

Dear Families,

1. For those of you choosing to use these optional templates, please guide your child in selecting one or more lessons/activities/projects from the resources shared on the website, by your classroom teacher, or through other resources you have gathered.
2. Review the three **Personal and Social Self-Assessment of Core Competency** templates to select which area your child would like to focus upon during the month of April 2020.
 - Personal Awareness and Responsibility
 - Positive Personal and Cultural Identity
 - Social Awareness and Responsibility
3. On the first page of each of these templates, you will find a planning tool (**Planning My Learning**). Support your child select 2-3 **"I Can" statements** and 2 **First Principles of Learning** that they would like to focus upon while completing the lessons/activities/projects. For more information, please see the page 2 of this letter.
4. Complete the selected lessons/activities/projects in the month of April 2020.
5. When you and your child feel ready, complete the Self-Assessment section (**Reflecting on My Learning**) on the second page of your selected template. To guide your child with their self-assessment process, discuss with your child what they learned from these lessons/activities/projects. As well, they can use the "I Can" statements to help them self-assess: two stars focused on areas they are proud of and one goal focused on an area that they would like to further develop.

Additional Resource:

- Students, parents, and guardians can find learning resources and more information about schools at www.openschool.bc.ca/keeplearning. You can also find a comprehensive set of frequently asked questions that will continuously updates as things progress at www.gov.bc.ca/SafeSchools/.

Personal and Social Core Competency

In the NVSD, we recognize that there are different ways learners can identify with the Core Competencies. One of these ways is to incorporate an Indigenous Worldview. When reading the planning tool, you will notice there are Coast Salish animal descriptors that go along with each Core Competency. You and your child can also connect to the Core Competency through this lens. As well, you will notice that we have integrated the First Peoples Principles of Learning into our learning. For more information, please visit <https://firstpeoplesprinciplesoflearning.wordpress.com>.

To learn more about Core Competencies, please visit: <https://curriculum.gov.bc.ca/competencies/personal-and-social>.

Personal Awareness and Responsibility – Beaver is our diligent collaborator. Sk̓eláw (“skuh-lau” – beaver) teaches us to work cooperatively to make a change for the greater good by making the world a better place for all. Through Beaver, we can learn to care for our community and environment by valuing diversity, advocating for others and working together. (NVSD Indigenous Education Team)

Personal Awareness and Responsibility involves understanding the connections between personal and social behaviour and well-being; it encourages people to make constructive and ethical decisions and act on them. People who are personally aware and responsible demonstrate self-respect, persevere in difficult situations, and exercise responsibility. They understand that there are consequences for their decisions and actions. A personally aware and responsible individual takes steps to ensure their well-being, sets goals and monitors progress, regulates emotions and manages stress, and recognizes and advocates for their own rights.

Positive Personal and Cultural Identity – Bear is our great protector. Míx alh (“may-hoth” – black bear) teaches us to reflect on our feelings and find balance with rest. Through the Black Bear, we can learn to nurture our own personal well-being by valuing ourselves and our accomplishments; understanding our feelings and making good choices that demonstrate respect for ourselves and others. (NVSD Indigenous Education Team)

Positive Personal and Cultural Identity involves the awareness, understanding, and appreciation of the factors that contribute to a healthy sense of oneself; it includes knowledge of one’s family background, heritage(s), language(s), beliefs, and perspectives in a pluralistic society. People who have a positive personal and cultural identity value their personal and cultural narratives and understand how these shape their identity. They exhibit a sense of self-worth, self-awareness, and positive identity to become confident individuals who take satisfaction in who they are and what they can do. They contribute to their own well-being and to the well-being of their family, community, and society.

Social Awareness and Responsibility – Orca is our guardian and navigator of the sea. Yéw yews (“yo-yose” – orca) teaches us about who we are, where we come from, and to understand our own personal histories by learning the ways of our ancestors. Through Orca, we can learn about ourselves by exploring our relationship to others through cultural contexts such as family background, heritage, language, sexuality, etc. We can develop an understanding of our personal strengths and abilities, as well as how our values shape our choices in the varied contexts of our lives. (NVSD Indigenous Education Team)

Social Awareness and Responsibility involves the awareness, understanding, and appreciation of connections among people, including between people and the natural environment. Social Awareness and Responsibility focuses on interacting with others and the natural world in respectful and caring ways. People who are socially aware and responsible contribute to the well-being of their social and physical environments. They support the development of welcoming and inclusive communities, where people feel safe and have a sense of belonging. A socially aware and responsible individual contributes positively to their family, community, and environment; empathizes with others and appreciates their perspectives; resolves problems peacefully; and develops and sustains healthy relationships