

FALUN SCHOOL

March 2024



Important Dates

March 5th - Alberta Music Theatre Company performance @ 9:30am

March 18th - Parent Council Meeting @ 6pm.

March 21st - Monthly Assembly, time TBA

March 21st - Bring Your Bear to School Day

March 22nd - Staff only PLC day

March 25th - April 1st - No school, Spring Break

Stollery Fundraiser

Miss Cartier and her Grade 2/3 class will be running a fundraiser in March for the Stollery Children's Hospital Foundation. "Bring Your Bear to School" day will be on March 21st. Watch your email for all the details!



Thank You

We would like to send out a big "Thank You" to the Pigeon Lake Child and Family Society for their ongoing support. Their donations pay for our trips to the Edmonton Symphony and our visit from Alberta Musical Theatre Company.

FALUN SCHOOL

February 2024

FSL Update



All behavior is communication!!! Challenging behavior is often how children communicate their big feelings that are related to stress, anxiety, changes in family dynamics, peer problems, school related dynamics or a need for connection from an adult. When a child acts rudely or talks back, it's important to see beyond the surface. The key is to not take it personally but to approach it with patience and empathy.

Here are some examples of what can be said that will promote connection and attunement rather than disconnection and escalation of behavior.

Instead of: "Stop talking like that, you are being rude!"

Try: "I understand that you don't agree with me. But that's not okay to talk like that. Can you please say what you want to say in a more respectful way?"

Instead of: "Don't you dare use that tone with me!"

Try: "Okay, we are both feeling a bit frustrated right now. Let's both take some time to calm down and then we can try again in a few minutes."

Instead of: "Go to your room and calm down!"

Try: "I would like to continue our conversation when we're both calm. I will be in the kitchen so please come when you are ready to talk."

Instead of: "I don't have time for this attitude!"

Try: "It's okay to be upset with what I just said. We still need to speak calmly in order to continue our conversation."

Check out www.biglifejournal.com for more tips on communication and helpful ways to incorporate a growth mindset into your life.

Kandice Wynia, RPC, CT
Family School Liaison.



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MxM - Grilled Cheese Sandwich (make up meal from Jan12/24)	2
3	4	5 Alberta Musical Theatre Company Performance 9:30 am	6	7	8 MxM - Taco Soup	9
10	11	12	13	14	15 MxM - Hotdogs	16
17	18	19	20	21 Bring Your Bear to School Day Monthly Assembly	22 Staff Only - PLC Day	23
24	25 Spring Break - No School	26 Spring Break - No School	27 Spring Break - No School	28 Spring Break - No School	29 Spring Break - No School	30
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