



SCHOOL DISTRICT 46
SUNSHINE COAST

SUPERINTENDENT'S REPORT TO THE BOARD

Board of Education Meeting
Superintendent Patrick Bocking
Wednesday, November 4th, 2020



FUN AND SAFE HALLOWEEN CELEBRATIONS

1b

Our students will thrive in their **early years, and throughout their education**, within schools, families, and communities that inspire learning, respect and connection.





SOCIAL MEDIA AWARENESS VIRTUAL STUDENT SESSION

1f

Our students will develop and apply **social and emotional skills** to successfully live, work, and play together. They will have the resilience and attitude to deal with life's challenges and to manage their **mental health**.

1j

Our students will have the **digital literacy** skills to enhance and communicate their learning, and to responsibly navigate technology.



School District 46 - Sunshine Coast

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Social Media Awareness - Student Session from Safer Schools Together. October 29th – 4pm – 5pm – Social Media Awareness, Digital Footprints and Cyberbullying. To learn more and to register please click here: <https://event-wizard.com/SocialMediaAwareness.../0/register/>



EVENT-WIZARD.COM

Student Sessions - Social Media Awareness, Digital Footprints &...

Online registration is now open for Student Sessions - Social Media Awareness, Digital Footprints & Cyberbullying - October 29, 202...



EASE CURRICULUM

1f

Our students will develop and apply **social and emotional skills** to successfully live, work, and play together. They will have the resilience and attitude to deal with life's challenges and to manage their **mental health**.

The screenshot shows the British Columbia government website page for 'Everyday Anxiety Strategies for Educators (EASE)'. The page is titled 'Everyday Anxiety Strategies for Educators (EASE)' and is part of the 'Child & Youth Mental Health' section. The page includes a navigation menu on the left with links to various health and mental health resources. The main content area features a 'What is EASE?' section, a 'What is EASE?' section, and a 'EASE at Home (for Parents and Caregivers)' section. The 'What is EASE?' section explains that EASE is a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7. The 'EASE at Home' section explains that in response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning. The page also includes a 'Provincial Support for COVID-19' section and a 'Contact Information' section.

BRITISH COLUMBIA

Home > Health > Managing Your Health > Mental Health & Substance Use > Child & Youth Mental Health >

Managing COVID-19 Stress
Virtual COVID-19 Supports
Find Services Near You
Crisis and Information Lines
Organizations Supporting Mental Health and Substance Use in B.C.
Mental Health and Substance Use Information and Publications
Healthy Minds, Healthy People
Mental Health Act
Quitting Smoking & Tobacco Use
Child & Youth Mental Health
Mental Health Support for Children & Youth During COVID-19
Intake Clinics
Everyday Anxiety Strategies for Educators
Maples Adolescent Treatment Centre
Suicide Prevention
Trauma-Informed Practice (TIP) - Resources

Everyday Anxiety Strategies for Educators (EASE)

What is EASE?

EASE is a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7. The resources use cognitive behavioural strategies to address the thoughts, feelings and behaviours associated with anxiety.

EASE has been available to schools throughout B.C. since 2019.

Classroom activities are aimed at increasing the emotional health and resiliency of all children and are designed to be delivered by classroom teachers, but can be adapted for use by school counsellors, administrators and support staff.

EASE at Home (for Parents and Caregivers)

In response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning.

These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond.

Grades K to 3

- [Rhythms & Routines](#)
- [Finding Feelings](#)
- [Calm Breathing](#)
- [Tense & Relax](#)
- [Movement](#)
- [All](#)

Grades K to 3: French Translation

Provincial Support for COVID-19

gov.bc.ca/covid19

Learn about how government is supporting essential services for things like:

- Housing & monthly bills
- Child care
- Transportation

COVID-19 Provincial Support

Contact Information

MCF.EverydayAnxietyStrategiesforEducators@gov.bc.ca




AMENDED ELEMENTARY SPORT CALENDAR & COAST FIT

1g

Our students will develop and apply skills and habits to support their **physical health.**


AMENDED SPORT CALENDAR

SEPTEMBER CROSS COUNTRY RUNNING




Create a loop around your school ground and develop cardio vascular endurance while marking progress by tracking laps or kilometers run. Note: space appropriately / socially distance. When appropriate run out in the trails, rather than running laps around a field or track.

JANUARY BASKETBALL




Focus on dribbling and ball control on the walls. Eventually work with partners and pass together. Use multi hoops to work on shooting techniques. Group into two or three for more intense interactions. Move to small courts. Modify game rules to minimize contact through challenging for the ball and decrease running to keep cardio lower during indoor playtimes. Sanitize gear and hands often.

OCTOBER SOCCER SKILLS




Run a ball on every kid's feet. Focus on individual foot skills, with the tips of rolling over the ball. Use various parts of the foot to advance the ball while moving slowly through a field. Move on to passing, trapping, etc. in pairs or trios. Set up curved cones for kids to move the ball between. Modify to have more kids with 10 cones. I like to set one partner up on one drill area. It means a set of cones and a bit of set up. Move to small sided games, with touch and touch at touch, and minimize challenging for the ball when possible.

FEBRUARY DANCE



Line Dancing or no contact square dancing may be appropriate for a dance unit. It may also be fun to get a projector and sound system to do Just Dance in the gym.

NOVEMBER VOLLEYBALL



Set up the nets. Work against the wall to self-set, bump and serve. Eventually move to partners working the ball over a net. Work the kids through proper spacing and rotation of a game. Eventually, move to simple games. This will reinforce court positioning. Sanitize gear and hands often. Adaptation for younger ages could be a balloon or beachball. Note: To minimize set up and contact points that need to be sanitized arrange to leave up gear for all classes.

MARCH / APRIL




Mountaineering
Mountain Biking

LATE NOVEMBER / DECEMBER GYMNASTIC MAT WORK OR YOGA




Roll out the mats. Work on individual flexibility through static stretching. Go the width of large mats and teach each kid to roll their own mat, or as mat to bring into other contaminated areas. You will be surprised how many kids panic when laid flat on their back. Talk about body safety, stretching back to your core, and the use of hands to support the mat. Talk about movement and why appropriate with some direct instruction and some self-discovery. Keep classes of mats at the end of sports PE, or use with mats and appropriate cleaning and leave easy to use, clean.

MAY




Disc Sports-Ultimate and Frisbee Golf
Modify game rules to minimize contact through challenging

DECEMBER BADMINTON





(You may wish to find another spot for badminton within the year)
Play in doubles on small courts to minimize dramatic movements throughout the gym.

MAY / JUNE TRACK AND FIELD



By nature of the space you would be doing activities and individually. To allow for safer procedures during throwing instructions use cones, bags, bottles, etc. to mark. You can get a fan for blowing hair out, but also have a fan for blowing gear and hands often.

RECOMMENDATION:
CHOOSE A PHE LEADER AT EACH SCHOOL TO HOST AN IN-SERVICE AT THE BEGINNING OF EACH UNIT. DURING THESE IN-SERVICE SESSIONS, PARTICIPANTS WILL LOOK AT SPORT SKILLS, SAFETY, CLEANING PROTOCOLS, SPECIFIC ACTIVITIES, GAMES AND POSSIBLE ADAPTATIONS.

FITNESS CIRCUIT

This five minute general fitness circuit evaluates the participants' strength, coordination, balance, agility, speed, and flexibility. It is included as an example of an efficient tool to monitor the participants' fitness progress. Thus, it is recommended that this circuit is used as a pre-test at the beginning of the unit, as a mid-unit progress check and finally as a year-end unit report.

- Divide the group into 10 groups and complete each of the 10 stations.
- Distribute the "fitness circuit record sheet" to one member of each group. The record keeper and send one group to each of the 10 stations.
- Use the following comments: "Ready, go, 10 seconds, 20 seconds, stop!"
- After each 30 second period, have each group's record keeper record the performance of group members.
- Rotate the groups one station clockwise.



1. Bench Vault (strength and balance)
Stand on one side of the bench and grasp the top of the bench with both hands. Jump over the bench with both feet together from side to side, while holding the bench top. Count the number of jumps in 30 seconds.



2. Arm Tapping (speed)
Mark three spots on a table top approximately shoulder width apart. Place one hand on the center spot and the other hand beside it. Do not move the hand on the middle spot and use the other hand to alternately tap the spots on either side as fast as possible. Count the number of taps made in 30 seconds.



3. Bent Knee Sit-Up (strength)
Lay on your back with arms crossed over the chest. Feet flat on the floor, and knees bent. Curl up bringing the shoulders to knee height then slowly curl back down to the floor. Perform at a steady rhythm every 2 seconds. All knees per minute on a metronome. Count the number performed in 30 seconds (this number should not exceed 15).



4. One Leg Stand (balance)
Stand on one leg. Bend forwards at the hip to bring one chest parallel to the floor. Extend the front leg back and up so it is parallel to the floor. Hold as long as possible. Count 1 point for holding this position for 10 to 19 seconds, 2 points for 20-29 seconds or 3 points for 30 seconds.





STAFF WELL BEING WORKING GROUP

2a

Our staff will be a **healthy and inspired team** in which everyone feels respected for their individual gifts, skills, and contributions.





MENTAL HEALTH FIRST AID AND CRISIS PREVENTION TRAINING & CERTIFICATION

2a

Our staff will be a **healthy and inspired team** in which everyone feels respected for their individual gifts, skills, and contributions.





HEALTH AND SAFETY COMMITTEE

2a

Our staff will be a **healthy and inspired team** in which everyone feels respected for their individual gifts, skills, and contributions.





OCTOBER PRO D DAY

2b

Our staff will be fully supported for the work that we ask of them and that they ask of themselves through research-based professional development.



SCHOOL DISTRICT 46
SUNSHINE COAST



OCTOBER
23

PROFESSIONAL LEARNING: ONE HEART; ONE MIND

Supported by the SCTA, CUPE 801 & SD46 Indigenous Learning

- ▶ Integrating Indigenous world views and perspectives into learning environments
- ▶ Enhancing Indigenous student achievement
- ▶ Focusing on Diversity, Equity, Inclusion, Social Justice and Anti-Racism

Opportunities to:

- Learn on the Land and near the Salish Sea, shishálh and Skwxwú7mesh traditional lands
- Spend time learning and making with Elders, Knowledge Keepers, Storytellers
- Celebrate the achievements of Black people in BC with one who lives the story
- Participate in virtual and real-time explorations of medicinal plants in this area
- Learn *she shashishalhem* (shishálh language) to use with permission in the classroom K-12
- Connect/reconnect with like-minded colleagues to work on or ignite an Inquiry Project
- Take part in a learning series with school-based colleagues
- Zoom-in with BC colleagues at Virtual Indigenous Learning conferences
- Self-direct or collaborate with colleagues to explore Indigenous Learning web resources

Register on the SD46 Website:

<https://sd46.bc.ca/district-information/professional-development-event-registration/>



PARENTING THROUGH DIFFICULT TIMES

2e

Our staff will engage in **positive partnerships** with students and their families.

Parenting Through Difficult Times
How to Thrive rather than just survive

Are your children engaging in more challenging behaviours right now? Are you feeling more reactive and less patient than ever?

Join us weekly via Zoom to help understand behaviour better and shine a light on how we can turn this unique time in our lives into something that we don't just survive, but rather THRIVE.

Sarah Joseph is a Certified Positive Discipline Trainer and Family Therapist. She has been teaching Families, Educators and Childcare Providers Positive Discipline tools in our community for the past five years. She is also the author of the Amazon Best Selling children's book *The Animals in my Brain: A Kid's guide to understanding and controlling their behaviour.*

Elementary: Monday's@8:00pm~ Starting September 21st, 2020


1. Kids now a days & why parenting is so hard
2. **The Brain, dealing with change & Self-Regulation**
3. **Finding a balance of Kind & Firm Parenting**
4. **Understanding Behaviour**
5. **Becoming a good Emotions Coach**
6. **Parenting Stress & Self Care**

Secondary: Wednesday's@8:00pm~ Starting September 23rd, 2020

1. Kids now a days & why parenting is so hard
2. **Understanding the Adolescent Brain**
3. **Connection & Letting Go**
4. **Recognizing Mistakes as Opportunities**
5. **Finding a balance of Kind & Firm Parenting**
6. **Parenting Stress & Self Care**

[CLICK HERE TO REGISTER](#)

A ZOOM INVITE WILL BE SENT TO YOU FOLLOWING REGISTRATION!





HEALTH AND SAFETY SIGNS

3a

Our district will effectively **communicate** with students, staff, and the community.

PARENTS, CAREGIVERS, AND VISITORS

**PLEASE PRACTICE PHYSICAL DISTANCING
AND WEAR A MASK ON SCHOOL GROUNDS**

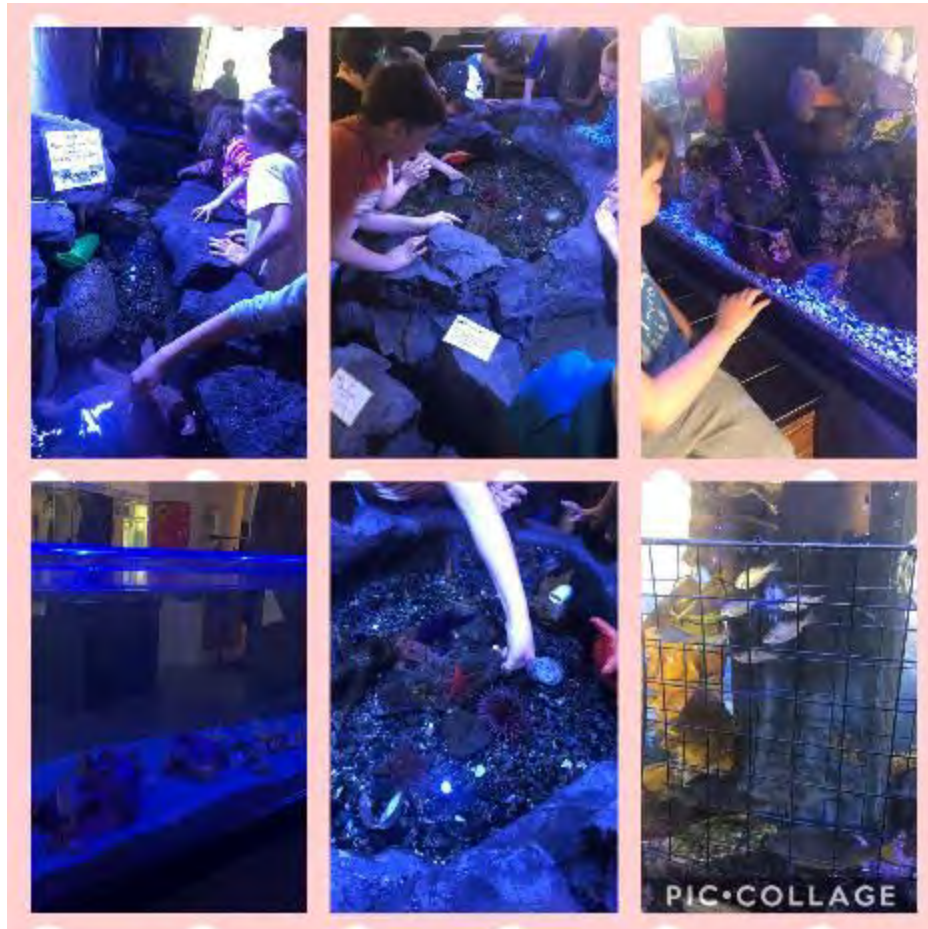




NSMEC GRADE 3 PROGRAM: BIODIVERSITY OF THE SALISH SEA

3c

Our district will pursue opportunities that **enhance collaboration and deepen partnerships** throughout our local and global community.





SD46 ENVIRONMENTAL INITIATIVES POSTER

3d

Our district will support comprehensive environmental initiatives.

FALL IN LOVE.
Environmental education and efforts begin with falling in love with our environment. That is why at SD46, outdoor education and learning about our local lands and waters is the first step to making change. What we love, we want to take care of!
We are honoured to live, learn, play and work on the unceded territories of the Skwxwú7mesh Nation and the shishálh Nation.

UPGRADES.

- Complete HVAC system optimization in 2017
- Lighting and controls upgrades: 3 completed, 3 in proposal phase
- All school boilers upgraded to high efficiency in past 8 years
- Building envelope improvements and roof replacements, including installing additional insulation
- High performance new construction at Gibsons Elementary

COMMUNITY PARTNERSHIPS.
We couldn't do this alone! Thank you to our community partners, such as, but not limited to, Nicholas Sonntag Marine Education Centre, Heartwood Solutions Consulting, and Vancouver Coastal Health - Active Travel Program, who help us reach our environmental goals.

PROJECTS.
In the past five years, SD46 has completed over **20 +** environmental projects with two current projects on the go: Kianikinnick and Halfmoon Bay Elementary HVAC upgrades!

SD46 STRATEGIC PLAN.
The Board of Education's 2019-2023 Strategic Plan made our environment a priority!
Goals:

- Our students will have the knowledge and skills to contribute to the care of our planet and its changing climate.
- Our district will support comprehensive environmental initiatives.
- Our district facilities will be safe, engaging and energy efficient.
- Our district will ensure safe and efficient transportation strategies for our students.

ENERGY TARGETS.
Since 2012, we have reached our goal of **5%** overall energy reduction annually.

SOLAR PANELS.
A total of **1102** solar panels across the district on Gibsons, Langdale, Davis Bay Elementary and Pender Harbour Secondary. Solar panels are also being added to Kianikinnick and Halfmoon Bay Elementary in 2021.

ENERGY MATTERS PROGRAM.
Each year an Energy Cup is hosted by schools across the district where students compete to save energy and emissions. In 2019, the district saved \$1,000 on energy and ½ tonne of building emissions through student led initiatives. It is part of the Energy Matters program that provides teachers with materials to support students exploring climate change solutions, and the daily choices that help including diet, transportation, home heating and lighting. In its 5th year, over 2,000 students have taken part and interest is growing!



SCHOOL DISTRICT 46 - SUNSHINE COAST
Environmental Initiatives
Taking care of our planet, together!



THANK YOU

