

RICHMOND

SCHOOL DISTRICT NO.38

   | sd38.bc.ca

Walter Lee Elementary

Welcome Back



Lions!

This year, our school will be focused on teaching, learning and experiencing how to

CARE of self,
CARE of others

CARE for our community

What does “CARE” mean?

Can we understand how it feels to be kind and respectful in face to face and virtual interactions.



CARE for self

When considering our students taking CARE of themselves, these are some of the aspects students can use to meet their needs

What do you use to take care of yourself?



PHYSICAL

Sleep
Stretching
Walking
Exercise
Healthy food
Yoga
Rest



EMOTIONAL

Manage Stress
Emotional maturity
Forgiveness
Compassion
Kindness
(to yourself)




SOCIAL

Boundaries
Support system
Positive social media
Communication
Friend time
Ask for help




SPIRITUAL


Time alone
Meditation
Connection
Nature
Journaling
Sacred space
Music




INTELLECTUAL




read
learn
hobbies




PHYSICAL



nutrition
exercise
sleep




SOCIAL




boundaries
connection


CARE for self



MENTAL



mindfulness
self-talk
therapy



EMOTIONAL



gratitude
triggers
journal

We would like to spend time this school year to finalize a graphic that help us teach Walter Lee Elementary school values.



LEE LIONS CARE

Parents: have
your say

Please use the
QR code to
complete the
survey



As a parent/ guardian:

1) Can your child name two people at Walter Lee who believe they will be a success in life?

2) How would you define:

- Respect
- Kindness
- Caring

3) Do you feel your child understands and can act with:

- Respect
- Kindness
- Care