

[http://www.ted.com/talks/joachim\\_de\\_posada\\_says\\_don\\_t\\_eat\\_the\\_marshmallow\\_yet](http://www.ted.com/talks/joachim_de_posada_says_don_t_eat_the_marshmallow_yet)

## Self-Regulation News Part 2

This article can be found in its entirety at: [http://www.dtssydney.com/blog/2nd\\_core\\_of\\_emotional\\_intelligence:self\\_regulation](http://www.dtssydney.com/blog/2nd_core_of_emotional_intelligence:self_regulation)



**Self Regulation Defined:** The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgment and think before acting.

The ability to regulate our emotional state stems from Self Awareness. Regulating does not mean ignoring or suppressing how you are feeling; it is about finding appropriate and mature ways to direct emotional energy into a productive endeavour. In the marshmallow experiment, the successful ones were those who found a way to distract themselves - by humming a tune, playing a game, covering their eyes, and even going to sleep - anything that would keep their mind off the marshmallow.

Goleman describes self regulation as a master aptitude. In some of his later writings, Goleman refers to Self-regulation as "Self-management".

The 5 core components of Self regulation are:

1. **Self control** (keeping disruptive emotions and impulses in check)
2. **Trustworthiness** (maintaining standards of honesty and integrity)
3. **Conscientiousness** (taking responsibility for personal performance)
4. **Adaptability** (remaining flexible and open to change)
5. **Innovation** (being comfortable with novel ideas, approaches and new information)

People with **high levels** of Self-regulation: 1) Will tend to keep their cool under pressure and remain more productive and focused on a task without being easily interrupted; 2) Are able to redirect their emotions to a more positive and appropriate response; 3) Do not become easily angered, or let their emotions cloud their thinking.

People with **low levels** of Self Regulation: 1) Can find it difficult to manage disruptive impulses and have poor relationships with colleagues and customers; 2) Are more reactive than proactive and tend to act before thinking through the impact; 3) Create an unstable emotional environment as others can never be sure how someone will react to a given situation.

Example:

Dr. Bruce Banner is the name of a withdrawn and reserved physicist, that is perhaps better known as the thing he transforms into when he gets angry: The Hulk.

You might think Dr. Banner is an example of poor self regulation, but Banner actually puts a substantial amount of effort into keeping himself calm and in control so that he doesn't bring out the giant green rage monster. In the 2008 movie, the Incredible Hulk (starring Edward Norton) takes the time to learn meditative breathing techniques, and even goes 158 days without a transformation.

Can you imagine anyone you know going 5 months without getting angry?

Yeah, me neither.



**Five Year Old Health Fair  
At Whitehorse Health Centre  
9010 Quartz Road  
(Between Earl's and The Feed Store)  
May 1 and 2**



**Mme Roman** is fondly remembered as a teacher both in the classroom and in the library, who promoted literacy and literature. She retired a few years ago and is now moving away from the territory. She recently made a significant donation of books for our classroom libraries. We would all like to say, "Merci Mme. Roman, your passion will live on in our classrooms!" We wish you all the best on your next adventures.

The Whole Child Program and Many Rivers Counselling and Support Services co-present

**POSITIVE DISCIPLINE for Parents:  
What it is and how to do it**

Group runs **weekly** on **Wednesdays**  
**April 30th to June 18th, 5:00 - 7:00pm**



***Open to families of all ages***

Free onsite childcare & youth may participate in  
Whole Child Programming

This is a free program. To pre-register please call  
**Barbara @ 456-3871**

*The Whole Child Program and Many Rivers...working together helping Yukon families*





### Celebrating First Nations

Kindergarten students making a Hand Blanket and students perfecting their Arctic Sports, the back push and high kick.