



Claude Watson School for the Arts

Weekly Update - Friday March 8, 2019

Upcoming Events

March 11- 15

- March Break

March 23

- Auditions Callback

March 26

- Gr. 8s to Raptor's game

April 1

- Parent Council

April 9

- Earl Haig Dance Matinee

April 10

- International Day of Pink

April 11

- Strings Night (6:30)

April 18

- Pizza Lunch

April 19

- Good Friday Holiday

April 22

- Easter Monday Holiday

April 30 - May 3

- Gr. 8 Montreal Trip

May 9

- CWSA Dance Night

Positive Thoughts Create Positive Feelings

Nick Vujcic, an Australian born businessman now living in the United States has overcome tremendous odds. As an individual living with [Tetra-amelia syndrome](#), a rare disorder in which babies are born with the absence of arms and legs, some would say he had every reason to be glum. Instead, Mr. Vujcic's positive mindset, has propelled him to success as a motivational speaker, businessman, husband and father. It's incredible to think of the power of the human spirit!



Barbara L. Fredrickson (Ph.D.), Stanford University trained scholar, writes, "...negative emotions narrow our mindsets..." Fredrickson argues positive talk and thoughts create an open mindset which is very beneficial,

"...having more moments of that open mindset help us connect with others and build our relationships, it helps us build our resilience and physical health, we become more energetic..." [\(additional video link\)](#)

In [The Power of Positive Thinking](#), scholars Eagleson, Hayes, and Hirsch maintain that, "...any form of positive ideation can be used to effectively counter worry." The more I learn about Nick Vujcic, and others like him, the more I believe that positive thoughts and feelings create and fuel the hope and gratitude necessary to enable individuals facing challenges, to overcome circumstances even those so extreme many would think it impossible.

This March Break I gave CWSA students homework. I asked them to: 1) practice giving the gift of positive encouragement to others as a way of creating positive thoughts and feelings in their lives and the lives of family and friends; 2) I also asked them to take some time over March Break to collect 'thought pictures' for present and future wellness breaks. This morning, as I watched the brilliant warm colours of the sunrise, I was enjoying and collecting a 'thought picture'. A 'thought picture' - as I have mentioned in previous newsletters - is images in nature or the world that make you **laugh, smile** or **sigh in wonder**. I've let CWSA students know that this does not require a plane trip – they have only to step out into the fresh air, or read a book, to begin their personal search.

Have a marvelous March Break!
Ms. Jones



"Just as water lilies retract when sunlight fades, so do our minds when positivity fades" (Fredrickson 2009, p. 55)

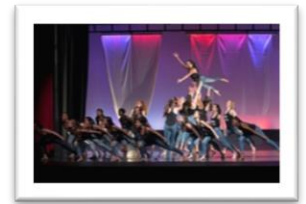


Winter Showcase

CWSA students performed for peers through this lovely afternoon of Band, Strings, Choirs and Orff performances. Thank-you to **Mr. Brown, Mr. Best** and **Ms. Song** for organizing this showcase of the wonderful extra-curricular activities available at CWSA! Thank-you to each and every CWSA Teacher for the care and interest you demonstrate in the lives of our students by connecting with them through extra-curricular activities.

Earl Haig Dance Matinee

On Tuesday, April 9th CWSA students will take a walking field trip to Earl Haig to experience their annual Dance Matinee!



Dance Night

Please mark your calendars CWSA Dance Night has been moved to **Thursday, May 9th, 2019** stay tuned for details.

Lost & Found

Looking for your water bottle! Please check the **lost and found** display the week of **Monday, March 18th, 2019**. Items will be displayed for one week after which we will recycle or find them a good home.

Pizza Lunch Volunteers

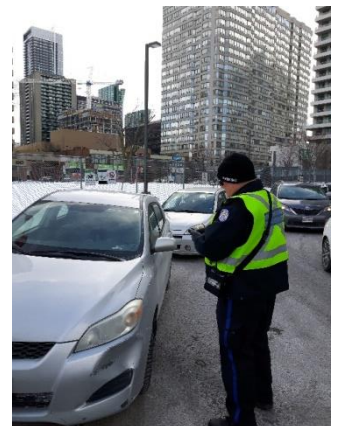
School Council calling for volunteers on the Pizza Lunch sub-committee! Please email co-chairs John Choi John.Choi@tdsb.on.ca or Jay Kang Jay.Kang@tdsb.on.ca. A member of the Pizza Lunch sub-committee will contact you with details on how to get involved.

Traffic Safety – In the Loop

Traffic Alert: ALWAYS CHOOSE SAFETY OVER CONVENIENCE!

- 1) Do NOT aim to drop off your child as close as possible to the school front gates. Always decide to drop off directly beside the sidewalk to the right, regardless of the distance needed to walk. Reduce all risk for our children.
- 2) Do NOT enter from Hollywood Avenue. This is a one-way lane (except for service vehicles). Reduce all risk for neighbours and students walking by that entrance.

Left: On Wednesday, Toronto Police Service visited the school in the afternoon to assess the traffic situation.



March Break

The CWSA Staff would like to wish all members of our community a safe and happy **March Break!** CWSA will close at 4pm on Friday March 8, 2019. There will be no after school extra-curricular activities on March 8 (except for After The Class). **CWSA Extra-curricular times vary on Monday March 18, 2019, with many beginning at 8 am.**

School Council - 'Celebrating Our Community' Day!

Save the date: **Saturday, May 25, 8 am – 12 noon!** The Claude Watson School Council is contemplating and hoping to plan an event – in school front yard – to promote active engagement between the school and the community. The support from our parents, especially in volunteering service, will be key for a successful event. More information will soon follow. **Next School Council meeting – Monday, April 1 (no joke). All Welcome!**