

NOVEMBER NEWSLETTER

Our school has amazing students! Every day, I take note of how students treat one another with respect, how they laugh together, and how they interact positively with one another and with adults in the school. This truly is something to celebrate.

Middle school is a time of great change in the lives of children. One feature of these years is the tug that kids feel to be with their peers more, to take more of their cues for work and behavior from their peers, and just generally begin to separate a little from their parents. This can seem scary, especially if it is a parent's first time through this journey. One thing that parents can do to help their children on this journey is to help build resilience.

Dr. Michael Ungar has done quite a lot of writing about building resilience in children. In his article, *Nine Things all Children Need to be Resilient (and the strategies to help them grow)*, Dr. Ungar says children need structure (rules and boundaries), consequences, parent-child connections, lots and lots of strong relationships, a powerful identity, a sense of control, a sense of belonging, fair and just treatment, and physical and psychological safety. He lists specific strategies and actions we can take to help build resilience in children.



Families are often very busy, and from time to time, face significant strain. It can be comforting to look over a list like Dr. Ungar's to see that we are doing a great job! And, if we find ourselves facing some very difficult challenges with our children, Dr. Ungar's article can also provide some hope. The strategies are relatively simple, and nobody has to do all of them at once. The road to resilience can be taken one step at a time.

Dr. Ungar will be in Winnipeg on November 7 in the evening. A brochure for that event is attached to the newsletter.

We are looking forward to a great month of November. Our Remembrance Day Assembly will take place this Friday at around 11:30. Please arrive by 11:20 if you plan to join us. On November 14, parents are invited to Parent Teacher evening (sign up in Parent Portal). Our Grade 8 students have a learning trip November 15, and report cards will be sent home on November 29. We expect to have our Chocolate Sales prize draw in the week of Nov 18. Thanks to all of you for your support for this fundraiser. We will be putting the money we earned to improving our outdoor play area.

It is a great privilege to teach students each day, and we take our responsibilities seriously. It also brings us much joy to work with these students, and we hope to reach ALL our students so that they will find great joy in learning.



Nine Things all Children Need to be Resilient Link:

http://depts.washington.edu/lend/pdfs/2017-03-06_6_Dr._M._Ungar_Brochure_Insert-Nine_Things_All_Children_Need.pdf



Seine River School Division is pleased to offer a free evening session for the public to hear Dr. Michael Ungar speak on the topic of resiliency and parenting.

November 7th

7:00 PM—9:00 PM

Collège St. Norbert Collegiate – 870 Rue Ste. Therese Street

Dr. Michael Ungar - An Expert on Resilience, Parenting, and Risk

Michael Ungar, PhD, is one of the world's leading authorities on resilience in children, young people, and adults. His direct but engaging style makes him a popular speaker with all audiences.

We welcome you to come.

**Please RSVP to your school's principal
or RSVP at 204-269-4920**

so that we have adequate space for all those attending.

If you do not have children attending a SRSD school you are still welcome to attend.



I Still Love You: Nine Things Troubled Kids Need from their Parents, Caregivers, and Schools

How can we show children we love them even when they push us away? How do we make children more resilient when they are angry, self-harming, anxious, abusive or delinquent? In this story-filled presentation, Dr. Michael Ungar provides nine practical strategies parents, caregivers and educators need to help young people of all ages heal, no matter a child's emotional, psychological or behavioral problems. Based on material from his new book, *I Still Love You*, his clinical practice and his research around the world, Michael will share what families and schools have taught him about the power of unconditional love. Be prepared for an inspiring presentation. Michael's words will help you understand the importance of the everyday heroics that change children's lives, even when children's parents, caregivers and educators are frustrated and unsure what to do next.