



Claude Watson School for the Arts

Weekly Update - Friday February 15, 2019

Upcoming Events

February 18

- Family Day - No Classes

February 20

- Gr 7/8 Stage Band to York University

February 21

- Pizza Lunch!
- Gr. 7/8 Volleyball Tournament

February 23

- Auditions "Session B"

February 26

- Grade 4s & 5s TSO

February 27

- Pink Shirt Day

March 1

- 6.1 Gardiner Museum Trip

March 2

- Auditions "Session C"

March 5

- 6.2 Gardiner Museum Trip

March 8

- Showcase

March 11- 15

- March Break

March 23

- Auditions "Callback"

March 26

- Gr. 8s to Raptor's game

Taking Stock - Good Day, the week has just zipped by - it's been quite an adventure at CWSA with the snowstorm mid-week! This week I reminded CWSA students to how important, valued and appreciated each of them is to our CWSA community and to you their parents /guardians. Mental Health and Well-Being advocates tell us that caring, supportive relationships are the key to helping our youth weather the challenges of life.



Students were prompted to brainstorm their strengths and qualities. I also asked them to spend time celebrating who they are – I call this **taking stock** – to me it is a necessary part of helping students become comfortable with their identity(ies). This probably feels a little strange but in our fast-paced world there is not enough time to reflect on our achievements – without this step in the process of life we can find ourselves drained. Time for reflection helps us to rejuvenate our souls giving us energy to climb the next mountain. I also asked students to brainstorm the people in their life that love and care for them; the adults in their life that could support them when they have a personal, academic, or school challenge, or even a problem with a friend. Finally, I suggested they identify a couple friends they could talk to when they felt overwhelmed with a strong feeling or emotion. For all these supportive people in their lives – I reminded them to be thankful.

Often, our students at the junior/intermediate level go through a whirlwind of emotions as they cross into the adolescent world. Developing a sense of self - their emerging identity(ies), strengths, character traits, qualities and talents - help students gain self-confidence. Consequently, when the adolescence tempest hits and your children are overwhelmed with strong feelings and emotions due to set-backs, peer pressure, competition, media images etc., these small experiences of **taking stock** will help shield your children by giving them a stronger sense of self. While turbulent times will still lie ahead they will be better equipped to handle life's trials. They will also be more likely to remember the supportive network around them when they ride the next emotional wave. Have a fabulous weekend everyone!

Ms. Jones

Expression to Depression

February 19th Claude Watson invites parents are invited to a Discussion to support parents as they support their children with Mental Health and Well-Being. Presentation starts at 6:45 pm in the Multi-purpose room. The TDSB endorsed speaker Scott Ste Marie. Please see flyer.

Jazzfest 2019 – York University

Grade 7 and 8 Stage Band is off to York University to play in Jazzfest '19. Student will perform at 3:30 pm followed by a workshop at 4pm. We wish Mr. Brown and the Stage Band all the best.

TSO Trip - “Play it By Ear” Concert

Grade 4s and 5s are off to the Roy Thomson Hall to see the Toronto Symphony Orchestra on February 26th for a special concert.

Winter Showcase

March 8 CWSA students will have the opportunity to showcase their extra-curricular involvement school wide through this school daytime show. We encourage all clubs and activities to put forth their student entries.

School Council

Next School Council meeting – Monday, April 1 (no joke!). All Welcome!

Traffic Safety – In the Loop

We kindly ask all members of our community to:

- Please notice the STOP sign at this intersection
- Please drive with extreme caution around our school
- Please keep traffic moving
- Please do not keep your car idling for long periods of time

Cold Weather

As the temperature drops please remember that CWSA operates in all types of weather. Students should come prepared in appropriate clothing. Recess and lunch breaks will still occur when it gets cold. During extreme cold (when the temperature/windchill factor is between -20C and -28C recess might be shortened.

CWSA Hours

School Entry time is 8:30 am. Please **call** 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at 7:15 – 7:45 am. Doors will remain locked until 8:20 for regular entry.