



Claude Watson School for the Arts

Weekly Update - Friday February 22, 2019

Upcoming Events

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

April 1

- Parent Council

April 10

- International Day of Pink

April 11

- Strings Night (6:30)

April 18

- Pizza Lunch

The Power of Perspective

This week we spent time talking about feelings. Particularly, dealing with overwhelming emotions – which can make some of us uncomfortable and scared. We don't know what to do when those strong waves of emotion wash over our shores.

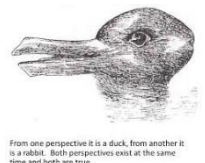


Students are navigating friendships, as well as many other kinds of interactions which causes them to feel a lot of different emotions – calm, hope, awe, amused, accepted, excluded, proud, jealous, embarrassed, disappointed, resentment to name a few. What's difficult is that for many students the articulated emotions of the past were basic feelings of - happiness, sadness or anger – now the emotions are much more complex. In relationships when students get hurt often it's easier to just react and hurt others back without examining any other perspective but their own. Authors describe this as the 'reptilian' brain acting and reacting.

I've asked students to become more aware of the physiological changes in their bodies that help them recognize a wave of strong emotions are coming (i.e. our mouth gets dry, our hearts pound, butterflies in our tummies, a sudden sweat, inability to think clearly and so on.). I've also asked students when those signs come, as soon as possible to put on their detective hats and try to figure out what emotions they're feeling and what happened to cause them to feel that way. Finally, I've given students some strategies to combat the reptilian brains' desire to react: take deep breaths, try to calm yourself down, take a mental break (think of a calming memory, photo, or thought), find a creative outlet (write a song, draw, paint, compose, dance), engage in positive self-talk - "these feelings will pass. I've experienced strong emotions before. I'll be okay."

Parenting is Tough - On Tuesday night Scott Ste Marie, a survivor of childhood anxiety and depression, mentioned that as a child one of the roadblocks was believing his parents were 'perfect'. He urged parents to be real with their children and keep the lines of open communication open. I think it's important that as adults we understand that strong emotions can cause our children to narrow their perspective at the very moment they should be broadening their perspective. As children focus in on the strong emotion, the result of narrowed focus can become so overwhelming for young minds that it leads them to despair. The negative emotions just reverberate and amplify. We need to help broaden their perspective – *You're feeling this but perhaps there is more than just one perspective, more than this emotion.* This is really sophisticated thought – it's a meta-cognitive level of awareness. We want students to be reflexive - to pause & think before they react.

Reflexivity is part of the highest level of awareness and thinking. Although your children are beginning to acquire these skills it could take a lifetime to fully self-actualize. Have a great week-end!
Ms. Jones



From one perspective it is a duck, from another it is a rabbit. Both perspectives exist at the same time and both are true.

Willowdale School Traffic Safety Survey

This coming Saturday, February 23rd at 5050 Yonge Street 9 am– 12 pm. [Trustee Brown](#) will be hosting a Traffic Safety Ward Meeting for school councils and any interested parents. The co-chair from Claude Watson School of the Arts, Jay Kang, is helping to organize the meeting and has requested that parents complete a quick survey before Saturday. SURVEY: www.surveymonkey.com/r/P2MYT6G

Pizza Lunch Volunteers

School Council calling for volunteers on the Pizza Lunch sub-committee! Please email co-chairs John Choi John.Choi@tdsb.on.ca or Jay Kang Jay.Kang@tdsb.on.ca. A member of the Pizza Lunch sub-committee will contact you with details on how to get involved.

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 and do not keep your car idling for long periods

Toronto Public Health

Toronto Public Health (TPH) began sending letters, in early January, to parents requesting their child's immunization information. TPH are seeking school support to promote [online reporting](#) to parents. Families without a healthcard, can make an appointment at the [free vaccination](#) clinic. Language interpreter services are available at 416-392-1250.

School Council

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

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.

Terry Fox School Run for 2018

The 2018 Terry Fox School Run was a great success! We are proud to announce that [Claude Watson School for the Arts](#) has generously donated [\\$12,579.66](#) for cancer research. 39 years ago, determined to make a difference in the lives of those living with cancer, Terry ignited a fundraising movement that cannot be stopped. Today, because of schools like yours, his message of hope echoes loudly in the voices of students and families everywhere. The Terry Fox Foundation extends to you a heartfelt thank you for your wonderful generosity to continue Terry's legacy. Be proud and know that together, we are making a difference.

Winter Showcase

March 8 CWSA students will have the opportunity to showcase their extra-curricular involvement school wide through this school daytime show.

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.