

# Oak Chan Elementary



Principal's Weekly Message  
April 23, 2021

Good Day OC Families!

## Highlights:

The last Site Council meeting of the year has already come to pass. Thank you to our members for taking the time to be a part of this important stakeholder group. A special shout out to Vee de Vries and Courtney Graham as this is their last year at the OC. We appreciate your insight and dedication to our staff, students, and families.

## Special Announcement:

In lieu of our annual Open House, we have put together a special **OC Spring Showcase!** Teachers are sending a link to their families. Huge KUDOS to Kathy Wright for producing this year's Variety Show and to Mrs. Preto for putting together our "We are family" video. We hope you enjoy celebrating our outstanding OC Dragons!

**District Updates** Please [CLICK HERE](#) to see the most recent update from the district.

**Weekly SKORR Challenge:** The SKORR challenge for the week of April 26th is to "**Complete the 'I' statements**" Click [here](#) for the activity. Don't forget to share with someone in your family.

## **Social Emotional Learning (SEL) Food for Thought** ~understood.org

You might hear people talk about self-awareness as an important skill — not just for kids, but for adults, too. Self-awareness is the ability to tune in to your own feelings, thoughts, and actions. It's also about recognizing that how you act affects yourself and others.

The truth is you probably know adults who don't have a strong sense of self-awareness. If so, you may wonder: Why — and how — should we expect kids to have it?

The answer is simple: Self-awareness is important for people of all ages. It helps us thrive at home, at school, in the workplace, and in relationships with other people. It's even listed by the World Health Organization (WHO) as one of the [10 core life skills](#).

## **The importance of strong self-awareness**

When kids understand themselves better, it's easier for them to build positive self-esteem. That's important for kids who struggle in school or with friendships. It gives them a way to look not just at their challenges, but also to see what they're good at. Knowing more about how they think and how they come across gives kids a better sense of when to speak up for what they need, or self-advocate.

Kids who are self-aware do a better job at self-monitoring, too. That means they're able to keep track of what they're doing (with schoolwork or socially) and figure out what's working

and what's not working. Self-awareness also leads to self-reflection — thinking over things that happened to find ways to make things work better next time.

When kids have strong self-awareness skills, they also:

- Recognize their strengths and challenges
- Can figure out what they need to do to complete a task
- Notice mistakes in schoolwork and make edits or changes
- Can understand and talk about feelings
- Recognize other people's needs and feelings
- See how their behavior affects others
- Have a growth mindset
- Are resilient and willing to learn from their mistakes

Helping kids build self-awareness can start in small ways, like having open conversations about school and talking about their strengths and challenges.

### **On the Horizon:**

PTO Virtual Game Show Night Friday, April 30, from 6-7:30pm

**May 26<sup>th</sup> Kindergarten Drive Through Promotion (More info to follow)**

**May 27<sup>th</sup> 5<sup>th</sup> Grade Drive Through Promotion (More info to follow)**

Keep tracking your child's Reading and Math Fact practice minutes. The Principal's PRC and PMC are underway! [Challenges](#)

**Stay Connected!** Bookmark our [website](#) - which we update often, and follow us on our **Oak Chan PTO Facebook** page. Visit [MrsBahrysOffice](#) Take your 'mouse' and wherever the 'hand' lands on a picture, such as the Squirrel, click and you will find something fun.

**And stay strong by focusing on *Relationships, Routines, and Resilience.***

*"Self-reflection is a humbling process .It's essential to find out why you think, say, and do certain things...then better yourself."*

As always, please call or email us if there is anything you need.

Sincerely,

*Principal Bahry*