



**May 25, 2021
6:30–7:30 pm
on Zoom**

Register here:
<https://rsl-numeracy.eventbrite.ca>
Participants will receive a Zoom link prior to the session.

Lauren MacLean is a Mentoring Support Teacher for SD43. Her passions are both in mathematics and outdoor learning. She believes in a playful approach to learning. Lauren hosts a podcast called Mentoring Nature Connections. She has a Masters degree in Educational Practice from Simon Fraser University.

New Westminster Schools welcomes caregivers of children 0–5, for our Ready – Set – Learn event, focused on playful numeracy. This free early learning event is sponsored by the New Westminster School District and the Ministry of Education.

Together we will explore:

- The deep learning that occurs during a child’s play.
- How your child’s growth in the early years is connected with the primary years; learning is a continuum.
- Shape, numbers, and measurement, and how to discover these in a playful way.

“Families are their children’s first teachers. They are knowledge keepers. They are respected as teachers of culture, heritage, language, and values. Families have a profound impact on the beliefs, knowledge and well-being of children.”

(BC Ministry of Education, 2021, pg. 1)

If you have any questions, please contact Tanis Anderson, District Vice Principal, Early Learning, Tanderson@sd40.bc.ca.

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School Board Office, School District No 40
811 Ontario Street, New Westminister, BC
T 604 517 6240 | E info@sd40.bc.ca

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Ready Set Learn

Virtual Event

*Mindfulness & Movement
An Interactive Wellness Session for Caregivers
and Children
with Tamara Maxim*

**May 17, 2021
6:30–7:00 pm
on Zoom**

Register here:
[https://rsl-
mindfulness.eventbrite.ca](https://rsl-mindfulness.eventbrite.ca)

Participants will receive a Zoom link prior to the session.

Tamara has been teaching yoga to adults and children for more than 20 years, bringing a mix of traditional teachings along with modern twists, across several styles of yoga. In addition to teaching weekly community yoga classes, Tamara is also a teacher in New Westminster. For more information, visit:

<https://tamaramaxim.com/>

New Westminster Schools welcomes caregivers of children 0–5, for our Ready – Set – Learn event, focused on mindfulness and movement. This free early learning event is sponsored by the New Westminster School District and the Ministry of Education.

Mindfulness is a powerful practice for helping people of all ages to increase focus, concentration, and emotional self regulation. In this 30 minute session, caregivers and children will be invited to:

- Explore mindfulness and movement through a combination of storytelling and movement, while also learning about spring and the colours of the rainbow.
- Learn some basic yoga postures.
- Learn some breathing and relaxation techniques allowing a connection to creativity and joy!

If you have any questions, please contact Tanis Anderson, District Vice Principal, Early Learning, Tanderson@sd40.bc.ca.

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May 20, 2021
6:30-7:30 pm
on Zoom

Register here:
<https://rsl-social-emotional.eventbrite.ca>

Participants will receive a Zoom link prior to the session.

Miriam Miller, (social and emotional learning specialist), is a parent, teacher-educator, researcher, and storyteller, committed to working alongside educators and families to cultivate healthy social and emotional skills for adults and children. Miriam is a senior coach and trainer with the Yale Center for Emotional Intelligence at Yale University, a researcher with the Social, Emotional, and Educational Development lab and sessional instructors at the University of British Columbia.

New Westminister Schools welcomes caregivers of children 0-5, for our Ready – Set – Learn event. This free early learning event is sponsored by the New Westminister School District and the Ministry of Education.

This session explores ways to nurture children's social and emotional competencies as they prepare to investigate the new, social landscape of school. Fostering social and emotional skills at a young age plays a key role in future learning and relationships. Join Miriam Miller as she shares simple, practical ways for parents and caregivers to build and encourage the development of these skills and behaviours at home.

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