

Hello everyone,

I hope everyone is beginning to adjust to the “new normalcy” at home and in your lives. For this newsletter I wanted to celebrate what makes up who each of your children are: their uniqueness, creativity, personality, gifts and strengths. Have you done some fun art, outdoor activity, found a neat resource for parents and children, read a fun book or tried a new recipe lately and you would like to share with everyone?

Email me at mbentzen@sd43.bc.ca and I will add it to our next newsletter. *Happy Father's Day to all the dads!!!*

A big hug to your children from Ms Mireya...Let them know I am thinking of them and I miss them ❤️



This is Me Art Project !

<https://safeYouTube.net/w/DNwL>

Click on the link above to listen to Ms Mireya read a book called Be You! By Peter H. Reynolds.

This book is perfect to celebrate your child being themselves and celebrating their uniqueness. Hope you enjoy it!

- Cut a length of butcher or easel paper long enough to fit your child's body and tape it to the floor.
- Have your child lie down on the paper and strike a pose of their choice. Trace their body with a marker.
- Decorate, paint and collage the self portrait as desired
- As an extension and way to connect with the "This is me!" song write the title above their poster, ask your children what they like to do, who they are and write it on the paper. Tape it to a wall or their bedroom door to celebrate their uniqueness! Send Ms Mireya a photo of your child's project, I would love to see it!

One of the teachers at RVP shared the link below and I wanted to pass it on to you as it goes hand in hand with the theme of this newsletter...

Take a few moments with your family to relax, snuggle together and enjoy the message!

This is Me!

<https://safeYouTube.net/w/6a4E>

Tri-Cities Covid-19 Community Resource Guide

<https://www.tricitieskidsmatter.ca/tri-cities-covid-19-community-resource-guide>

For information on financial support, parent peer support, family navigation, online parent support, online groups for children under 6, activities for school age children, library programming, counseling support, links to other COVID support, recreational/physical activity

Strong Starts remain closed-Please check School District website for updates later in summer.