



NEWS FROM THE NEST

February 3 – 7, 2025

EAGLES S.O.A.R
(Safe Organized Accountable Respectful)

Dear Parents and Supporters of East Lake,

There is an audience participation feature to my message this week! Put one thumb on your nose with your other fingers straight up to the ceiling. Close your left eye. Now close your right eye and open your left eye. Your view changes, doesn't it? It's a strong exercise in reminding ourselves that perspectives can and do change, no matter how close we are to the event or issue (or to our own fingers!).

We all offer perspectives and can choose to try to understand the perspectives of others. This is a skill we are working on with our Eagles at East Lake School. Different perspectives offer rich diversity in conversation and in group work. Opportunities to develop communication skills both in receptive and expressive areas can develop. In considering perspectives of others, our brains change and grow.

As parents, we can help our Eagles develop skills in perspective taking. When our Eagles share their feelings on a topic and have encountered a peer who shares a different perspective, we can make room to talk through that. It doesn't mean anyone is right or wrong, they are just viewing the issue through their own unique lens.

Our restorative practice affirms the value in perspective taking and feeling seen, heard and ideally, understood. We allow our Eagles to practice in an adult supported way how to move through conflict, restore, reset and plan for a better future interaction. This is lifelong learning at its best.

Yours in healthy perspective taking,

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

Website: <http://eastlake.rockyview.ab.ca>
Phone: 403-248-1091

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This Week:

February 3
2025-2026
Registration Opens
for September

Upcoming:

February 12
Volunteer Orientation
8:30 – 9:00 am
5:30 – 6:00 pm

February 14
Popcorn Fundraiser

February 17
Family Day
No School

February 18-21
Vacation/Teacher's
Convention
No School

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East Lake is a PBIS (Positive Behaviour Interventions and Support) school. Here is an example of a matrix staff use to teach expected behaviour at lunch time to help students SOAR (be Safe, Organized, Accountable and Respectful). Ask your child, how do they SOAR?

Lunch Matrix

			
S afe	O rganized	A ccountable	R espectful
Stay seated in your own space Hands, feet and body to ourselves Eat your own food while sitting	Clean up after yourself Wait patiently at your desk for your hot lunch to be delivered to you	Ask supervisor to use the washroom Be responsible for your own body and choices Tuck in your chairs	Be mindful of other people's food choices Keep voices at a low volume Listen to supervisors

School Cash Online

Statements of Outstanding Fees

If your student has any outstanding fees, statements were sent home with them this week.

These fees are payable in School Cash Online. If you have any questions, please contact Mrs. Hanks-Craine in the School Office.

School Cash Online Did you know?

Many school boards in Alberta and across America use School Cash Online. If your students have transferred from a different school jurisdiction, we would recommend you update your bookmarks and clear their cache so that your device will cease to remember the incorrect URL. The correct bookmark is: <https://rockyview.schoolcashonline.com/>

You can be alerted when an item has been added to School Cash Online. (we recommend) After you log in, go to MY ACCOUNT / Manage Email Notifications / I want to receive email notifications.

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