



# The Peek

Citadel Middle School Update

21 January 2022



le Carnaval comes to Citadel from 7-11 February. It's a great time to celebrate winter and French-Canadian heritage. Carnival Ambassador, Bonhomme will visit, and students will have a chance to enjoy some tasty crêpes and "la tire", learn some French songs, participate in a Carnival Kahoot, and play some Carnival games! Our French Immersion Team is hosting Carnaval and will have more details out next week.

**Next Professional Day is Monday 31 January**

## Body Science Workshops for Citadel Students and Information Session for Parents

Thanks to our PAC, Saleema Noon's Body Science Workshops are coming to Citadel in February and March. From the Saleema Noon website <https://www.saleemanoon.com/about/>

*Growing up today is no joke. Bodies begin to change, the need for independence gets real, and pornography is a click away. Peer and media pressures are around every corner, and the simplicity of childhood begins to get, well, complicated. The question is, how do we help our children and teens make sense of all of this? How do we empower them to make smart decisions on their way to becoming sexually mature, healthy, and happy adults? And how can parents feel more confident and comfortable talking about sexual health with their kids?*



*That's where we come in. A friendly voice of reason above the chatter. We give parents concrete tools with which to answer even the toughest questions. In our work with elementary, middle, and high school students we reinforce the positive, meaningful messages parents have communicated to their children and teens. With scientific information and a youthful, respectful, light-hearted approach, talking about sexual health has never been easier.*

A Zoom workshop for parents is scheduled for **Wednesday 26 January at 06:30 PM**

Join Zoom Meeting

<https://us02web.zoom.us/j/87065537327?pwd=bFVCRGFNMQ2ZXZjFRNEhuOGprendvdz09>

Meeting ID: 870 6553 7327

Passcode: 560362

## UBC MDI Survey

Information was sent home to grade eight families in early January about a UBC developed survey called the *Middle Years Development Instrument* or *MDI*. A copy of this document can be found on our website under "School News"

<http://www.sd43.bc.ca/school/citadel/Pages/default.aspx#/=>

This survey will be conducted at Citadel with our grade eight students during the month of February. The survey is designed to learn more about what middle years students think about in the following areas:



### Physical Health & Well-Being

Children evaluate their own physical well-being in the areas of overall health including emotional well-being, physical activity, nutrition and sleeping habits.

### Connectedness

Children are asked about their experiences of support and connection with the adults in their schools and neighbourhoods, with their parents or guardians at home, and with their peers.

### Social and Emotional Development

Children respond to questions about their current social and emotional functioning in 7 areas: optimism, self-esteem, happiness, empathy, prosocial behaviour, sadness, and worries.

### School Experiences

Children are asked about their school experiences in 4 areas: academic self-concept, school climate, school belonging, and experiences with peer victimization (bullying).

### Use of After-School Time

Children are asked about the time they spend engaged in organized activities such as sports, music, and art, as well as the time they spend watching TV, doing homework, and playing video games.

The MDI website is <http://earlylearning.ubc.ca/mdi/>

## Looking Ahead...

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| • January 24 <sup>th</sup>                    | CPAC Meeting Via Zoom 7:00 pm                         |
| • January 26 <sup>th</sup>                    | Saleema Noon Body Science Parent Info Session at 6:30 |
| • January 31 <sup>st</sup>                    | Pro-D Day   |
| • February 2 – 25                             | MDI Survey for grade 8's                              |
| • February 7 <sup>th</sup> – 11 <sup>th</sup> | Carnaval at Citadel                                   |
| • February 21 <sup>st</sup>                   | Family Day Holiday                                    |
| • February 23 <sup>rd</sup>                   | Pink Shirt Day  |
| • February 25 <sup>th</sup>                   | Pro-D Day   |
| • March 11 <sup>th</sup>                      | Last day before Spring Break                          |