

# MINDFULNESS

DECEMBER CHARACTER EDUCATION NEWSLETTER- VISTA HILLS P.S.

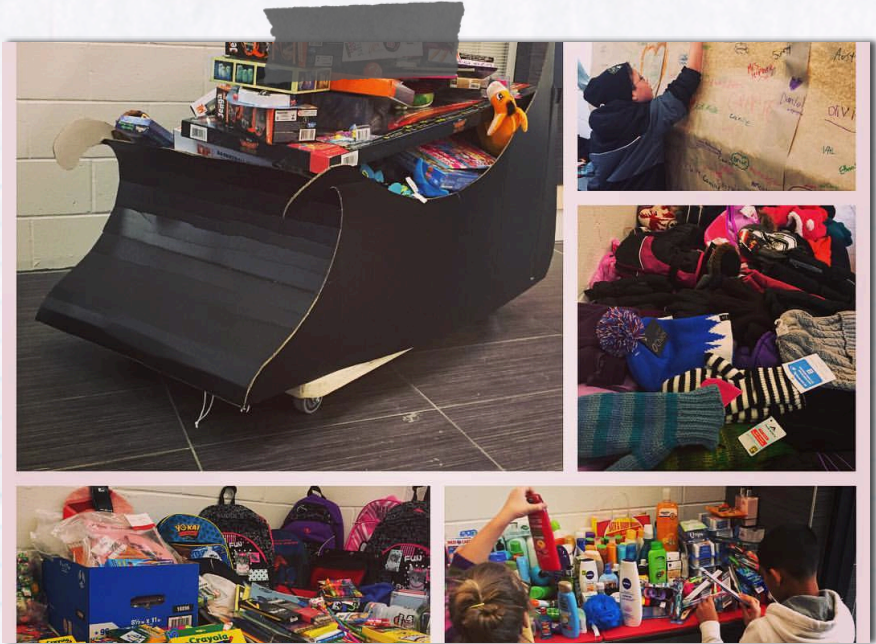
## Vista Hills Hawks are Mindful. We focus on the present. We give full attention to what is happening right now.

December can be a busy month. What a great way to pause and reflect by focusing on mindfulness. We began our month with a snowy meeting at our flagpole and a wonderful assembly that reminded everyone how to view each moment as a wonderful opportunity. We learned about focusing on the tasks and people in front of us and being aware of our thoughts and actions. Mrs. Upshaw's students presented a story and excellent yoga poses, our grade 6 hosts did a fantastic job welcoming presenters to the stage. Students in Mrs. McPhee's class showcased their varied talents through movies, songs and skits. Mrs. Bumstead's class read a picture book that explained the many elements of mindfulness.

If you are interested in learning more about how to use mindfulness at home, please go to:

[www.mindfulfamilies.ca](http://www.mindfulfamilies.ca)

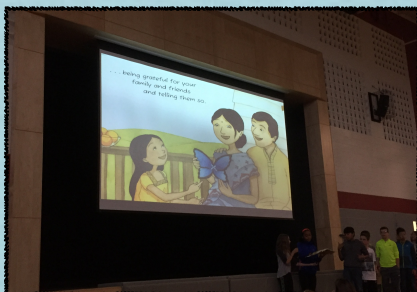
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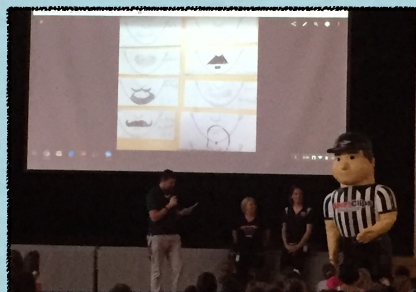
## A Week of Giving...

We also used our mindfulness focus to think of others at this time of year. Our Social Justice Committee worked with staff to organize our first Week of Giving! Students and staff collected backpacks and supplies for refugee families, toiletries, toys, hats, mittens and sold Rafiki bracelets. Each day, the items were collected and added to

our sleigh (created by the talented Mr. McWebb). Students who donated added their names to a huge heart that was proudly displayed in the foyer. Thank you to all those who donated your time and items. Your generosity is greatly appreciated as we work to support our greater community.



A READING OF 'WHAT DOES IT MEAN TO BE PRESENT'. IT WAS A GREAT WAY TO THINK ABOUT OUR SURROUNDINGS.



Our male staff participated in November. Students designed the mustaches that would be shaved onto Mr. McWebb, Mr. Oberle, Mr. Ripley and Mr. H. Sportclips did a great job!



Yoga poses shared by our Grade 2 students!