



Panorama Heights Newsletter

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Newsletter 21

June 17, 2022

Upcoming Calendar Events

Monday	Tuesday	Wednesday	Thursday	Friday
20	21 PAC Meeting 7:00 pm on TEAMS Decisions for next year so be sure and attend! National Indigenous People's Day!	22	23	24 Shorts & Shades Day!  Kindergarten Field Trip to Town Center Water Park!
27	28 Grade 5 Leaving Ceremony 11-12PM 	29 Last day of classes for all students!!  *Year End Assembly*	30 Administrative Day *Last day for all staff* 	1 

Principally Speaking

Happy Father's Day!

My Father is 95, lives on his own, drives his own car and cooks for himself. I have never known a time without my father. This year will mark the 57th year I have celebrated Father's Day with him. My extended family are planning a get together this Sunday to celebrate all of the fathers however as the patriarch he will be the guest of honour. As a father myself, every year that my own children get older I gain more appreciation for what my father put up with and sacrificed to provide for me and my siblings. I think life experience does that. Last night I had to abandon what I was doing to help my son with a "car issue". As I drove to help, him I couldn't help but remember the time I had to call my Dad with a "car issue" and he had to drop what he was doing to come and help me. At the time I took for granted that I could "just call Dad" whenever an issue came up. But now that I am in that position, I continue to gain more of an appreciation for how much support my father has provided me.

I would like to acknowledge and honour all of the FATHERS in our Panorama Community and thank them for the support they provide either directly or indirectly to our school. I hope this Father's Day provides you with a chance to bask in the limelight with your family and friends.

Happy Father's Day Weekend!

Perry Muxworthy

Counsellor's Corner

During the last Pro D day I had the pleasure of attending a workshop by Dr. William Stixrud, who is the author of the book "The Self-Driven Child" (highly recommend!). In his book Dr. Stixrud explains why developing a sense of control is one of the most important things we can do for kids as it is related to positive mental health and self-motivation. So how do we do this? One way to help your child develop a sense of control is through play. Dr. Peter Grey, a psychologist and researcher from Boston College, has identified the ways in which play is crucial to the development and well-being of children. Here are five ways that play benefits kids:

1. Play gives children a chance to find and develop a connection to their own self-identified and self-guided interests.
2. It is through play that children first learn how to make decisions, solve problems, exert self control, and follow rules.
3. Children learn to handle their emotions, including anger and fear, during play.
4. Play helps children make friends and learn to get along with each other as equals.
5. Most importantly, play is a source of happiness.

[ajp-decline-play-published.pdf \(psychologytoday.com\)](#)

"One of the crucial defining

characteristics of play is that it's directed by the children or players themselves. It's self-directed. Adult-directed games like sports, or activities in school where a teacher is telling children what to do, is not play by my definition."

~ Dr. Peter Grey

Allison Hanson - School Counsellor

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Upcoming Community Mental Health Resources:
events:

- **CYMH Tri-Cities Intake Clinic** (No appointment necessary)
Tues/Thurs 9:00-3:30
- **Kelty Mental Health Center**
www.keltymentalhealth.ca
- **FamilySmart** www.familysmart.ca
- **START** (Short Term Assessment Response Team) Crisis Intervention

PAC News

Parents Facebook group The PAC has set up a private Facebook group for parents to join. This is a place for information, updates and a place to create a parent community. We are hoping to strengthen our parent community and support parents in every way possible. Please click on the link below to join:

<https://www.facebook.com/groups/3163749997203723/?ref=share>

Thank you, The PAC

Don't forget to attend our final PAC Meeting on Tues. June 21 at 7:00 pm on TEAMS. We will be electing our PAC Exec and identifying volunteers to help with committees for next year such as Hot Lunch and Fundraising. We need your help!

National Indigenous History Month

The month of June is National Indigenous History Month. Though we are all at different stages in our learning of Indigenous Peoples and history of the territory we live on, we can always learn more.

"In June, Canadians celebrate National Indigenous History Month to honour the history, heritage and diversity of Indigenous peoples in Canada. It is also an opportunity to recognize the strength of present-day Indigenous communities.

National Indigenous History Month is a time for learning about, appreciating and acknowledging the contributions First Nations, Inuit and Métis people have made in shaping Canada."

Visit the website below to explore more about First Nations, Inuit and Metis Peoples across Canada.

<https://www.rcaanc-cirnac.gc.ca/eng/1466616436543/1534874922512>



Community News



POCO Bowling Coupon

POCO Bowling is offering a free bowling coupon for families. Please see attachment for details.!