

THE VOICE



Happy year of the rabbit!

Housekeeping

1. Friday, January 17th: No School.
2. Monday, February 20th: Statutory holiday, no school.
3. Tuesday, February 21st: Parent Teacher Conferences, no school.
4. Thursday, February 23rd: Spirit Day!



A Message From our Executive Director

Dear families, friends, and staff,

Last month we started the new year off with a fabulous visit from the Regency Auto Vancouver Team. As their selected charity for the last quarter of 2022 (October 1st, 2022-December 31st, 2022), they raised over \$26,000 for the Centre through car sales and general donation. We are very grateful for all their support. What made their visit even more special was the fact that their manager, Izzam Ahamed, is an alumnus of CHSC, way back when we were the Vancouver Oral Centre. Mr. Ahmed had a great time connecting with the children and showing them his hearing aids. The children reciprocated and were really proud to share their experience with hearing loss with Mr. Ahmed and the Regency Auto team. The children especially enjoyed receiving their little Reggie the Panda stuffie. It was truly a magical way to start the year.

We also had our annual Lunar New Year celebration in January. The children came dressed in red and we paraded around the centre, sweeping away the bad luck. We did our Lion dance and the much anticipated popping of the bubble wrap! It was wonderful to have our full Lunar New Year celebration back, which had been paused or modified in previous years due to the pandemic.

Our February theme is especially fitting for Valentine's Day as it is all about friendship and emotions. Some of the big ideas include; ways we express love, different kinds of human relationships, and the different emotions we have. These themes will be put into practice with our annual "friendship salad". Each class will bring in a red fruit to share to be part of a delicious fruit salad which will then be enjoyed by all the classes. The children will also be exchanging friendship bracelets with each other. The Bears will exchange bracelets with the Owls and the Wolves will exchange with the Orcas.

Lastly, a friendly reminder that this year is our 60th Anniversary! We are planning some special events, so stay tuned for more information. We would love your help with the planning, so please reach out to us and let us know if you have some time to assist. We are very excited for the new year ahead!

Warmest regards,



Dawn McKenna
Executive Director



A Tale of Two Mindsets

Mistakes, setback, and “failures” are a part of life, but how we deal with and process them can have a significant impact on our future success.

Psychologist Dr. Carol Dweck and her colleagues studied students’ attitudes about failure, and what they observed was that some students recovered quickly while others had a much more difficult time.¹ This led Dr. Dweck to coin the terms “fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence.”

A fixed mindset refers to a person’s belief that their intelligence is static and that no amount of effort can change that outcome.² For example, “I’m no good at math and I never will be”. In contrast, a growth mindset refers to a person’s belief that their intelligence can grow and develop through effort and therefore change over time.² For example, “Multiplication is challenging, but if I practice every night I can get it”. It is important to note that our mindsets operate on a continuum and as parents and educators, we can play a critical role in helping our children utilize the tools and resources needed to develop growth mindset tendencies over fixed ones.¹

How Can we Encourage a Growth Mindset?

Praise the Process: Focus on the process not the outcome.³

- The praise you give should focus on the effort they put into the task not the end result.
- E.g. “You really worked so hard on that, your effort paid off” Not “congratulations, you got an A.”

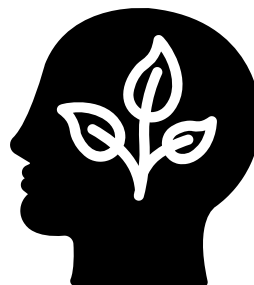
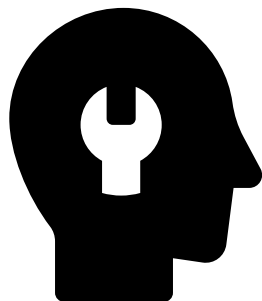
Lead by Example: Be open with your children about your own setbacks and let them see you try new things and take on new challenges.³

- Try and maintain a positive attitude throughout the process.
- E.g. Model positive problem solving strategies by watching a how to video or reading an instruction manual.

Explain the Science behind Growth: Teach them that their developing brains are malleable and that new neural connections are being formed and strengthened as they learn and practice their new skills.³

Introduce New Experiences: Try something novel to get your child out of their comfort zone and embrace adventure.³

- Get your child’s participation by asking them if there is something new they would like to do.
- E.g. Go on a hike or take on the challenge of a large puzzle



A Tale of Two Mindsets Continued...

See and Sing About It: There is a plethora of quality children's programming out there that model and sing about perseverance and how to deal with setbacks. This can help get the message across in a fun and creative way.³

- E.g. Sesame Street https://www.youtube.com/watch?v=SnrHZ_uvtxk&t=14s

Seek Services to Help: If you or your child's educator believe there might be an underlying issue (i.e. cognitive delays, fine and gross motors skill delays, communication issues) then seek assistance from a professional.³

- Identifying the issue at an early age can set them up for future success by giving them the early intervention they need and providing them with the necessary tools and coping strategies to handle challenges.

Benefits of a Growth Mindset³

- Take risks.
- Welcome new experiences.
- Enjoy the process and understand the value of learning.
- Face challenges with a positive attitude.
- Work hard.
- Learn from their mistakes.

It is important for children with hearing loss to know that they can achieve anything they set their mind to. When children learn that they can become better at something when they are dedicated to practicing it, is an invaluable tool that will help them throughout their life.

References:

1. (n.d.). Decades of Scientific Research that Started a Growth Mindset Revolution. Mindset Works. Retrieved January 31, 2023, from <https://www.mindsetworks.com/science/Default>
2. Smith, J. (2020, September 25). Growth Mindset vs Fixed Mindset: How what you think affects what you achieve. Mindset Health. Retrieved January 31, 2023, from <https://mindsethealth.com/matter/growth-vs-fixed-mindset>
3. Yacoub, A. (n.d.). Growth Mindset vs Fixed Mindset: How what you think affects what you achieve. Therapy Works. Retrieved January 31, 2023, from <https://therapyworks.com/blog/language-development/home-tips/growth-mindset/>



Book of the Month: Sky Colour

by Peter H. Reynolds (Author and Illustrator)

Marisol loves visual art and is very confident in her artistic abilities. One day in class, her teacher tells them that they will get to create a mural for the library. Marisol declares she will be in charge of painting the sky. However, when she browses through the paint selection she realizes to her dismay that there is no blue paint available.

As the school day ends and Marisol returns home she observes the sky and its transformation from day to night. That night Marisol has a particularly vivid dream about a colourful sky. The next day on her way to school it was cloudy and she realizes at that moment, that the sky can be all sorts of colours and she does not necessarily need blue paint to paint the sky.

Key Takeaways:

- Helps children discover perspective and examining the world from varying points of view.
- Thinking outside the box, and pushing oneself to the next level.
- Helps children move beyond learned conventions by observing the world more mindfully.



Art Vs Craft

by Lisa Labere (ECE)



On January 16th, as part of our staff Professional Development Day, I had the opportunity to lead a workshop that explored the benefits and differences of art and of craft.

For example, art can be a mode of self-expression and boost our confidence and self-esteem, while craft helps us tap into our critical thinking and mathematical skills (shapes, colours, and patterning).



I discussed the benefits of both art and craft and how to incorporate it into the classroom.

Each staff member was asked to choose either a craft or art project to try. Through direct experience (i.e. experiential learning) we can better understand the concepts being taught.

60th Anniversary Committee

Hello CHSC Community!

This year marks the 60th anniversary of CHSC and we want to make it our best year ever!

We are putting together a committee of family, friends, staff, and alumni to help plan events and activities that will take place throughout the year!


You have ideas and we want to hear them! If interested please email our Marketing and Development Officer, Elysha Cohen, at ecohen@childrenshearing.ca.

Let's put our heads together and plan a great 60th Anniversary year!



Capital Salvage Fundraiser!



 Capital Salvage and Children's Hearing and Speech Centre of BC present

Scrap Metal Fundraising

[Click Here](#) for a list of donatable household items!



January 1st - April 30th, 2023

Capital Salvage, 1919
Triumph St, Vancouver



For more information

+1 (604) 253-8481
recycle@capitalsalvage.ca



Come to the yard to Donate!

All the proceeds from donated metals will go to the children



Valentines Day Activity

by Rita Francis (SLP)



[CLICK HERE](#)

