Guidance: Tuesdays in class lessons

Review of September and October learning.

**In grades K-2,** the focus is building social emotional intelligence skills.

The theme is: **Getting Along with Others and building character traits in particular:** Being fair, sharing, and being responsible**.**

First Nation Culture: Re: residential schools (Orange Shirt Day)

In addition, students are learning about recognizing emotions and self-regulation tools to help manage their feelings.

**In Grades 3-5** the focus is: **Social Emotional Learning (SEL) competencies.**

**Self-awareness**: recognizing strengths, character traits, and what makes them unique. Students are also learning about **self-management**: impulse control and **stress management**. Students will learn more about the **Zones of Regulation** and strategies to self-regulate in all zones.

Students also were introduced to learning about strengths and resilience of Indigenous Peoples as part of Orange Shirt Day.

Grade 5 students were introduced to **My Blueprint**: an online digital portfolio linked to interests, preferences, values and abilities. This will help students focus on and learn about future career pathways. We will use this platform throughout the school year.

Take Care and Be Well 😊

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