



# VIKING NEWSLETTER

For more information visit our Website at [www.spruceviewschool.ca](http://www.spruceviewschool.ca) or Facebook at Spruce View School



## Honoring First Nations, Metis and Inuit Students

SVS has on display a limited edition of a print by artist Janice Gallant. The print is in the shape of a traditional medicine wheel. FNMI students were asked what best represented their culture. Ms. Gallant was given a list of a buffalo, eagle, teepee, the Metis symbol, cart, wolf, inuksuk, whale and bear. The canvas was divided into four sections representing north, east, south and west.



On your next visit to the school take a few minutes to reflect upon this artwork. There is posted an explanation of the process of the Giclee printing beside the artwork.

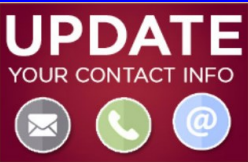
## The Blanket Ceremony shared with all staff.

In November all staff members were visited by Elder John Sinclair and Patrick Mitsuing. We participated in a review of Canadian history and its relationship with the First Nations, Metis and Inuit people.

As we entered into the library the chairs formed a circle around seven blankets laid out on the floor representing the land which is now Canada. As we journeyed through the years the blankets representing land occupied by the various FNMI became smaller depicting the many reservations that were created by the Governments of its day. We visited the time of residential schools and the 60's Scoop.



Once the ceremony concluded we participated in a Sharing Circle and exchanged our reactions with each other on this informative gathering. We walked away pondering what we can do next to help in the healing and reconciliation process with our country, province, and community to move forward.



### Stay informed with School Messenger

If you are not receiving school notification concerning messages of inclement weather announcements contact the school office at 403-728-3459 to update your contact information. The school website can keep you up to date on bus routes and the inclement weather procedures for the division.



## WHAT'S HAPPENING AT SPRUCE VIEW

<b>Monday, Jan 20th</b> <ul style="list-style-type: none"> <li>Jr. Girls Bball practice 3 pm</li> <li>Jr. Boys Bball practice 4:30 pm</li> </ul>	<b>Tuesday, Jan 21st</b> <ul style="list-style-type: none"> <li>Taco Day</li> <li>Jr. Boys Bball practice 3 pm</li> </ul>	<b>Wednesday, Jan 22nd</b> <ul style="list-style-type: none"> <li>Grade 6 Field Trip</li> <li>Jr. Girls Bball practice 3 pm</li> </ul>	<b>Thursday, Jan 23rd</b> <ul style="list-style-type: none"> <li>Hot Dog Day</li> <li>Last Day of High School</li> <li>Jr. Girls/Boys Bball game vs St. Marguerite 4 pm</li> </ul>	<b>Friday, Jan 24th</b> <ul style="list-style-type: none"> <li>PAC Bingo 4:30 pm</li> </ul>
<b>Monday, Jan 27th</b> <ul style="list-style-type: none"> <li>Jr. Girls/Boys Bball practice 3 pm</li> </ul>	<b>Tuesday, Jan 28th</b> <ul style="list-style-type: none"> <li>Subway Day</li> <li>Jr. Boys Bball practice 3 pm</li> </ul>	<b>Wednesday, Jan 29th</b> <ul style="list-style-type: none"> <li>Jr. Girls Bball practice 3 pm</li> </ul>	<b>Thursday, Jan 30th</b> <ul style="list-style-type: none"> <li>Hot Dog Day</li> <li>Jr. Girls/Boys Bball vs Koinonia 4 pm</li> </ul>	<b>Friday, Jan 31st</b> <ul style="list-style-type: none"> <li><b>NO SCHOOL</b></li> <li><b>Prep for Semester 2</b></li> </ul>

# JANUARY 2020

# HEALTHY FAMILIES

## Talking to Kids About Social Media



Talking to kids about their online life and social media usage is not always easy. We offer these 12 tips to try to help break the ice and have rich conversations with your children that keep both parties safe.

1. It doesn't always feel natural to give a child **positive reinforcement** when they drop a piece of random information, we acknowledge this. But, if you give positive reinforcement when they open up to you about a topic, even if it is a small or minor topic, that sends a quiet message that you are approachable. Simply make eye contact and say something like "Hey, thanks for telling me about that. I like talking to you about this stuff." Saying this when the topic is not heated or personal sets the stage for your child to approach you when things are tougher.
2. **Be proactive** about conversations. Don't wait until there is a problem to start talking about online engagement with kids. Setting the stage to talk openly about online choices is important.
3. Have conversations about online safety from a **young age**. Watch YouTube with the younger children. Ask them questions about what you viewed. Talk about if it's real or not. Talk about opinions. Just talk. Listen when they talk, but teach them that it's positive to watch and discuss.
4. **ASK** them their opinion about online **activities that don't involve them**. If you've heard of a cyberbullying situation in the media, strike up a conversation with your child(ren). Ask their opinions about what happened. Talk about how both the children and the adults handled the situation. When they are not involved, they can think rationally and logically (for the most part) about a situation.
5. Talk about things you've seen or experienced online. **Personal anecdotes** are so powerful with children. You don't have to be a perfect online citizen, just be an honest one. This is now ground for adults too. It's okay that you are still learning also. There's nothing wrong with letting children know that adults are trying to figure out how to live with constant connectivity. It's a great opportunity to model lifelong learning and growth mindset. None of us are experts!
6. Ask your child about **the apps and websites they use** - or better - set up family sharing (iOS) so that they must ask permission each time they are downloading a new app. As a family decide at what age, or by what criteria, this can be removed.
7. **Reassure** them that they can always talk to you. We sound like a broken record, but in order to have communication, both parties need to feel safe.
8. **Listen and ask questions**. If they are talking, it's your job to listen. It may be tempting to give information or teach a lesson. Try to hold back. You can teach the lesson tomorrow. If they are talking, don't cut them off! If you listen today, they will talk again tomorrow.
9. Set **boundaries** - but be realistic; if you make screens "precious" they become desirable. You know your child better than anyone. Watch for the signs of sneaking, and if you find this happening, talk to your child and brainstorm ways to resolve the impulsivity.
10. **Act on warning signs**. If you feel that something is happening, lean on the relationship you've built with the previous nine steps, and ask directly. You will never regret the strength of the relationship you built starting from that young age.
11. When they have earned the right to **privacy**, **respect their privacy**, with the constant reminder that nothing done online is ever private. The right to privacy goes hand-in-hand with trust. If trust is broken, the right to privacy can be revoked.
12. **Meet them where they are** at sometimes. Let your teen teach you. Snapchat may not be of any interest at all to you, but if you engage in snapping with your teen, that simple act will open up many conversations you never expected to be allowed to have, and you will gain an understanding as to how kids use this application. It's okay to be goofy sometimes.



WE HAVE MORE DETAILED INFORMATION AND REFERENCES ONLINE  
<http://edtechframework.com/support/talking-to-kids/>