



# NEWS FROM THE NEST

November 4 – November 8, 2024  
S.O.A.R

EAGLES

Dear Parents and Supporters of East Lake School,

Our Eagles are very busy each day learning about their academic subjects, music, art, physical education and wellness. They are also engaged in all kinds of socio-emotional learning through being in a shared classroom space with peers with various strengths, stretches, interests, personalities and past experiences.

As a result, one of the skills they learn about is how to effectively move through conflict. Conflict can easily arise in any group of people as a result of miscommunication and assumptions on both sides. We work to address normal and healthy times of conflict through communication skills (verbal and non verbal) and enlisting adult help when students feel they need support.

As a parent, it stings to hear that something unkind might have been said or done to our child by a peer. It's important to listen, support and validate their feelings and experiences. We must also consider that there is another perspective at play by the other student. Being curious about our own child and the interaction is helpful. Checking in with your child's teacher is a great step if you feel like you need further context or details on the situation. The Adults of East Lake are very invested in your child feeling safe, comfortable, seen and heard.

Restorative work is critical at East Lake School. Through students addressing one another in a private and adult supported way, students advocate for themselves and learn to listen to their peer's perspectives. They learn to set expectations of one another and what the next steps are if someone does not meet those expectations. Students then return to the learning environment in a safe way. Parents are contacted to work in team to support students.

Words matter and the language we use to label situations is important. A significant gap exists between normal conflict and what would be called "bullying." There are three critical criteria that support the definition of bullying. The first is that the behavior by the aggressor is highly targeted towards the victim. The second criteria is that the aggressive behavior is highly repetitive. Thirdly, there is a power differential between the aggressor and the victim.

Conflict is a normal part of being human and learning to navigate conflict takes time and practice. These are skills for life- for the workplace and for future relationships. These moments might feel uncomfortable and they lead to real growth and development.

In partnership,

Amanda Schultz, M.Ed  
Principal, East Lake School  
Rocky View Schools  
403.248.1091

For translation into other languages, please click here: [translate.google.com](https://translate.google.com)

Website: <http://eastlake.rockyview.ab.ca>

Phone: 403-248-1091

Follow us on social media Instagram @eaglessoar and on Facebook East Lake School

## **This Week:**

**November 4-8**  
Scholastic Book Fair

**November 6 & 7**  
Student Led  
Conferences  
3:30 – 6:30 pm

**November 6 & 7**  
Volunteer  
Orientation  
6:00 – 6:30 pm

**November 6 & 7**  
Bottle Drive  
3:00 – 6:00 pm

**November 8**  
Popcorn Fundraiser

**November 8**  
Remembrance Day  
Ceremony  
10:30 – 11:30 am

## **Upcoming:**

**November 11**  
Remembrance Day  
No School

**November 20**  
Parent Council &  
Friends  
6:00 pm

# PAGE 2



**BOTTLE**  
Drive

Bring your recyclables to help support

**East Lake School**  
325 Kinniburgh Blvd

Friends of Chestermere East Lake School Society is holding a Bottle & Can Drive, proceeds to fund projects for East Lake School.

NOV 6    NOV 7

November 6 & 7 from 3:00 pm to 6:00 pm  
325 Kinniburgh Blvd (School Main Entrance)

For additional information contact:  
eastlakeschoolsociety@gmail.com



A  
**SPOOKY**  
THANK YOU

TO OUR HALLOWEEN DANCE PARTY  
VOLUNTEERS

TOGETHER WE  
RAISED OVER **\$2,000!!**  
FOR EAST LAKE SCHOOL

A Special Thanks to Aiden, Rachelle, Jenn, Kate, Nancy, Sarah, Robyn, Andrea, Claudia, Mai, Kyla, Amanda, Mona, Gurinder, Wendy (Best Spaghetti Costume!!), Connie, Janelle, & Our East Lake Admins!



HAPPY HALLOWEEN FROM FRIENDS OF EAST LAKE

Website: <http://eastlake.rockyview.ab.ca>

Phone: 403-248-1091

Follow us on social media Instagram @eleaglessoar and on Facebook East Lake School