



École La Vérendrye

Conseil scolaire francophone de la C.-B.

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Coup d'œil sur la semaine du 15 au 19 janvier 2024

Ça y est, l'hiver est bien arrivé amenant avec lui un froid glacial et un vent très fort! Cela ne nous a pas empêché d'avoir une très belle semaine de retour à la Vérendrye. Le point fort de la semaine a été la visite d'Ozzy notre gentil toutou!

Comme toujours, nous vous encourageons à lire attentivement ce bulletin qui contient des informations très importantes.

Ressources pour les familles de la part de Fraser Health

January – Mental health

Know when and how to access mental health support for your child

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

Where do I start if my child or teen needs help?

A good place to start is by talking with your child/teen about how things have been going for them and what you've noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what's going on for them or make the connections between something in their life and their struggles.

How do I talk to my child or teen?

Here are some tips to help start a conversation with your child:

- Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.
- Ask how they are or if they'd like to talk about anything that's going on for them.
- If they say they're fine or nothing is wrong, explain why you're concerned and offer specific examples that you've noticed.
- Acknowledge how it must be difficult for them.
- Ask about what strategies/actions they find helpful. Acknowledge their strengths.
- Discuss how mental health is part of everyone's life – and not just about severe problems.
- Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.
- Ask them what they think would help or what they think they need.
- Offer to make an appointment for your child/teen to see your family doctor – physical issues can sometimes have mental health symptoms associated with them. It's important to check if there's any physical issues.
- Let them know you want to help and that they can always come to you.
- If your child doesn't want to talk, let it go and try again in a few days.
- If you have concerns that your child may be using alcohol or other drugs, [get tips on how to talk to your child about drugs](#).

Get more information about child and youth mental health: <https://ow.ly/KgZZ50PehL0>

Social media posts:

Facebook

Mental illnesses are common in children and young people, but getting help early can support a faster recovery. For mental health help and resource for children and youth, visit Fraser Health's website <https://ow.ly/TCtH50PehC6>.

Twitter

Need help talking to your child about mental health? Visit Fraser Health's website for tips to help start a conversation with your child: <https://ow.ly/ePnc50PehX9>.

Instagram

Fraser Health has resources to help you learn the signs and symptoms of mental health problems in children and teens and tips for starting conversations. Visit their website to learn more: <https://ow.ly/qXKf50PehW8>.

SEMAINE DU 15 AU 19 JANVIER 2024

LUNDI le 15	<ul style="list-style-type: none">• Journée régulière d'école• ENTRAÎNEMENT DE BASKETBALL
MARDI le 16	<ul style="list-style-type: none">• Journée régulière d'école• CHORALE avec Mme Nathalie• Club de devoirs• <i>Réunion de l'APÉ à 18h30 à l'école</i>
MERCREDI le 17	<ul style="list-style-type: none">• Journée régulière d'école• Club d'espagnol
JEUDI le 18	<ul style="list-style-type: none">• Journée régulière d'école• Club de devoirs
 VENDREDI le 19	<ul style="list-style-type: none">• Journée régulière d'école• GYMNASTIQUE POUR TOUS LES ÉLÈVES

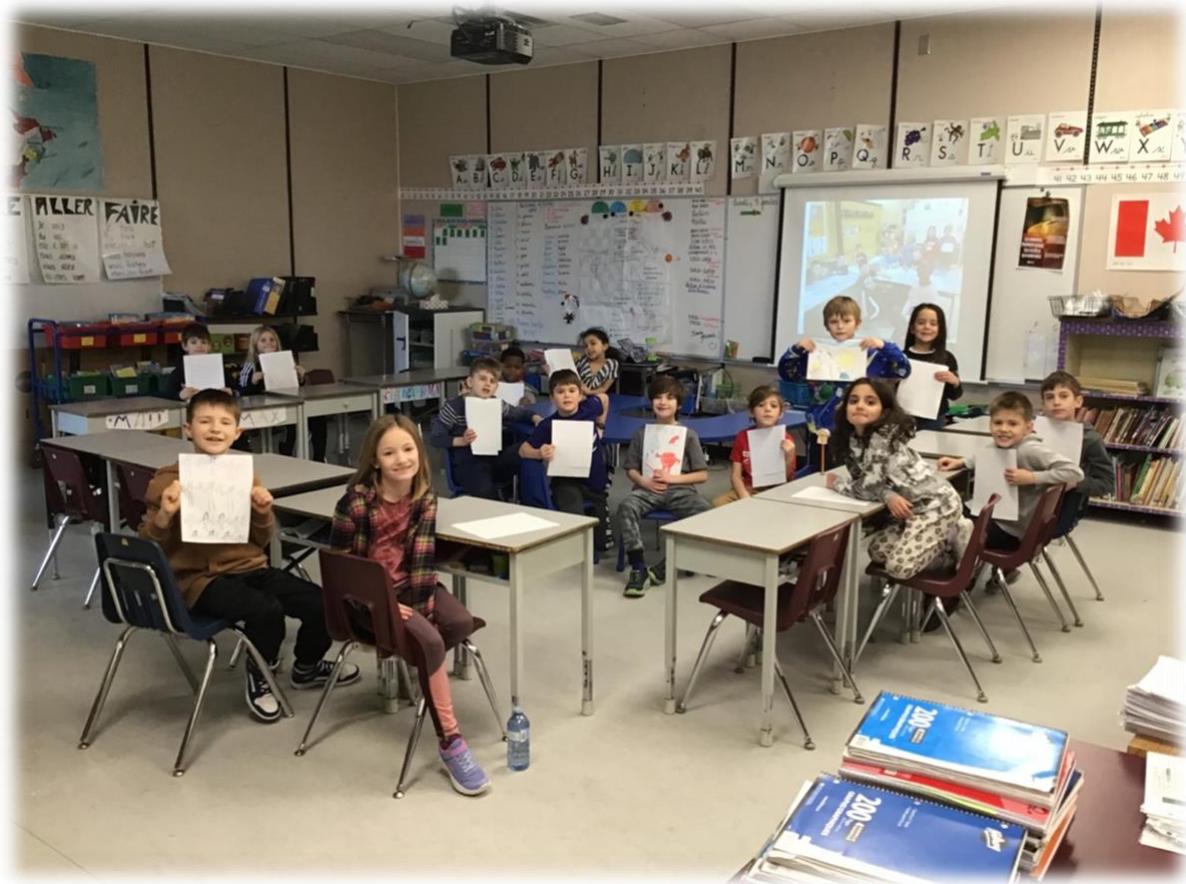
DATES À VENIR

Le 26 janvier : journée de perfectionnement professionnel – PAS D'ÉCOLE

Le 14 février : suivi des acquis informel

Le 16 février : journée de perfectionnement professionnel – PAS D'ÉCOLE

CHEZ MME MARIE
Les lettres de nos correspondants Prince-édouardiens!



CHEZ MME KATIA
Créativité avec nos nouveaux blocs: le magasin d'animaux



Du plus grand au plus petit en M /1. On se mesure par comparaison.



BRAVO
Bien-être
Respect
Autonomie
Vivre en français
Ouverture sur le monde

