EJPS Week at a Glance (Nov 16-20, 2026)

Chers parents,

First of all, congratulations to our students and staff who accomplished our first sign post in the school year…Progress Reports! We appreciate your partnership and look forward to seeing parents around the school for their parent-teacher conferences. This is also a good time for teachers and parents to check in about lates and absences. Supportive conversations on this topic ensure our students have the best chance for success. Together we can/Ensemble nous pouvons!

It was so nice to see the wonderful work and presentations produced by some of our junior students under the direction of Mme Roberts for our Remembrance Day service this past Wednesday. Their presentations were thought provoking and inspired deep reflection. We also appreciated the beautiful singing by Mme Neufeld's Primary and Junior choirs. Thanks to M Henke for some additional accompaniment on guitar as well.

This coming week, we will have an Anti-Bullying Awareness and Prevention Assembly on **Friday, November 20th at 11 AM**. Parents are also welcome to attend. From November 16-20, we will have announcements and engage in classroom activities to build our capacity to reduce bullying behaviour in our school. Students can choose to wear **PINK** on **Wednesday, Nov 18** and wear “Odd Socks” & **PINK** on **Friday, Nov 20th** as our culminating celebration recognizes all the things we have done and will continue to do to “Stand Up, Stand Strong, and Stand Together” to stop bullying behaviour. We look forward to Mme Anselmini-Lofton’s Grade 3\4 class leading the assembly!

On the topic of creating a safe and inclusive learning environment, I’d like to share some universal school climate work we will be engaging in this year. As you may remember, last year we participated in a year long **Words Matter** campaign where students, staff and parents built their capacity for addressing discriminatory language as a community through the ***Interrupt > Explain > Acknowledge > Support > Re-Integrate*** framework. This learning will be revisited and continued each and every year. As for our new focus, we have noticed over the years that there are situations when students mock or

tease a peer or even become frustrated and vindictive when a peer becomes emotionally overwhelmed. With that, we will be launching (**Words Matter 2.0) Empathy in Action: Being a Helper, Not a Trigger** next week. I will be introducing this action plan to our students at our Anti-Bullying Assembly. Moreover, our CYC, Mme Beckham, will lead follow up lessons with all classes in the coming weeks. Stay tuned for even more learning and parent information on these topics in the months ahead. Below is a quick summary of key points and some tips for home support around putting empathy into action.

Empathy in Action: Being a Helper, Not a Trigger

Using child-friendly animal brain metaphors as common language is a good place to start. By using metaphors such as *the **Owl Brain** (calm and ready to learn), **Turtle Brain** (worried and pulling in for quiet space), and **Tiger Brain** (overwhelmed and fight-or-flight* students learn that in many cases "big feelings" and dysregulation are involuntary stress signals rather than intentional misbehavior.

Our primary learning goal is to empower children to choose empathy and become **helpers instead of triggers** using the following 4 research based strategies:

1. ***Giving physical space (Give 5 Feet)***
2. ***Using a soft, gentle voice***,
3. ***Offering quiet calm before asking questions***
4. **Quietly alerting a trusted adult**.

By learning to care about how a friend's nervous system feels, our students are helping build a kinder, safer, and more inclusive community for everyone.

🏡 **Family Discussion Prompts: Brain Animals & Helper Tools**

Use these simple questions at dinner, bedtime, or during family check-ins to explore emotional regulation together:

Checking In with Our Brain Animals 🦉🐢🐯

"Which brain animal felt most active for you today—your Owl (calm & happy), your Turtle (worried or wanting quiet space), or your Tiger (overwhelmed with big feelings)?"

"What helps your Turtle or Tiger brain feel safe enough to bring your Owl brain back?"

Noticing Signals in Others 🔍

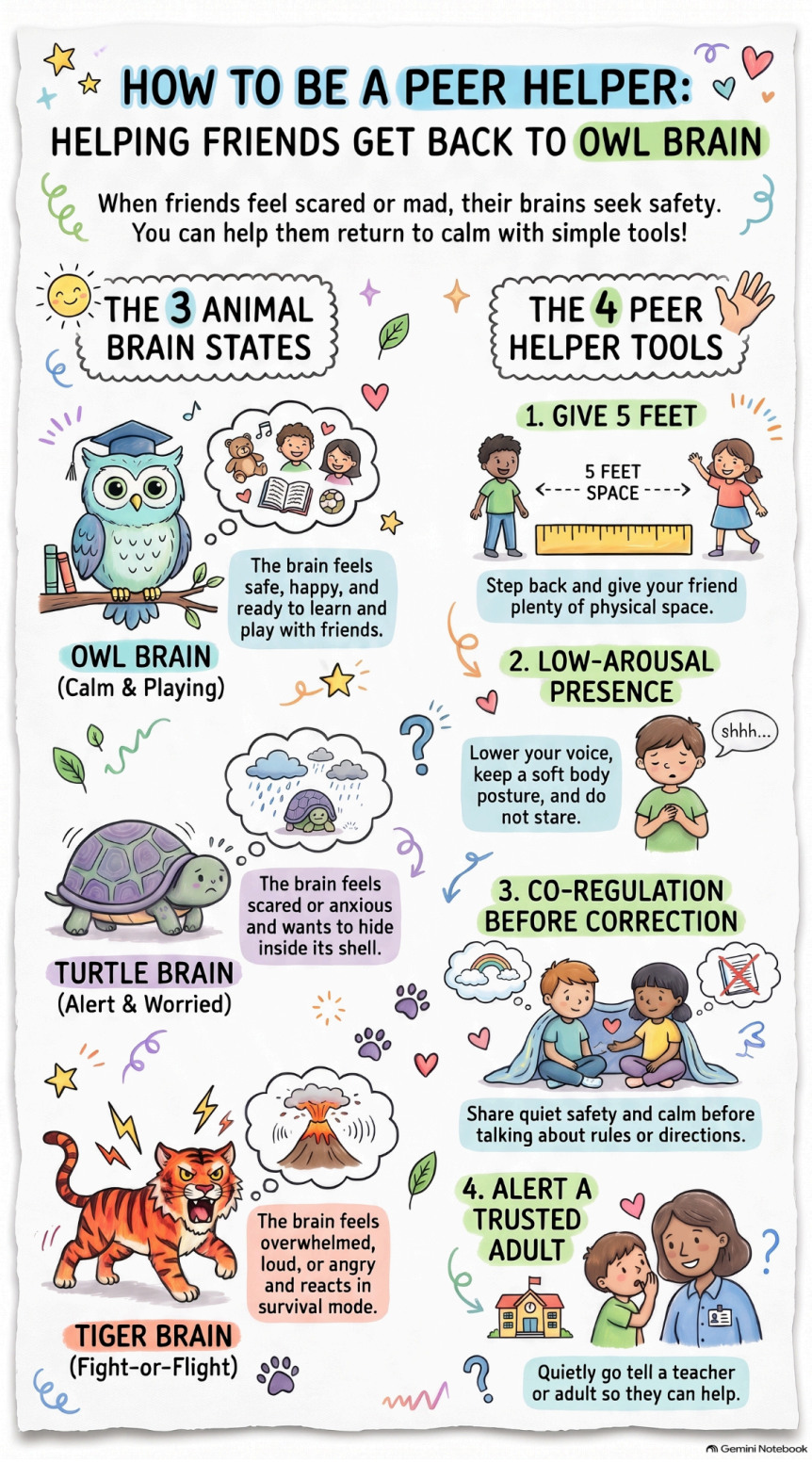
"How can we tell when a sibling, friend, or parent has their Turtle or Tiger brain activated? What does their body language or tone of voice look like?"

Practicing Helper Actions at Home 🛠️

"When someone in our family is having a 'Tiger' or 'Turtle' moment, which helper tool can we try first? Should we give them 5 feet of space, use a soft 'whisper voice,' or offer quiet calm before asking questions?"

Empathy Over Anger 💖

"Why is it helpful to remember that 'big feelings' are just a nervous system asking for safety, rather than someone trying to be mean or difficult?"



Messages from the office:

- Reminder: All Lost & Found clothing and footwear that is not labelled will be removed from the school on Friday, November 20th @ 3pm.

Here are a few reminders and important dates:

- Nov 17 > School Council in the library at 6:30 PM
- Nov 20 > Anti-Bullying Assembly @ 11 AM (parents can sign in at the office at 10:45 AM and head to the Gym)
- Nov 27 > PA Day Parent-teacher interviews (No school for students)
- Dec 8 > River Run AM - 23A, 23D, 34B
- Dec 10 > Holiday Extravaganza (details to follow)
- Dec 15> Festival of Lights @ Wellington County Museum AM - All Gr. 2's
- Dec 21 - Jan 1 > Winter Break
- Jan 4 > School resumes

Have a wonderful weekend,

Olivier Cutz (Principal)

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