



Soaring Toward Success

ENGLISH BLUFF ELEMENTARY SCHOOL

402 English Bluff Road, Delta, B.C. V4M 2N2

Telephone: (604) 943-0201 Fax: (604) 943-9421

Ms. Michelle Smith, Principal

Mrs. Janice Reid Reynolds, Administrative Assistant

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Dear Parents and Guardians:

The Learner Profile strives to build global citizens and life long learners, challenging us all to be the best that we can be in the home and school. As parents, using this language and terminology in the home can be a powerful way of reinforcing these personal attributes. As such, each week we will be sending home a new Learner Profile trait, accompanied with a task, question, or topic for discussion. We would like families to take some time to have these rich discussions with their children and return their responses to the school to be shared in class by your child(ren).



This week's Learner Profile trait – **BALANCED**

Students who are **BALANCED** are healthy and are aware that eating properly and exercising is important in their lives. They understand that it is important to have a balance between the physical and mental aspects of their bodies. They spend time doing many different things. They balance work and play.

How can parents help to develop students who are well-balanced at home?

- Encourage your child to participate in a wide variety of structured activities.
- During less structured time, also be aware of the activities that your child is participating in. Too much time in front of the computer or television is not desirable. Generally active kids should take time for quiet reading or reflection; students who spend a lot of time drawing or reading, should be encouraged to also exercise and play.

- Discuss the food groups with your child. Spend a few minutes during a mealtime deciding if what your family is eating is balanced.
- Spend time as a parent or family doing many different things.

TASK:

Discuss the notion of being ‘BALANCED’ with your child(ren). Work together to create a pie chart for one of the following:

- a) indicate the time spent throughout the week participating in the various activities that keep the family busy (school, work, family time, extra-curricular activities, personal time, sleep etc.) Discuss whether the chart is BALANCED. If not, talk about possible ways to make changes that would result in a more BALANCED life-style.

OR

- b) Record the foods that are consumed as a family at mealtimes throughout the week. Create a pie chart of the results. Discuss whether the chart is BALANCED. If not, talk about possible ways to make changes that would result in a more BALANCED diet.

Please have your child(ren) bring their pie charts to school for follow up discussion in class for **Friday, June 2nd**.

For more information on the Learner Profile, please check our school website at:

<http://eb.deltasd.bc.ca/ib/learner-profile>

Best Regards,

EB STAFF