

Perhaps you've asked yourself this question: "What impact will social-distancing, self isolation, our changing economy, and our different routines, have on our mental/emotional health?" I've thought about this a fair bit throughout the past month and much more lately as my family is beginning to feel the impact of it all. I believe God has wired most (if not all) of His people to be social beings that crave face-to-face interaction, that is, in-person interaction, (not just through video chat). We desire to love, be loved, and cared for. When our social circles diminish, careers change or disappear, routines drastically shift, and/or when our future seems uncertain, many aspects of our health take a hit... Unless we are careful to take care of ourselves and lean on God (more on that later).

I've also been thinking about kids (not just my own) - how are they handling all of this? We have to remember that kids' worlds have also been flipped upside down in a matter of weeks; many of whom do not fully understand why this has happened, when it will go back to normal or even what the Coronavirus is. So much change in a short period of time can give anyone (no matter what age), stress and anxiety.

I have come across 2 short articles recently that can really help us navigate this changed world we're in. The first is about how parents should talk to their children about the pandemic. Secondly, some tips for teachers (but parents too) on how we can create a self-care plan in order to stay mentally/emotionally strong.

Here are some of the main points from each article, plus the link for each. I highly recommend you read them!

1) "Talking to Kids About the Coronavirus"

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- Don't be afraid to discuss Covid-19.
- Be developmentally appropriate.
- Take your cues from your child.
- Deal with your own anxiety.
- Be reassuring.
- Focus on what you're doing to stay safe.
- Stick to routine.
- Keep talking.

2) "Self-Care Reflection"

<https://www.responsiveclassroom.org/self-care-reflection/>

- Identify what types of physical activity help you feel better.
- Identify what types of food make you feel best.
- What helps your mind feel calm?
- What makes your heart full?
- How much sleep do you need?
- Do you have any devotional/worship practices that will ground you?

One point I'd like to add is that we also need to maintain a proper perspective in the midst of all of this. Yes our lives are different, and we are missing out on many aspects of our normal life, but we are still blessed beyond measure - especially when we compare our situation to other situations around the world; past or current.

I hope you're taking care of each aspect of your health: mental, physical, emotional, social, and spiritual. I also hope that: as believers in Christ, our faith will have been strengthened, not hindered when all of this is done. Take care of yourself and your families and neighbours, and lean of God!



Monday: Corina K.- SK
Friday: Caleb B.- Gr. 4
Tyler V.- Gr. 5
Mrs. Mulder- Admissions Director
Saturday: Levi Huinink
Sunday: Khaya Murray

For your Information:

Prayer Corner- We thank God for many blessings, including the tools of technology that we have that allow continuity of learning at WCS. Continue to pray for all those who are not well. This week we pray for all of our front line workers - especially for those in health care who are working to console, reassure and care while putting themselves at risk. We pray for all of those who work with the public at stores, emergency services, essential businesses, as truckers, providers and caregivers. If you have specific prayer requests, be sure to pass those along to our prayer team through j.mulder@woodstockchristian.ca. Please continue to pray for one another. The WCS Board meets this week, pray for them as they lead and as they plan for this year and next.

... **the Blues & Loving our neighbours** [BLUES Choice Board](#) for April 20-24. This Integrated Family Grouping choice board combines special activities to appreciate and thank our front-line workers. Share and learn devotions (laments/blues) focused on the Psalms & Lamentations; there were hard times in the Bible days! Read what King David and the writer of Lamentations have to say. Check out the music & worship, science and explorations. Explore & learn together.

Grand Friends Day- We will not be able to celebrate with our Grand Friends in person this week, but we are putting together a video and would like to do a shout out to our Grand Friends. Please send in a picture of your children with their grand friends, or ask your children to write something they love about their grand friends, have them draw a picture of them with their grand friends or anything you feel we could use in our video to share on social media. Please email this to j.mulder@woodstockchristian.ca before Wednesday so we can include it. Thank you!

WCS building is closed: There was an extension of Ontario's Emergency order until April 23rd. However, we anticipate a longer closure and again will follow suit for best practices for schools. Schools will be closed at least until mid May. It is quite likely that students will not return to school this term. The Board of Health has posted a building closure notice on our front door. The school remains off-limits.

Ontario government helps parents [Support for Families](#) . Ontario is helping families pay for the extra costs associated with school and daycare closures during the COVID-19 outbreak by providing a payment of \$200 per child up to 12 years of age, and \$250 for those with special needs, including children enrolled in private schools. This is a one-time payment to parents to help keep children engaged by purchasing school supplies and other educational tools.

WCS Community Membership Meeting postponed- This meeting, which was to be held on Thursday, May 7th, has been postponed. The WCS Board of Directors is meeting this week and will provide an update re the membership meeting and other matters. We encourage you to be members of WCS. To find out more about membership, connect with office@woodstockchristian.ca or r.boersma@woodstockchristian.ca

Jump Rope for Heart- In the month of April, we would have been preparing for our Jump Rope event at WCS. I encourage you to get outside and practice your skipping! Skipping is a great brain break as well as a body break. Revive those old skipping games and learn some new ones. Use a single rope for high knees, criss-cross, side swing. Or play a family jump rope game - banana split, snake, double dutch. Check this out: [Double the Fun with Jump Rope Games](#)

Early dismissal- Please note that there will be classes for students on Friday April 24th as our Bluewater PD activities are cancelled. Also note that we will be having EARLY DISMISSAL days for our teaching team (or parts of the team) on Wednesday afternoons. On those days, the classes affected will be dismissed at 130pm. This week: Wednesday April 22nd, grades 5, 6, 7 & 8 will have Early Dismissal while their teachers are in training. Next week: Wednesday April 29th, grades JK, SK, 1 & 2 will have Early Dismissal.

Student Support - Mrs. Bulthuis: I am thankful for the great response to the Learning Support program. What a blessing that we have the technology to continue to teach and learn online! I look forward to seeing all the blue hats, shirts, and outfits this week! Please do not hesitate to contact the classroom teachers or me if your family is needing more support with assignments, and we will look at ways to accommodate assignments and workloads to make them more manageable and successful. Have a blessed week.

JK- Mrs. Westerveld- Welcome to a new week. This week would have been Grandfriends day! We are so thankful for all our Grandparents and pray that God will bless them all. Check out the Blues activity board and choose some activities to do. Our activities this week will be posted on seesaw. See you there! Have a great week!

SK- Mrs. Poort- Welcome to a new week. This week we are honouring our essential workers. There is a whole school devotion and activities for you to check out. This week we will be celebrating grandparent's day. Dress up as a grandparent and send a picture in seesaw. Lego - students asked to share their lego. Make a lego creation and be ready to share it next week Wednesday Zoom.

Tuesday - Zoom 9:30 - virtual field trip to Emmett's Barn

Wednesday - Individual zoom - sign up for a 10min slot between 9-12 <https://forms.gle/uZFf2AXq3N5ihGp9A>

Friday - Zoom 9:30

SK- Miss Body- Wellcome to a new week. Cooler temperatures but spring is on its way. Don't forget to save your boxes and rolls for our 3D math unit next week. I sent out the Blues choice board this morning (Monday). Enjoy the variety of choices remembering our front line workers, as well as, reflecting and responding to your own journey during this season.

Jolly Phonics: oi, ue Sight words: little, run

Gr. 1- Mrs. VanderPloeg- Welcome to another 5-day week! I hope you are taking time to recharge with your family – remember that you don't have to do it all. I've included some Earth-Day related activities in the extra challenge section for each day this week – I hope you'll check them out! Psalm 24 is on my heart. Read it as a family, if you can. For Writing Workshop, students will be writing pieces about their grandparents. Sometime this week, give your grandparents a phone (or video) call – enjoy visiting together. Have a wonder-filled week!

Gr. 2- Mrs. Horinga- Here we go with another week of learning. This week we will work on writing our imaginative narrative stories. We will also finish up work on number patterns.

This week we have a Blues focus - honoring our essential workers. Try to find time this week to complete some activities and thank our essential workers in some way. Have a great week of learning.

Gr. 3- Mr. Hiemstra- Welcome to Christian Education week and another week planned for learning! This week is BLUES week. We will be supporting our health care workers as they are our heroes this week! We will also remember our Grandfriends as we would have seen them walk the halls during Grandfriends Day. We will create some activities this week keeping in mind the health care professionals and our Grandfriends. We are continuing the book, Charlotte's Web, and will continue to work on our money unit. Have a great week!

Friday: Spelling Test: List 25

Gr. 4A- Mrs. VanAndel- Welcome to a new week of learning grade 4! I hope that you and your families will be able to do many of the activities on the "BLUES" choice board! It is an awesome opportunity to reach out to our community! It would have been Grandfriend's

Day this week. Reach out to your grandparents by text, message, phone call, or any other way and let them know you love them! This week, we also celebrating Earth Day. How can you help take care of our world this week?

HAPPY BIRTHDAY TO CALEB ON FRIDAY!!!

Wednesday - wear a blue hat
share of picture of you and your
grandparents with Mrs. Mulder
Thursday - Math quiz on decimals
Friday - Spelling test on irregular plurals

Gr. 4B- Mrs. Hickey- Welcome to a new week. It is Christian Education Week. We are thankful for our school and how it has Christ in the center. We will also recognize the health care workers in our curriculum this week. Remember to come to the Zoom meeting each day and stay on top of your work. Have a great week.

Monday - Wear a blue shirt

Tuesday - Family Picnic

Wednesday - Wear a blue hat

Friday - Wear as much blue as you can,

Gr. 5- Mr. H- Welcome to another week of remote learning! This week, each family in the school is participating in another integrated learning choice board. Theme = "The Blues". This assignment is similar to the Easter Family Choice board from a couple weeks ago in that each family will be working on the assignments. See email from me to get the full information package. Grade 5 has this info in their Google Classroom and I've explained it to them. For grade 5, there are some responses attached to this assignment. Don't worry though, I'm not adding this assignment on top of all of their regular work. It is replacing the devotional assignments for the week and one of the Language Arts assignments I had planned.

Monday:

-Narnia: LWW Chapters 5-6 Questions, due.
-Work on Blues Family Choice Board - Monday's devotional and activity #1.

Tuesday:

-Math: Khan Academy - Stop once you've finished "Add decimals like 5.53+6.1", due
-Math Drills: Pages G & H, (Level 1 or 2, not both) due.
-Narnia: LWW Chapter 1-6 comprehension quiz
-Work on Blues Family Choice Board - Tuesday's devotional and activity #2.

Wednesday:

-Math: Khan Academy - Stop once you've finished "Adding Decimals: Unit Test"
-Spelling: Part 1, Lesson 30, due
-Work on Blues Family Choice Board - Wednesday's devotional and activity #3.

Thursday:

-Math: Khan Academy: Stop once you've finished "Subtract decimals like 0.9-0.7", due
-Math Drills: Math Drills: Pages I & J (Level 1 or 2, not both) due.
-Work on Blues Family Choice Board - Thursday's devotional and activity #4.

Friday:

-“Appropriate Use of Technology” 1st assignment due
-Math: Khan Academy: Stop once you've finished "Subtract decimals like 56.8-17.9", due
-Spelling: L. 30, Part 2, due
-Narnia: LWW Chapter 7-8 Questions, due (Monday if you need to).
-Work on Blues Family Choice Board - Friday's devotional and activity #5.

Gr. 6- Mrs. Bigham/Mrs. Sikma/Mrs. Martin-

Please go to Google Classroom for information

Gr. 7- Mrs. Racicot- Please go to Google Classroom for information

Gr. 8- Mr. Schaafsma- Welcome to a new week of Emergency Remote Learning! This week we will be wrapping up our study of The Hobbit, the Book Report portion is due on Friday. We will be continuing with Algebra in Math. Our Devotions will focus on Psalm 22, which blends nicely with the Blues Choice Board, our weekly integrated family activities. Have a great week!