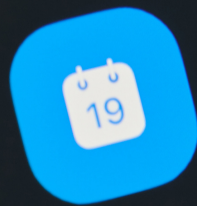


# CLEARPOINT HANDS

Clearpoint Home & School Association's  
Email Newsletter



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## Join Meeting

Meeting ID or Personal Link Name

Your Name

Your Name

☐ Don't connect to audio

☐ Turn off my video

Cancel

Join

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## ZOOMING TOWARD SPRING?!

"Is it 2:35 p.m. yet?"

I heard this a lot throughout high school; hollered down the hallways, murmured through the classrooms. Sometimes escaping from my own lips. Now, I find myself muttering "Is it spring yet?"

Oh, for the snow to melt and the cold to dissipate. Oh, for the days when we can socialize outside and see our loved ones from afar again. Oh, to see our kids running around the parks and cruising down the street on their bikes, scooters and skateboards.

Not that I'm feeling impatient or anything. I'm just fed up like everyone else. So, this winter, I feel in an exceptional rush to get past the heaps of snow, patches of ice, puddles of slush, and daggers of icicles that threaten to lunge from the rooftop. I am ready for sunny skies, chalk drawings on the pavement, patio sets spread across the lawn, music blasting from the open windows, the laughter of family and friends wafting through the air, the sound of children playing in the park, the smell of BBQ, pool water and sunscreen, the cool spray of the sprinkler...

Oh.

## A NEW FACE AT HOME & SCHOOL. 2020-21



Hi, my name is Rean and our daughter just started kindergarten at Clearpoint.

This is my first of what I hope is many years to come as being an active member of Home & School.

We considered Clearpoint as our first choice for our daughter a couple of years before she even started. We heard about the close school community from every parent we spoke to and we liked the IB aspect. We were a bit nervous as this was something new. However, in getting to know some of the parents and seeing how much Home & School does to support the school—on top of how great the staff is—our fears were alleviated.

Being a part of our daughter's school community was very ...

**Continued on page 04**

**Continued from page 01**

Well.

Is it summer yet?

**Aalia Persaud**

Editor

Clearpoint Hands E-News



## A NOTE FROM OUR PRESIDENT

**by Tayba Huot**

What a year it's been thus far and with so much to look forwards to as spring nears. I, for one, will be keeping my fingers crossed that the world opens back up real soon, though the word "normal" may never be used the same way again. There are loads to be thankful for though; our school admin, staff and teachers have been amazing in helping our kids navigate all these uncertainties. Our latest initiative of raising funds to provide a "coffee hour" for staff was a super success and we thank you from the bottom of our hearts! We raised enough to provide a monthly Coffee Hour for the remainder of the year, so thank you to everyone who participated!

Home & School has been brainstorming ways of bringing our usual sense of community and we are always open to fresh faces and new ideas, so feel free to join us on a meeting or send us an email to [info@clearpointhands.ca](mailto:info@clearpointhands.ca) We'd love to hear from you. Let's hop into spring with fresh hope and optimism!

## 7 ZINGY TIPS FOR ADDING SOME ZEN TO YOUR ZOOM

**by Aalia Persaud**

**1 - Be five minutes early.** Just like in class, being late can distract and disrupt the rest of the class. Also, if the teacher is sharing a screen or using a whiteboard, they may not see if students are in the waiting room, meaning they may miss some or all the class. Logging into the class five minutes early allows teachers to let everyone in at the same time and gives everyone some time to greet each other and chat.

**Continued on page 05**

# PRINCIPAL'S MESSAGE

by David Estok



This school year began with tremendous uncertainty and many questions about how we all can stay safe and healthy at school amid the COVID-19 pandemic. New routines were established, guidelines have been set up and students, teachers and parents have all collaborated and worked hard together. The result has been that we have been able to keep Clearpoint kids in school, where social norms and interactions have been maintained as best as we can—and more importantly—where children have continued to learn, grow and develop. I cannot overstate how important this has been for our community, and how critical the work of our staff and our parents has been to keep our school open. Our parents continue to do daily “health checks” with their children, making sure there are no signs or symptoms before sending them to school, and keeping them at home if there are.

Parents have been exceptionally vigilant about getting their children tested promptly if there has been any concern about a possible COVID-19 infection. Our parent community has also embraced the culture of mask-wearing that we have instituted at Clearpoint, which goes beyond the minimum government guidelines; we continue to strongly encourage that all students wear masks at all times while at school. I am convinced that this uniform practice, which is well-followed by our students, has had a positive impact in maintaining our collective health and safety.

The entire staff has been phenomenal, ensuring that health routines are followed rigorously, from classroom teachers ensuring that students’ daily hand-washing routines are followed, to our caretakers who sterilize desk and table surfaces daily, to our daycare and lunch staff who help keep our bubble groups safe and apart. Clearpoint teachers have also done an incredible job trying to maintain a sense of normalcy in the face of the pandemic, keeping up important school traditions and events, such as Halloween, spirit days, the holiday concert, the Grade 6 Exhibition, Black History Month, bringing in guest-speakers via zoom for units of inquiry, virtual assemblies, and our upcoming Winter Carnival.

**Continued on page 04**

## IB CORNER

by Layla Barroca

The **Attributes of the Learner Profile** is one of the main cornerstones of the IB program. Every day, we strive to help our students understand what it means to embody these characteristics by encouraging them to embrace the following attributes: inquirer, knowledgeable, thinker, communicator, principled, open-minded, caring, risk-takers, balanced and reflective. These are the attributes that we hope they will fully embody by the time they leave us in Grade 6 and that will help them remain life-long learners who will be successful in all future endeavors. Moving forward, we will be targeting an “Attribute of the Month.” The month of February will shine the spotlight on **Caring**. Tune in to Mr. Estok’s weekly newsletter for more about all the fantastic caring acts our students are performing!

Considering this extraordinary school year and the new reality of online learning, the IB organization has re-worked the definition of these attributes to reflect the virtual learning environment. Below are examples of two such attributes:

***Principled** students are aware of critical circumstances and of the urgent need to carry on education for the benefit of the entire community. They realize the efforts of schools to continue providing education, thus behaving honestly and responsibly despite virtual learning. These students are aware of their own responsibilities in this process.*

**Continued on page 05**



**Continued from page 02**

important to us, especially since she's an only child. I was always told to be involved in my child's school life and I felt Home & School was the best way to do that.

From the start, I have felt welcomed and given the opportunity to be helpful.

Our daughter's education is first and foremost for us. I feel that being able to support the school helps to improve the educational experience and motivates me to be a part of Home & School. I hope that I will be one of those parents who helps encourage others feel that they made the right choice with Clearpoint.

What I would like to see in the future is more parents getting involved, finding new ways to make the parent/school community stronger and finding more ways to support the staff—especially this year as we deal with the pandemic. Although I have had the opportunity to meet parents of older students through Home & School and outside the school community, it would be nice to get to know other new parents—the faces behind the masks! As someone new to the Clearpoint community, I would like to find ways to change that as well.

**Continued from page 03**

The sum of these efforts has been that the school continues to be a stimulating, engaging and fun place for kids to be.

Despite all we have been facing, the ability of parents and staff working together for the benefit of students continues to make Clearpoint Elementary an exceptional school. I can't think of a better place for children, and more than ever I am proud to be able to say that I work at Clearpoint Elementary IB World School.

***WHEN LIFE IS HARD... ACCEPT*****by Hardinge Daye****Family and School Support and Treatment Team**

Hello Clearpoint Families!

Believe it or not, we are already at the half-way point in the school year! And what a year it has been! It is clear you have all worked very hard to support your children through this strenuous time. It is quite normal to see an increase in fear and anxiety in children (and adults) during such uncertainty. The good news is that there are many things that can be done to try to alleviate some of our more challenging feelings. Try using the **A.C.C.E.P.T.S. Strategy** (Dialectical Behaviour Theory).

**Activities**

Engage in exercise or hobbies; do some cleaning, call a friend, go walking, cook something.

**Contributing**

Contribute to someone; make something nice for someone else, do a surprising, thoughtful thing.

**Comparisons**

Compare yourself to a time when you felt different.

**Emotions**

Create different emotions; watch a funny or scary movie, read a book or exchange jokes with others.

**Pushing away**

Push the painful or difficult situation out of your mind temporarily.

**Thoughts**

Replace your thoughts; work on a puzzle, watch TV, play a game, read a book.

**Sensations**

Identify other sensations; squeeze a rubber ball or an ice cube, stand under a hot shower, listen to loud music. Be mindful of the smells, feelings and textures.

**Continued on page 05**



Another option if you are short of time is the **60 Second Fix**.

**60 Second Fix** (Dr. Reggie Melrose - [drmelrose.com](http://drmelrose.com))

1. Close your eyes.
2. Feel your feet planted firmly on the ground.
3. Take in the full support of your chair.
4. Breathe deeply, in through your nose and out through your mouth.
5. Visualize yourself in a safe, beautiful place in nature.
6. Notice what is happening inside your body.
7. Take a few more deep breaths.
8. Open your eyes and...

Good luck decompressing with these strategies! If possible, involve the whole family!

## Continued from page 02

**2 - Use your child's name.** Most parents now have Zoom accounts, but they are registered under an adult's name. For your child's name to appear in class, you need to use the "Join" function in Zoom instead of simply clicking on the link. Clicking on the link will display the account owner's name.

- From the **Home** page in the Zoom app, click on the **Join** button.
- Enter the **Meeting ID** provided by the teacher and type in your child's name in the next field replacing **Your Name**. (This is not a permanent change and will only display this way when you log into this meeting. You will have to do this for each subsequent login.) Click **Join**.
- Enter the **Password** provided by the teacher and click **Join**.

**3 - Teach your kids how to mute/unmute.** This is a basic function of Zoom that all kids should master. Online classes using Zoom means that the entire class has an inadvertent window into your home. Unfortunately—and much to the embarrassment of more than a few children, teachers and parents—some household arguments and screaming matches have been caught live in class. The same goes for business meetings and personal phone calls. Your child should be muted unless the teacher asks them to unmute or when they are speaking. (The teacher's mute function over the entire class does not always work.)

Continued on page 06

## Continued from page 03

- ***Open-minded** students show a readiness to learn by means of applying virtual classroom tools and strategies often in new and unfamiliar ways. They are willing to take advantage of others' experiences and expertise, accepting change and innovation, and demonstrating an understanding of the new learning methods.*

During online learning after the winter break, students and their families were asked to tune into a virtual learning environment that most of us are not yet fully accustomed to. While there were a few hiccups along the way, all the students at Clearpoint Elementary demonstrated the ability to be **principled** and **open-minded**, as defined above. All our students participated to the best of their ability, despite it being unfamiliar territory. For that, we would like to thank the students and their families for making the virtual learning a success. We are so proud of the effort the students put forth and their commitment to learning. Together we will get through this!



**Continued from page 05**

4 - Know when you're visible on screen/use background. Not everyone has the luxury of dedicated spaces for online learning. By the same token, it is usually necessary for students to be visible in class to properly participate. This often means the hustle and bustle of households can be visible in the background. If you don't want this to be seen, you can use a (free!) background in Zoom.

- Once you've logged in, go to the **Start/Stop Video** option and click on the arrow beside it.
- Select **Choose Virtual Background...**
- Select a background.

**5 - Remind your kids to not draw on the screen.** This one's self-explanatory and applies mostly to iPad users. Kids from Kindergarten to Grade 6 love to doodle, but sometimes it appears on the screen, distracts the entire class and covers the material being taught. It can only be removed by the person who did it, so this is a pretty important one.

**6 - Remove distractions/toys.** Unless your child needs a fidget toy, playing with toys, cell phones, tablets, etc., while in a virtual class is just as unacceptable as doing it in school.

**7 - Let your child participate, not you.** Sitting in virtual class with your child may be helpful, but not if you are participating and/or feeding the answers to your child. They attend in-person classes without you and learn. They can't learn if you are telling them the answers.

# FEATURED RECIPE:

## MARIA'S VEGGIE ROTINI WITH KALE-LENTIL SAUCE

submitted by Maria Benevides

Vegan, Gluten-Free, Low-Sodium, Dairy-Free, Rich in Protein and Iron

*This is a comfort food that has always been a hit with my daughter on those really cold winter nights. This recipe is excellent for kids who are picky eaters and don't like to eat veggies, as they are already incorporated in this quick homemade sauce, and they don't know it! Lentils are a regular staple in our home and replaces beef on our meatless day of the week—it's chock full of protein and iron.*

**Prep Time:** 10-15 mins

**Cook Time:** 30-45 mins

**Serves:** yields 4-6 portions

### INGREDIENTS:

- 1 package of rotini pasta  
(I use vegetable pasta)
- 2-3 tsp dehydrated powdered vegetable broth (such as Knorr's) or 2 cups liquid broth (canned or boxed)
- ½ red pepper, chopped, diced
- ½ green pepper, chopped, diced
- 1 small onion, quartered
- 2-3 cups frozen California vegetables (broccoli, cauliflower, carrots)
- 1 thumb-sized chunk of gingerroot
- 2 cloves of garlic or 1 large cut in half
- 1 large can of organic crushed tomatoes
- 1 cup of dried lentils, soaked overnight, then rinsed
- 3-4 handfuls of cut-up frozen kale pieces
- salt and pepper to taste

### DIRECTIONS:

1. In a small pot bring lentils and vegetable broth to a boil. Cook until lentils are soft, but do not let the broth evaporate. Stir frequently so that lentils do not stick to the pot or burn. If needed add more broth until lentils become soft and are thoroughly cooked through, but still have bite to it. Drain lentils, put lid on and set aside.
2. Pour the canned crushed tomatoes into a blender or food processor with the frozen California vegetables, gingerroot, onion, garlic and peppers. Process into a smooth, thick sauce until all vegetables are finely chopped. Pour into a large deep skillet and cook on medium until heated.
3. Add in the cooked lentils and the frozen kale. Stir until incorporated and cooked through. Sprinkle with salt and pepper to taste then turn heat to low.
4. In a medium pot bring water to boil. Add pasta and salt and cook according to package directions then drain.
5. Pour pasta into the large skillet with the simmering sauce and mix until incorporated. Spoon into bowls and sprinkle with shredded mozzarella and parmesan or nutritional yeast if desired. Serve with crusted bread. Enjoy!

**Note:** You can choose whether to add the kale pieces into the blender with the other vegetables or add into the sauce.



# KIDS CORNER



		Owners					Dog Breeds					Names				
		Elena	Faye	Gail	Sherri	Tracey	black lab	boxer	dachshund	schnauzer	shih tzu	Craig	Dave	Felix	Patrick	Vincent
Months	March															
	April															
	May															
	June															
	July															
Names	Craig															
	Dave															
	Felix															
	Patrick															
	Vincent															
Dog Breeds	black lab															
	boxer															
	dachshund															
	schnauzer															
	shih tzu															

1. Of the black lab and the puppy adopted in July, one is Tracey's and the other is named Dave.

2. Patrick was adopted 1 month after Faye's pet.

3. The puppy adopted in May isn't the shih tzu.

4. Craig was adopted 2 months after the black lab.

5. The dog adopted in April is the schnauzer.

6. Felix was adopted 1 month after Elena's pet.

7. Elena's pet was adopted 2 months after Gail's pet.

8. Vincent is either the dachshund or the puppy adopted in July.

Months	Owners	Dog Breeds	Names
March			
April			
May			
June			
July			

Logic Puzzle and Word Search presented by Puzzle Baron

Source: <https://www.printable-puzzles.com/>

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L E R R G O O R N M C S F L  
 E D E O U T P E A I C E S I  
 N E G W C C P D C T O V U A  
 K W G E T E E N E H M I N B  
 C O O L E R R U R S P S U L  
 A L L D Z L I L T S A A P E  
 N S F E O N A P K I N R R U  
 G C S E N M Y A S T I B I G  
 E I Z N E O E S U O M A D I  
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Abrasives

Accompaniment

Angers

Based

Calmest

Casts

Cooler

Copper

Creek

Curry

Elects

Ethics

Fatigue

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Flirt

Golfs

Holder

Knelt

Lacier

Lilts

Logger

Mouse

Napkin

Needlework

Odometer

Paste

Plunder

Priding

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Reliable

Slowed

Smiths

Stony

Sunup

Tower

Trips

Tweet

Yodel

Zoned



# KIDS CORNER

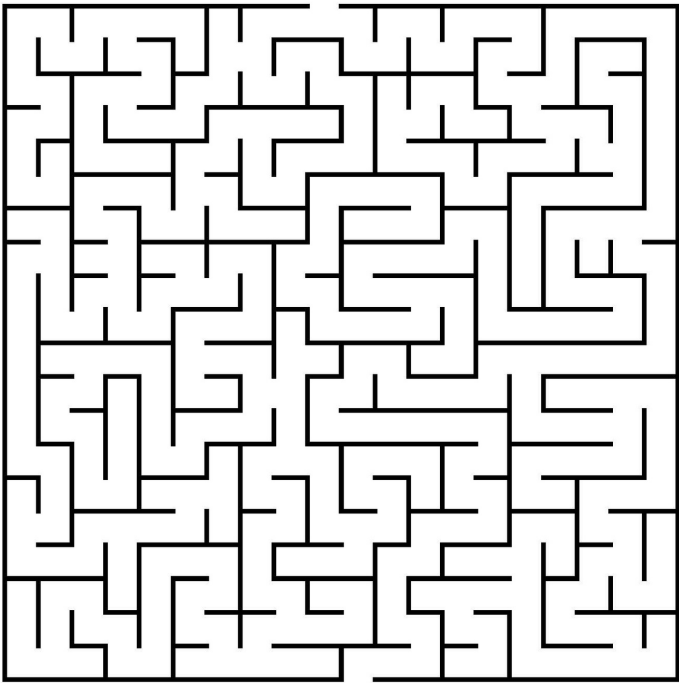


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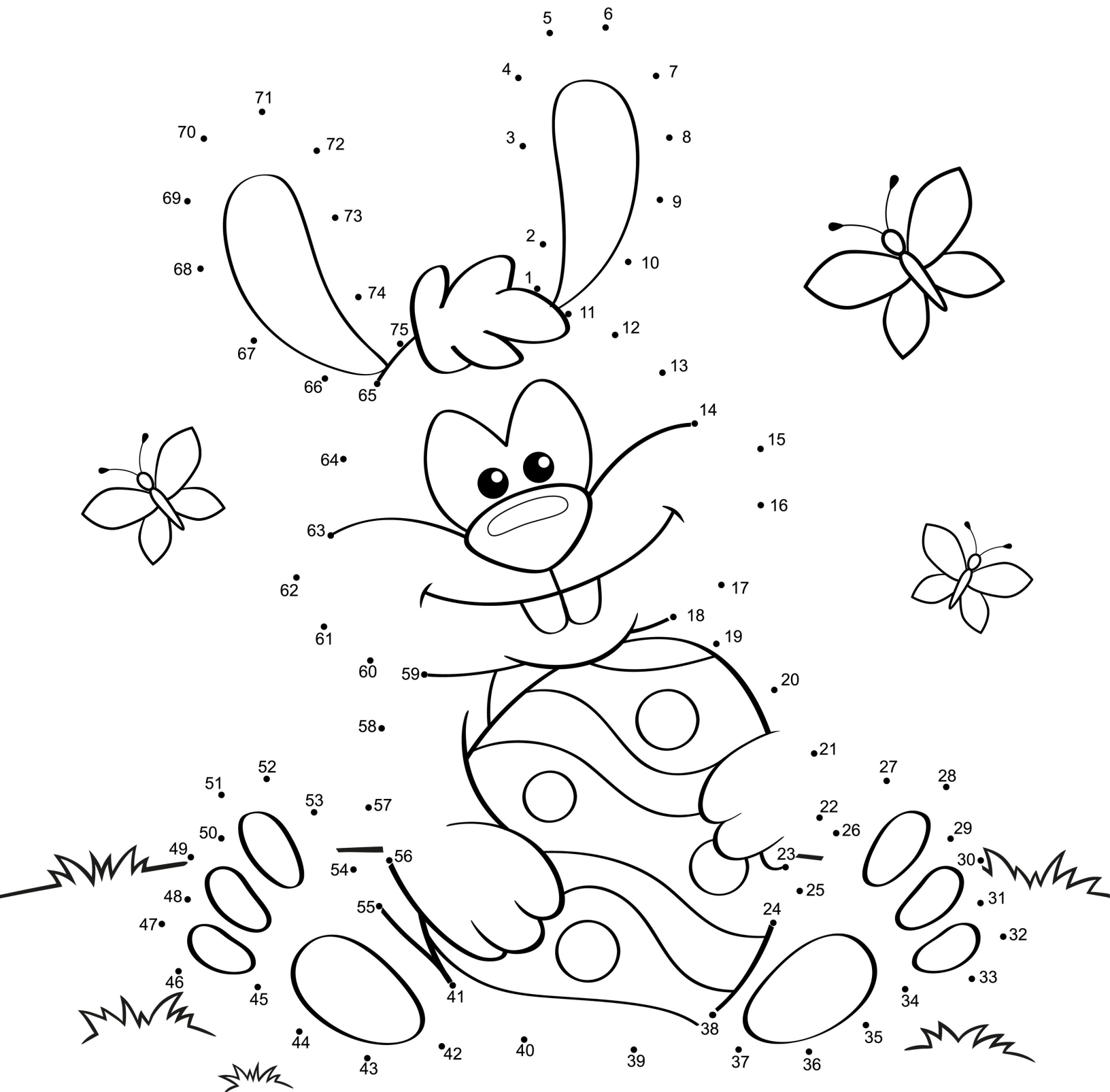


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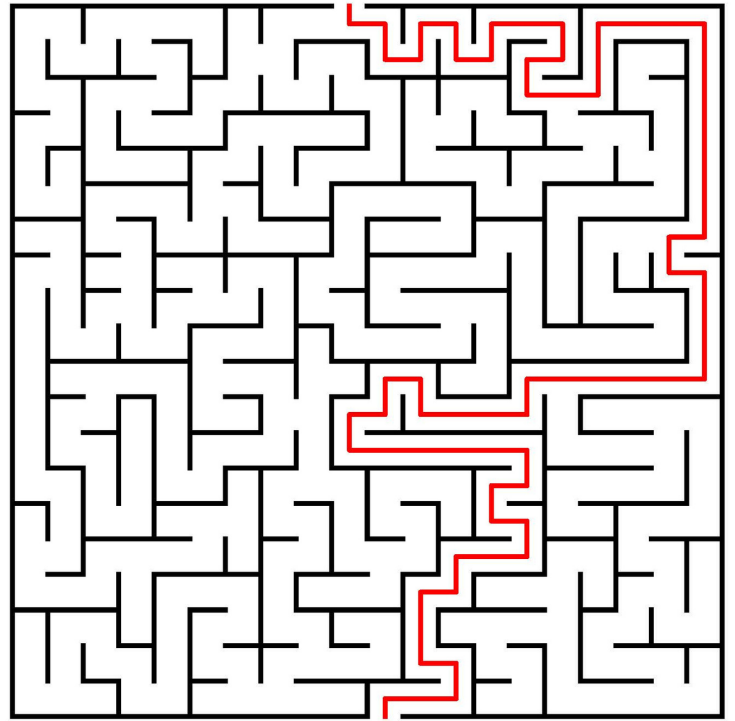
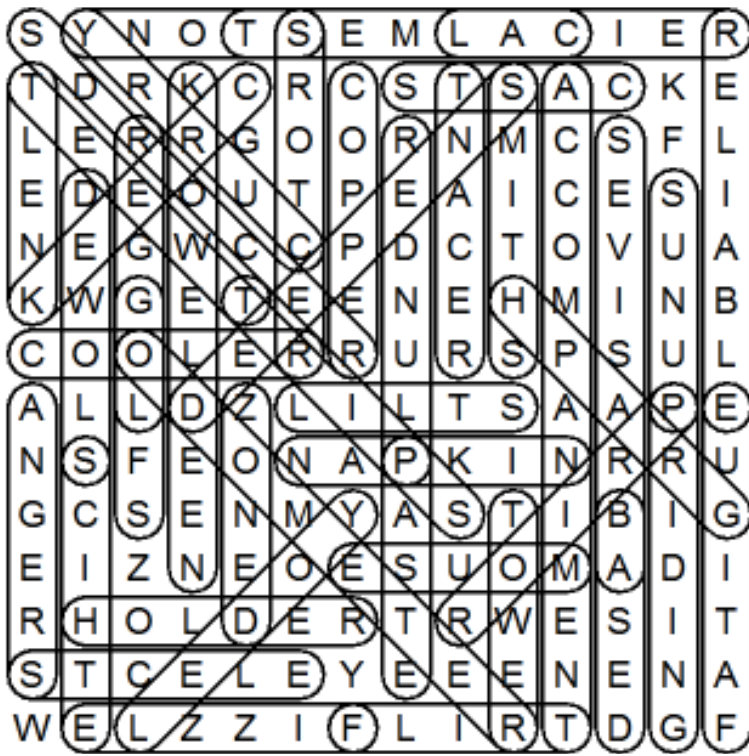
# KIDS CORNER



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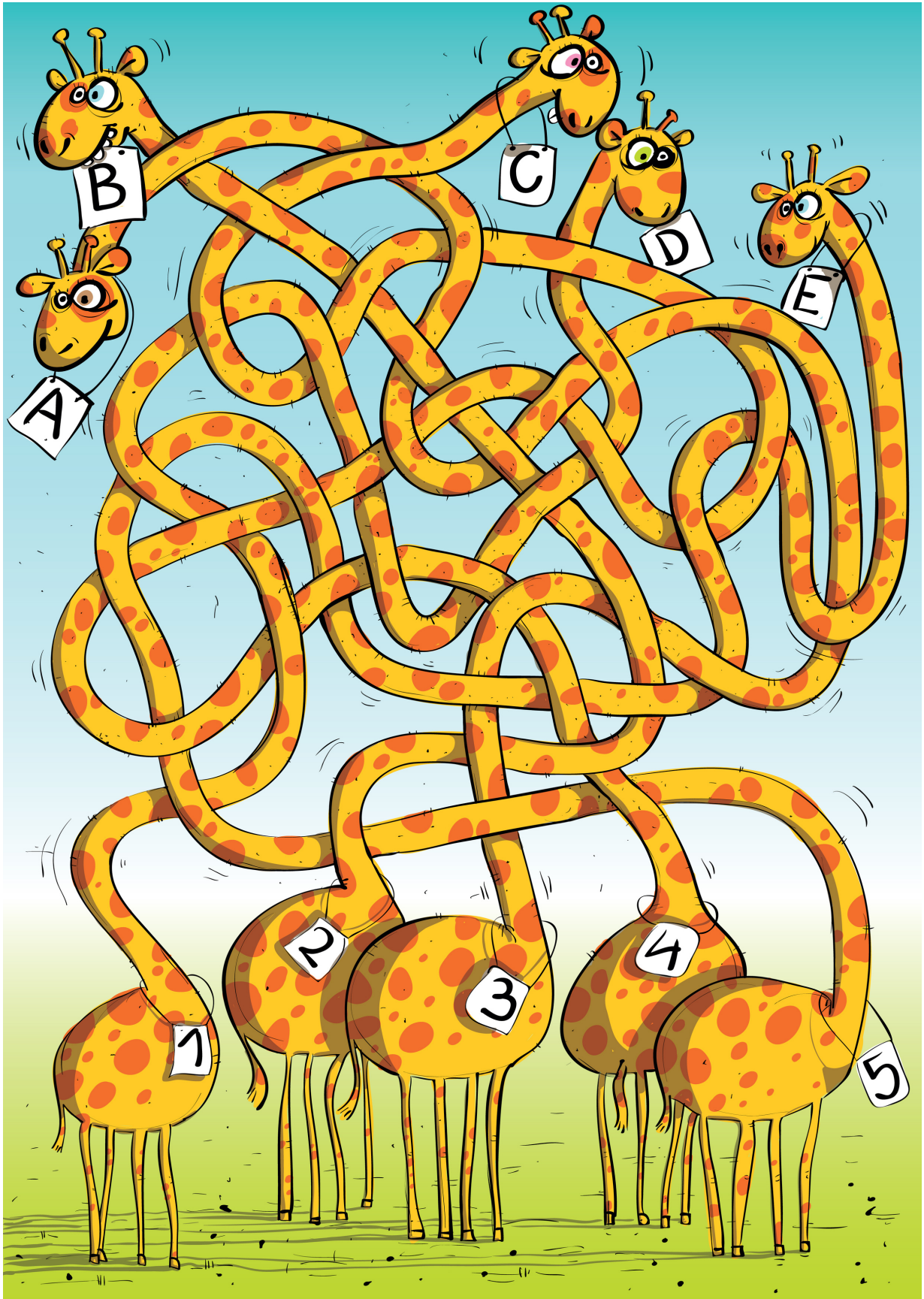
# Answers

Months	Owners	Dog Breeds	Names
March	Faye	Black lab	Daye
April	Gail	Schnauzer	Patrick
May	Sherri	Boxer	Craig
June	Elena	Dachshund	Vincent
July	Tracey	Shih tzu	Felix





# KIDS CORNER



Source: Dreamstime.com Copyright © Jaka Vukotič

## Can you make it through the forest to reunite the pack?

Grab a die and little pieces to represent each player. Roll the die to make your way through the forest. First one to finish wins!

