

CHARGERS' MONTHLY

CELEBRATING STAFF & STUDENTS

Happy New Year!

JANUARY

Our resolutions for the new year: being healthy, being active, participating, and connecting with each other.



Staff Spotlight

Staff Appreciation Challenge Week

FEBRUARY

We kicked off *Feel-Good February* with a week of staff games and department challenges.

Each department created a team with a symbolic name. Every day there were spirit challenges for the most creative costumes and a different lunchtime competition. Teams earned points for school pride, creativity, participation and of course, winning the challenge.

WINNERS

Congratulations to:

Third Place: The Support Stars (E100)

Second Place: Middle School Magic

FIRST Place: The Social Butterflies (Humans Sciences)

Academics & Art

Drama & Music

Our actors, musicians, and Monday Morning Announcement groups, hard at work!



Lunch Time Activities



Extra-Curriculars & Athletics



A Message from the Principal

Dear Parents,

Time with our children is valuable. We often get caught up in the whirlwind of life without taking the time to stop and breath. I encourage you to spent quality time with your children. Here are some suggestions:

1. Cook Together.
2. Eat Together.
3. Listen to Music Together.
4. Tell Them a Story about Them.
5. Work Together,
6. Make a Date.
7. Invite your Teen's Friends Over.
8. Be Honest with Them.
9. Be Available When Your Teen Wants to Talk.
10. Just Listen.
11. Show Some Love.

Send Jessie (JHerron@rsb.qc.ca) pictures of time spent with your teens and we will share those beautiful moments on our Facebook page!

<https://raisinghealthyteens.org/teenage-connection-the-11-best-ways-to-connect-with-your-teen/>

Dates to Remember

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| April 25 | Regular School Day 3 |
| April 26 | Pedagogical Day |

What our Staff is Reading:

Lost at School by Ross W. Greene (Staff Reading)

Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges by Mona Delahooke, PhD, (ADMIN Reading)

Shogun by James Clavell (C. Jude)

Gamache Series by Louise Penny (D. Bremner)

Every Day: The Graphic Novel by David Levithan (A. Bourgeois)

Que notre joie demeure par Kevin Lambert

A Passage from our Reading

"Stress that is predictable, moderate, and controlled leads to Resilience."

Mona Delahooke, PhD, *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*

