

Henderson Library Weekly Check-In

TEACHER-Librarians: Ms. Purewal and Mrs. Matterson

May 11th, 2020

Newsletter # 4



“May the FLOWERS remind you why the RAIN is so necessary...”

We welcome May and another Month of Henderson learning and adapting to this new way of working together! We have enjoyed seeing the wonderful pictures, poems, stories, and creations you are busy with at home.

I was surprised to learn that **May is Mental Health Month.**

Though, I prefer to say **Healthy Minds.** The timing of this couldn't be better as this new way of living and understanding challenges everyone to look toward keeping a healthy brain/head and to try to be extra “mindful”. It is brilliant that KINDNESS is at the centre of our school message at Henderson.

Kindness toward others, the planet, and animals is of course important. BUT...

Having a healthy mind starts with being **KIND to YOURSELF.**

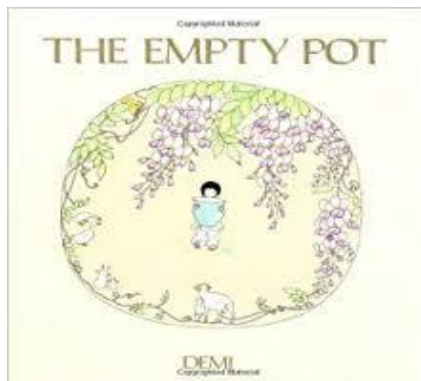
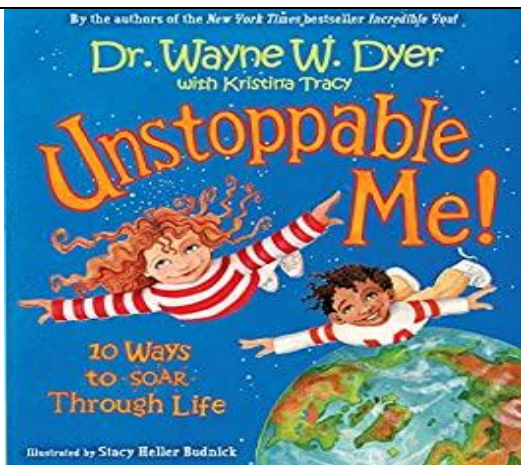
For this week I will highlight Healthy Mind resources and materials.

Examples of Mrs. Matterson's “Healthy Minds” Reading Suggestions

Unstoppable ME

By: Wayne Dyer

Dyer's intention with this guide is to encourage children to find their inner strength. Unstoppable Me outlines 10 ways to ensure we enjoy life, every moment, not just the “big” moments. This is about believing in ourselves and reaching for our best and not looking to be like anyone else. I often need this reminder but this book helps students develop this thinking early on. Gr.K-3



The Empty Pot

DEMI

The most incredible illustrations by DEMI match an equally beautiful tale. The story shares how a young Chinese boy is unsuccessful in growing the emperor a plant. However, his true success is discovered through his honesty, humility and ultimately a core believe in the goodness he has within.

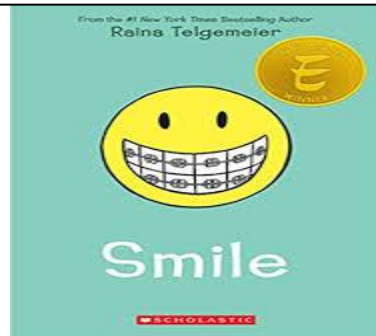
ANY and ALL AGES

This is what Mrs. M calls an “everybody book”!

SMILE

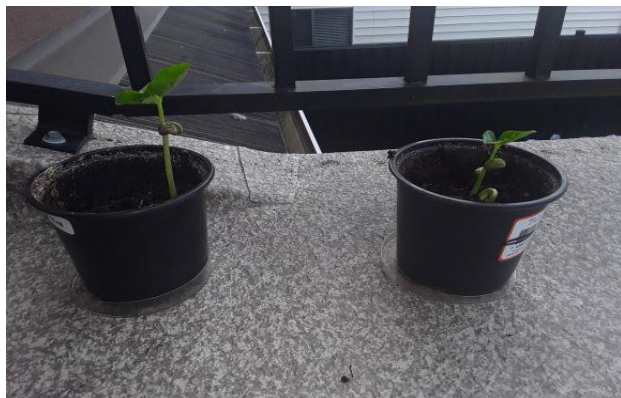
By: Raina Telgemeier

Although we often, as parents and educators, discourage graphic novels this book is a great example of a terrific Graphic Novel. I used to believe Graphic Novels were only “pleasure/beach” reads. I have since learned that many Graphic Novels are excellent for teaching, messaging and even writing development. As well, Graphic Novels are hugely popular among ALL READERS even those less inclined to enjoy reading. My 12 and 14 year old daughters are even (at times) encouraged to read them. SMILE is a about a grade 6 girl with the worst possible braces, friend troubles, and awkward life mishaps. Raina's journey toward self-acceptance pays off and she discovers herself and “her people” in this very relatable early teen book.



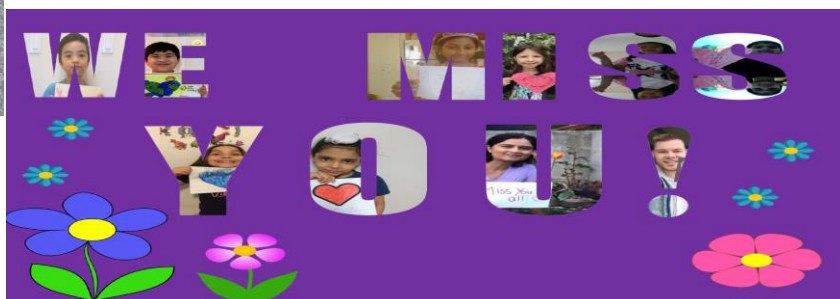
STUDENTS and PARENTS are welcome to reach out to us for book suggestions and/or online book resourcing as there is an endless supply of free online reading materials. Also, please consider at home libraries...re-reading books is proven to be an excellent vocabulary tool.

Henderson Student Work to Share



Ewami's Growing Seed Plants
Div.20

Haiku by Alyssa Div.8
People walking on hard cement
Grass waking up the flowers
Wind touching my hair



Class Card created by Mr. Boneham with Division 15

Library "At-Home-Work" this Week

- 1. Explore Online:** I know that you are already having to do this more than is usually recommended. However, the emphasis here is on *EXPLORE*. I have been amazed by the incredible ways to see our wonderful city online. We are very fortunate in Vancouver to have access to a great many parks and programs. Right now the online images and or story-telling from different Vancouver Sights is absolutely awesome. Email me any that you have found or share your discovery with a friend.

Mrs. Matterson Recommends:

VANDUSEN GARDENS, VANCOUVER AQUARIUM, and The VANCOUVER ART GALLERY

These all have both webpages but I highly recommend their Instagram pages as the images and stories are breathtaking the Instagram pages will often offer at home learning options as well. **Inside_Vancouver** is another terrific online spot to visit for finding wonderful Vancouver Imagery.

- 2. Try One (or more) Mindfulness Tools:**

- In February we learned about belly breathing. See if you can teach this strategy to a family member and practice at least once this week.
- Do a "Sensory Stroll": head outside and find one thing you see on a walk for the first time, one thing you smell, and one thing you hear.
- Do the blueberry/blackberry/raisin challenge with your family. Again, we did this with our mindfulness coaches in February. Place one small food item like a raisin or blueberry in your hand and REALLY feel it and then REALLY taste it. This requires slow, thoughtful and disciplined living in the moment.



- 3. GRATITUDE/BLESSINGS/THANKFULNESS**

In your journal, on a sticky note, in a text or a personal DM send yourself **AT LEAST TWO THOUGHTS** about why you are great! If you are already great at doing this keep it up but this week focus on going deeper. If this is new to you talk yourself through it. You are not bragging and YES you are GREAT! What about you do you like? I am not referring to you hair or toes...those are just fine and are what they are. YOU have a talent, a voice, a hobby, a trait, a skill that you think is pretty wonderful. Own it and love it...or congratulate yourself for trying something new or taking a risk.

"I am proud of myself for standing up to people being unkind to my dog for how he looks. I normally apologize to people as if it is "mine/his" fault...this time I stood up for myself and much more importantly my sweet gigantic dog. This was a huge risk for me and now I feel strong

