

MME VAL'S MONTHLY REVIEW NOVEMBER 2023



WORD FROM THE PRINCIPAL

November was such a busy month at Mitchell and it went by very quickly! I am excited to share a few highlights with you. With Remembrance Day and Diwali, we had lots of opportunities for gathering and gratitude. It is with this spirit of inclusion, kindness, and thankfulness that we enter December at Mitchell! It will also be filled with fun activities, as we look forward to the Holiday Season and the Winter Break.

-Mme Val



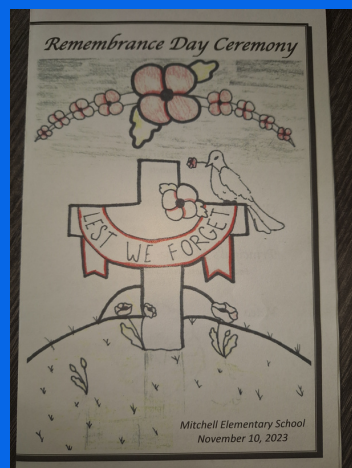
Ms. Willms proving that educators do have eyes on the back of the head! (Backwards Day - Nov. 17)

REMEMBRANCE DAY AT MITCHELL

As a newcomer to Canada I learned about World War 1, more about Canada and the poppy. I learned "In Flanders' Field". - Tymur (Div.1)

Remembrance Day was marked on November 10, at Mitchell. We had a ceremony in the gym. During this ceremony, we watched a few videos about the significance of the poppy and the importance of marking Remembrance Day. We also watched several class presentations and laid some wreaths to commemorate. We were very proud to have Jhilian (div. 2), grade 7 student and cadet, be our flag holder.

Please have a look at more of our Remembrance Day Art work at the end of this document.





EQUITY, DIVERSITY & INCLUSION CORNER



At Mitchell, we strive to have all students feel seen, valued, and important. This is why we continue to learn about each other's cultures and traditions. This month, we learned about Diwali, also known as the Festival of Lights, one of the most prominent celebrations in India and South-East Asia. In many classes, students enjoyed activities such as creating rangolis with different materials, including coloured powders.

We also explained the meaning of Diwali during morning announcements, and listened to festive music, which many students could not help but dance to! We would like to recognize Ms. Mehat, EA and Mitchell parent, for sharing information and music with us, as well as Mme Dewji for decorating our main entrance in advance of Diwali!



SOCCER FUN

Many of our students enjoy playing soccer with friends during recess and lunch break. This is a great way to enjoy physical activity and to connect with friends! In recent weeks, we noticed an uptick in issues arising during soccer games. To support our students, we held a recess meeting on November 21, where we talked about soccer rules and expectations. Essentially, our reminders were as follows:

- Everyone should have fun;
- Everyone should feel safe;

Sportsmanship, friendliness, fairness, and inclusion are important values at Mitchell!

FIREBIRDS SPIRIT

This month, Firebirds are exploring the value of Independence. On November 14, we assembled in the gym to explore what being independent means:

- Trying our best
- Having a growth mindset
- Taking care of ourselves
- Being patient with ourselves

After the assembly, students gathered in their Family Teams where they worked on a cooperative challenge together.

During the assembly, we also celebrated some Super Firebirds who had shown great friendliness in the previous month. Super Firebirds who received a certificate for their friendliness were:

- Elisse (Div. 15)
- Keon (Div. 17)
- Isabelle (Div. 12)
- Juno (Div. 9)
- Marcelo (Div. 11)
- Alan (Div. 5)
- Dylan (Div. 8)
- Stella (Div. 2)



Congratulations, Super Firebirds!



I feel happy and proud to be a Super Firebird!
-Juno, Div. 9

Our coaches are great; they are very nice! They teach us step-by-step; it feels like they are there to help us play better. We want more games!

-Stella and Katie, Div.2

GRADE 6/7 VOLLEYBALL

This month, many of our grade 6 & 7 students have enjoyed participating in volleyball practices and even one game with McNeely students on November 27! We are very proud of their dedication, sportsmanship and effort when playing. They will be playing in the elementary tournament on December 7 at Cambie Secondary. We would like to recognize the efforts of Mr. Hirayama, Mme Murray and Mme Watson to coach and organize this volleyball season; thank you for your hard work and dedication! Go Firebirds!



SPECIAL GUESTS

AS OUR SCHOOL STORY IS FOCUSED ON THE ARTS, WE VALUE HAVING A VARIETY OF PERFORMING ARTISTS VISIT US AT MITCHELL. THIS MONTH, WE HOSTED TWO PERFORMANCES FOR OUR STUDENTS.

First, we welcomed Will Stroet and his friend Seeka for two shows on November 15 (one in French and one in English). Students happily sang along and danced to the engaging and fun music, learning some new words along the way! Will Stroet is a well-known children's musician from Vancouver. Before working full-time in the music industry, Will used to be an Elementary teacher. His fun and engaging music is a great tool to develop language, in both English and French.

If you would like to continue the fun at home, you can watch some of Will's videos on Youtube: <https://www.youtube.com/playlist?list=PLmGv-isJ-3g9aLiA2V0rMh6FqyztEvQ6Y>



WILL & SEEKA



ZERO HEROES



On November 28, we hosted DreamRider Theatre and watched their play "Zero Heroes", which taught us about waste reduction and how to be "Planet Protectors". Some of our students even had the opportunity to be part of the play! Thank you to Manal (Div. 1), Evan (Div. 1), Nuri (Div. 3), Zibah (Div. 3) and Rayan (Div. 3) for their participation! DreamRider Productions has been around for several years, bringing their free performances to schools with messages about ecology. Their performances are engaging, fun and musical! If you'd like to learn more about their work, please visit:

<https://planetprotectoracademy.com/about-us/>



WREATHS TO REMEMBER

