

April 21, 2020

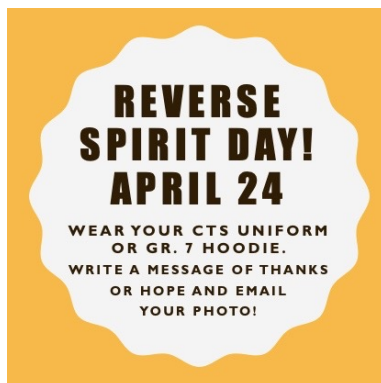
Dear CTS Families,

We hope you are all staying healthy and safe! We look forward to the day when we can come back together as a community. In the meantime, a couple of reminders and resources:

### **SPIRIT DAY - APRIL 24**

Thank you to all the families who have emailed us their photos for our “Reverse” Spirit Day on Friday! *Reminder: We are inviting students to wear their school uniform or grade 7 hoodie, write a positive message, and have a photo taken of you holding your message.*

Note: YOUR PHOTO AND MESSAGE WILL BE SHARED WITH THE CTS COMMUNITY



- If you have brothers or sisters at home that go to CTS, please take a photo with them.
- If you would like to include your whole family in your photo that is fine.
- You can be inside or outside your house.
- You can be with your pets. Just be SAFE and follow quarantine rules!
- You do not need to add your name on your message, we know who you are!

**NEW DUE DATE!** In order to have your photo included in the slideshow on Friday, we will need it by **Thursday morning April 23**. Email your photo to [cloverdaletraditional@surreyschools.ca](mailto:cloverdaletraditional@surreyschools.ca) Please send a large file. Do not compress. Thank you for participating in our CTS Spirit Day!

### **EVERYDAY ANXIETY STRATEGIES FOR EDUCATORS (EASE)**

**What is EASE?** EASE is a collection of anxiety prevention and resilience-building resources for use with students in grades K-7. The resources address the thoughts, feelings and behaviours associated with anxiety.

## **EASE at Home (for Parents and Caregivers)**

EASE at Home is a collection of fun and practical strategies to help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond.

**EASE "At Home" K-3 and 4-7 activities are now available** on the [EASE website](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease). Or go to:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

We hope you will explore these practical resources to support your child in these uncertain times.

## **HOME LEARNING**

Thank you all for doing your best to support home learning! We know it comes with many challenges and looks different in every home. We appreciate all that you are doing to support your child's learning.



Our teachers and support staff continue to work very hard to provide quality, engaging learning activities for your children. Teachers are offering CHOICE options so students can follow their interests and select from a few different activities.

The CHOICE options are just that - CHOICE! Students do NOT have to complete choice/optional activities. They will not be marked on these, including how many they complete or how much effort they put into these tasks.

## **BLOCKED PHONE NUMBERS**

For privacy reasons, the District has asked staff to block our home numbers and/or cell phones. I know this is inconvenient, and your phones may go directly to voice mail. Please know that while the call may say, No CALLER ID, it is likely your child's teacher, EA or your Principal!

As always, if you have any concerns about home learning, please contact your child's teacher. If your child needs technology to learn, or you have other barriers to learning, please email me directly. [Newman\\_a@surreyschools.ca](mailto:Newman_a@surreyschools.ca).

We miss you....

