

sd38.bc.ca

### Walter Lee Elementary





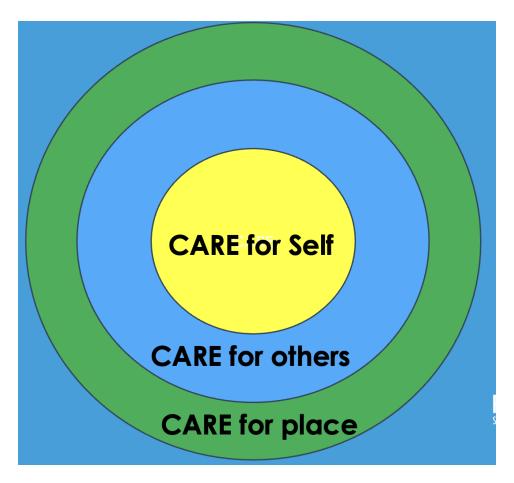


This year, our school will be focused on teaching, learning and experiencing how to

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 them selves, these are some of the aspects students can use to meet their needs

What do you use to take care of yourself?

RICHMOND SCHOOL DISTRICT NO.38

#### **PHYSICAL**

Sleep Stretching Walking Exercise Healthy food Yoga Rest

#### **EMOTIONAL**

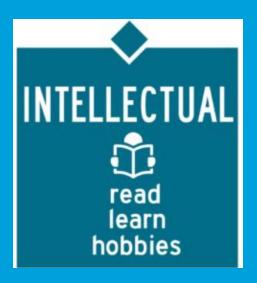
Manage Stress
Emotional
maturity
Forgiveness
Compassion
Kindness
(to yourself)

#### SOCIAL

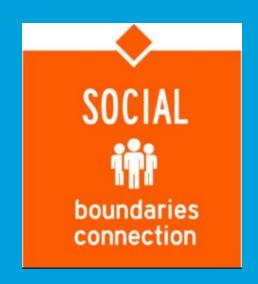
Boundaries
Support system
Positive social
media
Communication
Friend time
Ask for help

#### SPIRITUAL

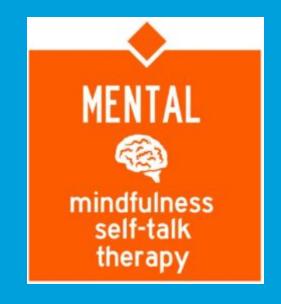
Time alone Meditation Connection Nature Journaling Sacred space Music





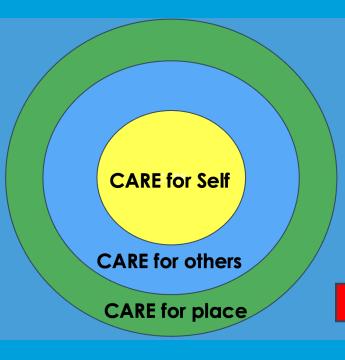


### CARE for self









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





## 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

