



NEWS AND NOTES

WEEK AT A GLANCE

Monday

- No School

Tuesday

- EDAS Kick off Max Cameron Theatre 9:45 start
- Volleyball at Edgehill

Wednesday

Thursday

Friday

- Volleyball at French School

THIS IS YOUR PRINCIPAL SPEAKING



Today Henderson remembered. Today, classes from across the school remembered the sacrifice from many before us who gave so much to work to achieve peace. Not just peace in war, but peace from war. During our assembly, as students read poems, sang, and spoke, I was touched by the image of our students being the voice of tomorrow. If we are to expect a time of peace, we must teach it. We must encourage students to find peace in their lives today. Often times this means that we need to find the space between our own needs, and the needs of others. Sometimes we need to step out of our space and with compassion look at where others are coming from. There have been times in my life when doing this has caused some discomfort because ultimately I had to acknowledge that I carried part of the blame. That my own actions had had an affect on the outcome that I had experience. This does not mean that we accept other people's negative behaviour as ok or normal, however, it does require us

to accept other where they are at, and work together to come to an understanding. May we all be willing to work together to find that middle space. [As decent recording of todays Remembrance assembly](#) will be available until next Friday. Please do not copy, download, or share with others. The password is **5506henderson**

With tomorrow being Remembrance day, there will be no school on Monday. We will be back in force on Tuesday with our EDAS (Everybody Deserves a Smile) kick off at the Max Cameron Theatre at Brooks Secondary School. Our whole school will be walking together over to Brooks to meet with 300 other elementary students from around the district... This is always a highlight and we are excited to get our EDAS season going.

AYA JUTHEM WORD OF THE WEEK

[?lšnomotštəm](#) - We will be kind - (ih-shno-mosh-tum)

Last year I got tired of picking random complex passwords for my computer. I would often open up a text editor and randomly hit a few keys on the keyboard and then that would be my new password. They were complex and frustrating... then one day I read an article about pass phrases rather than a password - and that has changed my life. As opposed to coming up with random characters, now I think about what I want in my life. If I am looking for friends I might change my password to *IwillB3ag00dfriend* - then every day, a dozen times I will remind myself to be a good friend. So, if kindness is what we want why not say [?lšnomotštəm](#). Decide today. Decide that [?lšnomotštəm](#). Each day when we wake up, try to be a little kinder. See the goodness in others, and say [?lšnomotštəm](#). To make passwords a little easier perhaps try W3willBk1ndto3veryone!

HENDERSON READS

[My Ocean is Blue](#)

Darren Lebeuf

The natural world is fascinating, and as human beings, we are often captivated by science and nature. This picture book shows a young girl's enchanted exploration of an ocean, carefully observing and appreciating the sights she sees at the beach with simple, sensory detail. The vivid and rhythmic text helps highlight the human condition by featuring the reflections of a girl with disabilities, contrasted with the magical ocean creatures who adapt to their environments.



THIS WEEKS QUOTE OF THE WEEK

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

Dr. Seuss

GUILDING PRINCIPLE OF THE MONTH

November: Sharing