



HUBAND PARK ELEMENTARY SCHOOL
5120 Mottishaw Rd., Courtenay, BC V9J 1L5
Phone: 250-338-6596 Fax: 250-338-6533
Principal: Ms. L. Wolters Vice-Principal: Ms. D. Gilmore

Dear Families,

As a staff, we have been noticing an increased need to help kids develop and learn to use their skills to solve problems peacefully and to reflect on their choices when problems arise. Our focus is on developing a culture of care at our school.

To continue to teach them to develop these essential life skills, we have clarified our process for when social-emotional challenges occur. The reflection sheets (see link) can be used school wide, whether by teachers or administration, as a communication and reflection tool.

At times when a problem occurs with more than one student involved, we talk to each student involved to give each the opportunity to share their feelings, thoughts, and choices. Students will be asked to complete the reflection sheet to help clarify their role in the problem that occurred, when applicable. This can take some time to ensure everyone is heard. Because these skills are so critical, we are committed to taking the time to invest in these conversations with students.

Also, at Huband Park, we prioritize the WITS program to inform how we solve problems. Rather than contributing to the problem, students are encouraged to:

- W- Walk away; I - Ignore It; T - Talk it out; S - Seek help.

When reflecting on an issue that arises, students can reflect on their choices in connection to using their "WITS." We also encourage our students to develop their ability to be intentional in their choices, rather than reactive. This means in our conversation we might ask, "What was your plan?" If applicable, a follow-up question might be, "What was the size of your reaction?" This question is asked to help kids reflect on the size of the problem and their reactive choices in the moment.

Should your child come home with a reflection sheet, please do follow up with them to help them learn from the experience. If you could please sign it and return it to the school, then we know you have received it. Please note that depending on the incident, you may not always hear from administration in response; we use the reflection sheet as one of our communication tools for you to open a dialogue with your child. Our focus is to prioritize reflection to see these as learning opportunities.

Your support in helping your child reflect and own their choices in the context of learning and playing with others is sincerely appreciated. Thank you.

Lucinda