

Jackson Elementary Newsletter

Dear Jackson Families,

January 27, 2023

Basketball

We have had a great turnout for grade 4/5 basketball this year. On Wednesday, Jackson hosted Upper Sumas for an afterschool game. Thank you, parents, for coming out to cheer on the Jackson Jaguars and for driving for away games. Thank you, also, to Mrs. Cadwell for organizing the games and practices and for reffing!



Emotion Coaching Your Anxious Child Workshop

Colleen McCutcheon, from Child and Youth Mental Health, will be running an **online Emotion Coaching Your Anxious Child Caregiver Workshop** on **Tuesday evenings**, starting **February 7 – March 7, 2023**. The workshop will run **6:30 – 8 pm on zoom for 5 weeks**. This workshop is for caregivers of elementary aged students from the Abbotsford School district. This workshop comes highly recommended.

Caregivers can register by emailing Colleen directly (colleen.mccutcheon@gov.bc.ca). When registering, please include your name and the school your child attends.

EMOTION COACHING YOUR ANXIOUS CHILD

This program will assist you in understanding the role emotions play in your child's life, how to coach your child to become aware of their emotions and regulate their upset feelings more effectively.

Caregivers will learn about anxiety, how it effects the body, and how to manage challenging behaviors and support more positive thinking.

What You Need to Know

Virtual group on Zoom

Dates: Tuesdays February 7—March 7, 2023

Times: Tuesday evenings 6:30—8 pm

Who: Caregivers of Elementary Age Students

Presenters: Colleen McCutcheon

To register please email:

colleen.mccutcheon@gov.bc.ca

RESOURCES

www.mentalhealthfoundations.ca
www.anxietycanada.com
keltymentalhealth.ca
www.albertafamilywellness.org/

Books

Raising an Emotionally Intelligent Child
The Whole Brain Child
No Drama Discipline
Hold on to Your Kids
Emotion Coaching: The Heart of

Emotion Coaching Your Anxious Child



Ministry of
Children and Family
Development

Nut-Free School



We have noticed an increase in the number of students who have been bringing sandwiches and snacks to school that contain nuts. Please remember, Nutella contains nuts! Help us ensure the safety of those with allergies by saving those foods for home.

It is RAINY season!

It's raining, it's pouring... We would like to remind families that we go outside even on the rainiest of days. Please be sure to dress students for the weather in the morning – boots, raincoats, umbrellas, and maybe even hats and mitts on the cooler days.

Parking

Just a reminder that the back parking lot is reserved for staff. We do this to free up spots in the front of the school for ease of pick-up/drop-off. However, we still have several families who are using the back lot during pick up and drop off. Unfortunately, this often means that there are not enough spots for staff, or staff is being blocked from leaving the school at the end of the day and many of our support staff have jobs that they need to get to.

Dates to Remember

February 13: Yale Musical @ 10 am - *Moana Jr*

February 14: Valentine's Day

February 15: ½ Day early dismissal (11:30)

February 16: 2-hour early dismissal (12:30)

February 17: Pro D

February 20: Family Day – no school

February 23: Pink Shirt Day

February 27 – March 3: Jungle Gym