



Eaton Arrowsmith School E-letter September 10, 2010

From the Principal

Dear Eaton Arrowsmith School Parent,

Welcome back! It has been great to see everyone back after the summer vacation break. We are looking forward to a very full and exciting school year!

I thought I'd review some of the changes that you'll see at the school during the upcoming year:

1. This year our school has shifted to 4 divisions instead of 5. The four divisions will be divided into Junior and Senior classes. The Junior divisions will be called J1 and J2 and the Senior divisions S1 and S2. The cognitive and academic classes will remain the same size and never exceed a teacher student ratio of 1:12. It has been determined after 5 years of analyzing our school that this is the right size for our school.

With this change comes new teacher pairings in the cognitive divisions as follows:

- Junior 1 - Teachers: Mrs. Melanie Sidney (5th year at EAS) & Ms. Luciana Johnson (3rd year at EAS).
 - This will be the division for Grades 1-4.
- Junior 2 - Teachers: Mr. Kelsey Hanna (3rd year at EAS) & Ms. Sarah McArthur (2nd year at EAS)
 - This division will be for students from Grades 5-7.
- Senior 1 - Teachers: Mr. Simon Hayes (4th year at EAS) & Mrs. Jessica Culpitt (4th year at EAS).
 - This division will be for students from Grades 8-9.
- Senior 2 - Teachers: Mr. Paul Williamson (3rd year at EAS) & Mrs. Jenna Garratt (4th year at EAS)
 - This division will be for students from Grade 9-12.

Upcoming Events

Wednesday, Sept 8:

First day of classes

Sunday, September 12:

Barbecue 12:00 – 3:00 pm

Wednesday, September 15:

First PEAS meeting, 9:15 at EAS

Thursday, September 16:

Orientation night at EAS

Monday, October 11:

No school – Thanksgiving Day

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2. The academic teaching remains unchanged from last year.
 - Junior Language Arts: Ms. Carrie Boutilier, 5th year at EAS.
 - Junior Mathematics: Ms. Natalie Poirier, 2nd year at EAS.

 - Senior English: Mrs. Danielle Unger, 4th year at EAS.
 - Senior Mathematics: Ms. Meagan Trayers, 5th year at EAS.

New Announcements:

We are excited about two new programs that will be at EAS this year.

1) MindUP™: A Mindfulness Education and Social and Emotional Learning Program

This year, Eaton Arrowsmith School will be piloting parts of a program called [MindUP™ \(The Hawm Foundation, 2009\)](#). Mind UP™ was created to help children understand the ways their minds work and how their thoughts and feelings affect their behavior. Each class will be deploying portions of the program that are best suited to the students at that level.

See the article below for complete background and more information on this exciting program.

2) Formal physical activity twice a week

This year EAS will be offering formal physical activity twice a week. The physical activities will be planned by your child's cognitive teachers and will last for the duration of the school year. Physical activity is very important for a multitude of reasons which include: physical health, neural growth, increasing attention, mental health etc. Our staff will be providing you with additional information in the coming weeks. It is important to make note that this is not the same as traditional physical education as the desired learning outcomes from our physical activity classes are increased heart rate and overall physical wellness.

We are excited about our team and the program. We look forward to a very exciting and progressive school year!

Best,



Mark Watson
Principal

mwatson@eatonarrowsmithschool.com

EAS Orientation Nights

We will be having two separate orientation meetings this fall – one for the Cognitive Program and a second for the Academic Program. We strongly encourage **ALL** parents (**both new and returning students**) to attend!

Thursday, September 16: Parent Orientation for the Cognitive Program.

At this event the cognitive teachers will:

- introduce themselves
- talk about their classroom
- go over basics of the cognitive program
- introduce and re-teach the fundamentals of the cognitive homework
- have parents try cognitive homework
- have time for questions and answers

Wednesday, October 20: Parent Orientation for the Academic Program.

At this event the academic teachers will:

- introduce themselves
- talk about their classroom
- give outlines for their classes
- talk about what they are going to teach this year
- review homework expectations, quizzes, tests, exams etc.

Why attend?

The Parent Orientation night is a key component of our Cognitive Program. We look forward to seeing you there! The reasons we set up this night are below:

1. The homework component of the Motor Symbol Sequencing exercises (tracing, word) is KEY to making good progress in this area. It is critical to review the homework process each year, as we know students can get a bit relaxed in their homework habits as time goes on.
2. If problems came up with homework in past years, this evening can be a great brainstorming session for how to overcome these issues this year.
3. If a child has new cognitive teachers, they may have different expectations or ways that they handle incomplete work that is important for parents to know about. Also, teachers may change their expectations or systems year to year and parents will want to be aware of this.
4. It's a great time to hear from other parents on the homework issue and get to know other parents of students in their child's class.
5. Even if a child will be attending the homework program, parents can still learn more about what their child will be doing during this time, meet the new teachers, and get to know other parents.

MindUP™: A Mindfulness Education and Social and Emotional Learning Program

This year, Eaton Arrowsmith School is excited to be piloting a program called [MindUP™ⁿ \(The Hawk Foundation, 2009\)](#). MindUP™ is a classroom-based social emotional learning (SEL) program designed to enhance a student's self-awareness, social awareness, focused attention, self regulation, problem solving, pro-social behaviors (helping, sharing, and cooperating), and positive human qualities, such as happiness, optimism, and altruism. Research has shown that students who participate in SEL programs like MindUP™ enhance their overall learning potential, and the resulting positive behaviors lead to lower dropout rates,- a decrease in anxiety and depression rates, a decrease in classroom conduct problems and increased academic success.

Mind UP™ was created to help children understand the ways their minds work and how their thoughts and feelings affect their behavior. The program has four goals: 1) to foster mindful focused awareness; 2) to increase positive human qualities, such as empathy, perspective-taking, helpfulness and kindness; 3) to increase optimism and well-being; and 4) to foster a cohesive, caring classroom climate.

The MindUP™ program curriculum is informed by the latest scientific research in the fields of cognitive neuroscience, social emotional learning, and positive psychology.

Through a series of simple lessons, students learn strategies to calm their minds, focus their attention and become more aware of themselves, others and their environment. Each lesson also teaches students about their brain (anatomy and function), and how they can positively influence their own brain development. Along with the classroom lessons, there is a short, three times a day practice of calming the mind through focused breathing and listening.

If you would like to learn more about the research around social emotional learning, please visit the Collaborative for Academic, Social, and Emotional Learning ([CASEL website](#)). If you have further questions about the program or would like more information, please feel free to contact your child's teacher, or e-mail Rose Atkins (MindUP™ program co-ordinator for EAS) at ratkins@eatoneducation.com.

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Collaborative for Academic, Social, and Emotional Learning

Welcome to CASEL

Our mission is to establish social and emotional learning (SEL) as an essential part of education. We envision a world where families, schools, and communities work together to promote children's success in school and life and to support the healthy development of all children. In this vision, children and adults are engaged life-long learners who are self-aware, caring and connected to others, and responsible in their decision-making. Children and adults achieve to their fullest potential, and participate constructively in a democratic society.

New to our site? [Click here](#) for help getting started.

Brazelton on Parents, Teachers and SEL

Pediatrician T. Berry Brazelton speaks about the importance of parents modeling good social and emotional skills in a new [Edutopia](#) "Big Thinkers" video. Brazelton spoke with Edutopia's Milton Chen at the CASEL Forum in December 2009.



Edutopia cover Brazelton's ideas historic work is the basis for [Nurturing Children and Families: Building on the Legacy of T. B. Brazelton](#), a new book that gathers research on the physiological, social, and emotional bases of child development. Edited by Barry Lester and Joshua Sparrow, the book features articles by experts in fields Brazelton has influenced: pediatrics, psychology, early childhood education, and public policy.

SEL is also featured in Milton Chen's new book, [Edutopia: Nation's Leading Edges of Innovation in our Schools](#).



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Opportunities and Resources

[Administrative Supervisor for SEL](#)
Austin Independent School District

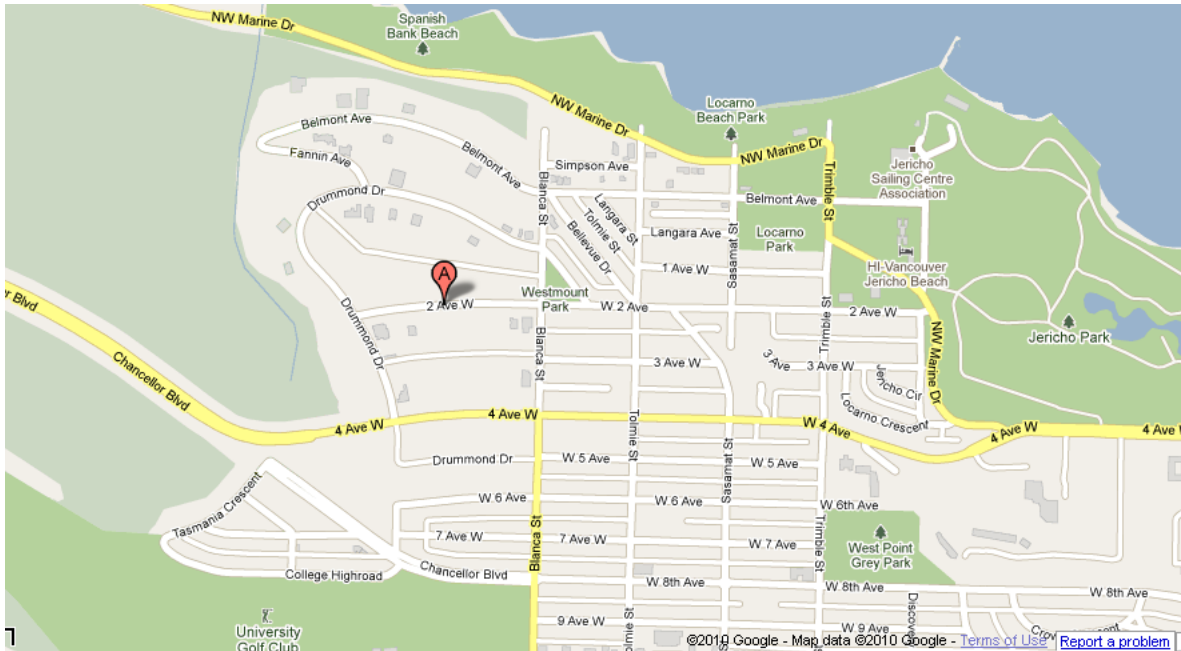
[Start Developer Job Opportunity](#)
Morningside Center for Teaching Social Responsibility

[SEL and School Social Work Course](#)
Aug 18 - Nov 17, LIC

[National Prevention Network Conference](#)
Aug 31-Sept 1, Denver, CO

Back to School Barbecue – September 12

Be sure to mark Sunday, September 12 from 12:00 until 3:00pm on your calendar. We'll be having our Back-to-School barbecue at the Dumas household - at 4754 West 2nd Ave. See map below. We look forward to seeing all of you there! Many thanks to the Dumas family for hosting the barbecue!



About the EAS E-letter

Welcome to the first issue of the 2010-2011 EAS E-letter! This monthly newsletter is for the families and friends of Eaton Arrowsmith School. Our goal with the newsletter is to improve and reinforce communications between parents, faculty and students in the EAS family.

The EAS E-letter will be produced once a month and we need your help. Please send us any information or ideas you have on making this a better and more productive vehicle for you. We welcome your suggestions and your contributions. Send comments to newsletter@eatonarrowsmithschool.com.

EAS Welcomes New Parents

We have 12 new families joining us this year, with many of them are coming from distant locations. Of the new families, 6 are from Australia, 3 from the U.S. (Arizona, Texas and California) and 1 from Holland and 2 from Vancouver. We look forward to getting to know our new families and welcoming them into the EAS team!

Note from PEAS

**The first PEAS meeting of 2010-2011 will be
Wednesday, September 15, 9:15 am, in the Staff Room at EAS**

Welcome to another year at Eaton-Arrowsmith! I'd like to welcome you to PEAS (Parents of Eaton-Arrowsmith Students). Participating in PEAS is an outstanding way to meet other parents, to support your child's instructors, and to become closer to the total EAS community.

The PEAS Mission: Enhance the total EAS experience for parents, students, and staff

- Provide opportunities for friendship and camaraderie in our school community
- Enable parents to volunteer to participate in school activities
- Maintain excellent communication between parents and the school administration
- Enable parents to become knowledgeable about the Arrowsmith Program

How we do it: Here are our events, activities, and meetings:

Monthly planning meetings. Starting on September 15 and subsequently on the second Wednesday of each month all interested parents meet in the staff room at EAS at 9:15 a.m. We receive a monthly presentation on key school issues from the Principal, discuss the organization of our upcoming events, and of course have time to share ideas and questions about the school and our children.

Social Receptions. On four evenings this year parents are invited to gather, relax with hors d'oeuvres and drinks, and talk about issues impacting our children and the school. This year we will have parent-led discussion topics such as, "How have you talked to your other children about the challenges faced by your child with learning disabilities?" This year's receptions will be from 7pm to 9pm on the following dates:

- October 6
- January 18
- March 15
- May 17

Electronic Media:

- PEAS sponsors a monthly E-Letter that is loaded with information about upcoming events, happenings around the school, and education about the Arrowsmith Program. It is a must-read!
- This year we are experimenting with a Yahoo Group for EAS parents. Easily accessible from a link on the EAS home page (Parents -> Parent Login) this group enables parents to share articles, recommend books, and easily discuss ideas and events related to learning disabilities and EAS. Many of our parents are avid readers on learning disability issues and have great insights and information to share.

In addition, PEAS will be coordinating various events throughout the year. Stay tuned for more information on these events.

How can you get involved? It's easy! Just attend a PEAS meeting, come to an event or volunteer to be a class parent.

If you have any questions, would like to volunteer, or would like to provide input, let me know. My e-mail address is below.

Thanks in advance for your involvement!

Peter Wicher, President
pjwicher@gmail.com



EAS PE News

Welcome to a new school year. In addition to formal PE activities twice a week (see "Letter from the Principal"), this column will keep you informed of additional PE activities.

We're excited to announce that we are starting a Morning Running Club at EAS. The Running Club will meet at 7:40 am on Tuesdays and Thursdays, starting this coming Tuesday, September 14th. The group will leave for the run at 7:45 am and will run for about 20 minutes, in time for students and staff to be ready for Period 1. Parents are more than welcome to join us!

Also, we will be holding our own Terry Fox run on the afternoon of September 30. Additional details will be discussed at the PEAS meeting on September 15.

Stay tuned to this column for more PE news each month!

EAS Website Update

If you have a few minutes, be sure to check out the new and improved EAS Website (www.eatonarrowsmithschool.com). Information has been updated and reorganized to make it easier for parents and others to access and browse. As mentioned in the PEAS newsletter, we've also added a Parent Login (upper right hand corner) for parents to share information and updates.

Comments and suggestions on the website are always welcome. If you have any ideas, please contact Peter Heusel at pheusel@eatoneducation.com. (And a special thanks to Peter for all the work he's done on making our website even more useful and functional!)



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Vancouver & Victoria

- Welcome Back!
- Read the inspiring speech by our 2010 valedictorian, Sam K!

Features



Arrowsmith Program Video

Watch a video that describes the Arrowsmith Program.



An Independent Future for Children with Learning Disabilities and/or Attention Disorders

Will your child be able to achieve independence, happiness and success with learning disabilities and/or attention disorders? Are you concerned that compensation techniques will be inadequate or that accommodations available in the school system will not be feasible when your child eventually transitions into college, university, or the workforce? Learn more about how [Eaton Arrowsmith](#)

Contact EAS

[Accepting applications for the 2010-11 school year.](#)

Find out if EAS is right for your child.



Sandra Heusel
Admissions Director

Locations

204-6190 Agronomy Road
at UBC
Vancouver, BC V6T 1Z3
(604) 264-8327

200-3200 Shelbourne
Street



A note from Eaton Arrowsmith School Victoria

Year Two at EAS Victoria!

We at EAS Victoria are extremely excited about beginning our second year. We had a very successful finish to our first year and all our students made good cognitive gains! In our full time program so far this year, we have 13 returning students and 3 new students—one from our part time program last year, one from Calgary, and one from Eugene, OR; we are very glad that they have joined us here in Victoria.

Our returning students are working hard to ensure the new students are making a smooth transition to EAS life and it is a pleasure to witness their leadership skills in this small community. Knowing that we are part of the larger EAS community and that we are all working towards the same goal gives us great assurance that we have an abundance of support around us. It is great to know that there is a great group of dedicated students, staff, and parents just across the water.

Planning is in full swing for all the events for the school year. Our staff will be visiting EAS Vancouver on November 12th to engage with the cognitive and academic staff and students—to gather and share ideas and resources. We are very excited for the opportunity to connect with everyone at EAS Vancouver in the near future!

Please come and visit us anytime; we'd love to see you and our doors are always open.

From the EAS Victoria team,

Jason, Jen, Miriam, and Fiji

EAS Calendar

The following page shows a one-page calendar for the 2010-2011 EAS School Year. Please be aware that, although holidays and breaks will not change, specific events might. So be sure to refer to the newsletter and the on-line calendar at the EAS website (www.eatonarrowsmithschool.com).

2010 - 2011

Eaton Arrowsmith School

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|--|---|---|
| No School | Key Dates - see below | PEAS Meeting - 9:15 (EAS) |
|--|---|---|
- Sept 7: New Student Orientation
 - Sept 8: First day of classes
 - Sept 12: Family BBQ
 - Sept 16: Orientation Night
 - Oct 11 - Thanksgiving Day
 - Oct 22 - PD Day - School Closed
 - Nov 1: PD Day - School Closed
 - Nov 11 - Remembrance Day
 - Nov 18: Parent Participation Night
 - Dec 3: PD Day - School Closed
 - Dec 18 - January 9 - Winter Break
 - January 10 - First day of winter term
 - February 4: PD Day - School Closed
 - February 28: PD Day School Closed
 - March 19 - April 3 - Spring Break
 - April 4 - First day of spring term
 - April 22 - Good Friday
 - April 25 - Easter Monday
 - May 20: PD Day - School Closed
 - May 23 - Victoria Day
 - June 21 - Sports Day & Picnic
 - June 23-Last day of classes - Closing Ceremony