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# ACADEMICS @ LUCERNE

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## Dear Parents, Guardians, Students, Teachers, and Friends

The purpose of this newsletter is to try and give the Lucerne community a better idea of what is going on in our school. To do that, this month we have decided to put student work at the front and centre. We are incredibly proud of our students and eternally thankful that you entrust us with supporting them on their educational journey. I hope you are awed and amazed as much as I am by the great work our students have on display in this newsletter.

All the best  
Nick

## What Remembrance Day Means to Me

By Juniper (Grade 6)

Remembrance Day means a lot to me. I have not personally lost someone to the war, but I do know how it feels to lose someone.

For me when I think about Remembrance Day I think about all the families that had to say goodbye to their fathers. I imagine how devastating it would be not knowing if you would ever see your brother or father again.

I think of Flanders Fields. The red poppies glistening dully in the sunlight. The tombstones sitting heavily among the fields. The tears that shed for loved ones lost.

I think of plastic white poppies that are a symbol of peace. I believe we can make the world a better non conflict place. That is what Remembrance Day means to me.

“The Moment we truly understand our enemies is the moment we learn to love them.” A quote from Orsen Scott Card in his book Enders Game.



## How Animals Were Affected by War

A lot of people were affected by wars and equally as affected were animals. There were all kinds of animals affected, such as family pets, farm animals, and wild life.

Family pets were affected because they would get left behind when the owners had to leave. There were bombs and advancing troops, taking out buildings with explosives and shooting randomly. Homes were crushed by tanks. People had to leave fast and couldn't take many things so pets got left behind. Pets were also affected by the loud noises of explosives and gunfire. Dead and dying owners would also affect dogs especially.

Farm animals were affected because they were in the fields or barns when bombs were dropped or were shot. Also, because their owners had to leave, they starved. Pasture lands and food supplies were destroyed. Zoo animals were poisoned or starved to death because they could not escape and kill people.

Wildlife was affected because their habitat and food sources were destroyed. They had nowhere to go and if they entered cities looking for food they could get shot. They could have also died from burned out forests.

In conclusion animals were equally as affected by war as humans in my opinion.

By Drew (Grade 6)

**Foundational Skills Assessment Essay Response**

*Describe a relationship that is meaningful to you and influenced your life*

The steam floats lightly over the lake as the morning sunlight peaks over the proud green mountains. I crawl out of my tent and see the rocky beach sprawl out around the bay, past the rope swing where it fades to a soft, white sand. AS I turn away from the lake I am welcomed by a wild forest of conifers standing like bridges between the earth and sky. The smell of early morning air washes over me with scant hints of campfire smoke.

This freedom means so much to me.  
Sure, there are no malls.  
Sure, the internet is slower than tree roots.  
Sure, there are hardly any people.  
But doesn't that make it better somehow?

Growing up in a small town has influenced me so much as a person and painted the way I am. Being in a rural environment has cultured my love of nature and animals. It motivates me to help protect the environment so that more people can enjoy the freedom of being in nature. I love going hiking, backcountry skiing, and rock climbing and no matter the season, access is short, especially compared to the Rockies were my dad grew up.

Since there aren't many people I find that you learn that age doesn't effect friendships very much. Most of my friends are a couple years older or younger. Only four of my friends are the same age. I think this is prompted, as every class is a split class of up to 3 grades.

I love living in New Denver area because there is always outside to escape to. If I didn't live or grow up here I don't know where or who I'd be, and I don't think that I want to know.

By Grade 7 Student

**My Monster Writing and Picture in the Grade 2/3 Class**

My monster is a boy. His name is Hair. He has Smooth, jagged toenails, and his fur is long and white. Hair's teeth are short and clean but you can't see them because his fur is too long. On top of his head are big brown swirly horns that sit on his giraffe like neck. He is a herbivore and his favourite food is snowberries.

Hair ran to Mount Everest to make new friends but I miss him because he is my best friend. He left me a note that said: "See you in 2 weeks." From Hair

By Gavin (Grade 2)

My monster is a girl. She is purple and black with a bow on her tail. She has glowing red eyes and vampire teeth that drip blood. My monster breathes fire. Her red ginger nails are razor sharp. I was just sleeping when I heard a creaking sound under my bed. I peeked under and there was a note saying "I've gone to a fashion show in England. Be back next week." From Shimmer. I will never get to sleep without the scratching and dripping of the blood from her teeth.

When I heard scratching, I knew that a monster was coming.

"So you need a monster under your bed"

"Yes"

"Well check me out."

She was all pink and knotty. "What's your name?"

"None"

I knew this wasn't going to work. I asked "Are you mischievous?"

"No"

This was specially not going to work. Then she was gone. There was more creaking and it was another monster.

"Hi my name is Jeff," he said.

"Do you have razor sharp claws?"

"No, I have short stumpy claws."

"Do you have a problem with that?"

"Yes, I do, no more monsters will be coming tonight" he said and then he was gone.

One minute later I heard more creaking. It was shimmer. I was so happy.

She said "I was too little to enter the fashion show so I came back and I also missed you."

I was asleep in no time.

By Bessie (Grade 3)



## Learning is really hard. Having a growth mindset helps.

Research shows that parents can have a powerful impact on their childrens’ mindsets. The language you use and the actions you take show your children what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today.

### Say This, Not That

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child’s effort is what led them to success. Want more tips on what to say, and what not to say, when praising your kids? Say This, Not That!

Say This	Not That
“I can see you worked so hard on this!”	“You are so smart!”
It seems like it’s time to try a new strategy	It’s okay. Maybe you are just not cut out for this?
I like watching you do that.	You’re a natural at that!
It looks like that was too easy for you. Let’s find you something challenging so your brain can grow.	That’s right! You did that so quickly and easily: great job!
You’ve worked hard to become a good writer. You should challenge yourself with an advanced class and learn something you don’t know how to do yet.	You have a real talent for writing. You should take a creative writing class because you’re so good at it.

### Talk About the Brain

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that’s the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement.

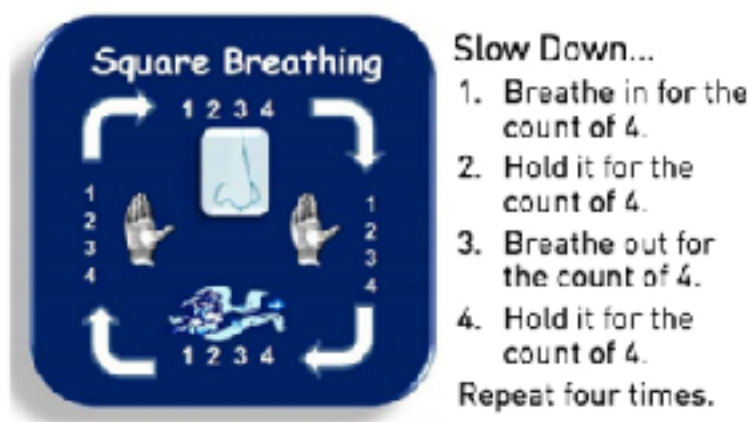
### Accept Mistakes as Learning Opportunities

One of the best ways you can model a growth mindset is to speak candidly about the mistakes you’ve made, and what you’ve learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making

mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can't be perfect when you try something hard!

### Understand the Role of Emotions in Learning

When we get angry, scared, or feel threatened, our fight or flight response is activated. This can happen anytime, whether we're scared of a spider or scared of math! Our brains are wired to protect us when we feel threatened, and stress symptoms such as sweating, stomach cramps, and your mind going blank are completely normal. There are strategies we can use when the fight or flight response tries to take over, to help us learn. One of those strategies is called Square Breathing and it helps to break down the adrenaline that is flooding the bloodstream and preventing learning from occurring.



## SOCIAL JUSTICE CLUB

Lucerne School's current social justice campaign is to promote the "Elimination of Gender based Violence". On Dec 6, the anniversary of the massacre of 14 female engineering students at Montreal Polytechnique, we encourage everyone to wear white ribbons to recognize Canada's National Day of Remembrance and Action on Violence against Women.

On Dec 8 at 10:15 am Lucerne's Social Justice Club will hold our annual Shoe Memorial in front of KSCU where we invite all community members to participate by bringing a pair of women's shoes, any shape, any style to contribute to the Memorial to remember those women who due to violence are no longer with us. Shoe Memorials happen annually in other towns and cities to create awareness and remember all missing and murdered women.

This year we are also collecting purse and handbags that can be filled with health & beauty products, jewelry, accessories, etc. Donations of these items are accepted at the schools prior to Dec 8 or on the day of the Memorial. At the end of the day the shoes & accessories will be collected and donated to a women's charity. Please plan to join us on Dec 8 and support our efforts. Violence against women affects everyone and everyone should be part of the solution.

