



THE READING BEAR

The Reading Monthly Newsletter

Dear All, this Newsletter is the monthly update for January 2014 for The Reading Bear.

1. Valentine's Day

The ambassadors are planning a special celebration. Stay posted.

2. January 22nd, The Reading Bear presentation to Faculty of Medicine first year medical students by Isabel Chen, Tracy Johnson (mother), & Joanne Roussy.

Andrew Purssell also launched the book drive.

Santhe LeBlanc attended with two grade 8 boys. Well received presentation and have new students who have signed up.

The Reading Bear now has powerpoint for presentations that may be used by our members.

3. Next advisory committee

meeting: Thursday, February 13th at Watson Inc. Liz Watson has generously offered The Reading Bear her boardroom for meetings. She is located in the heart of the city next to City Hall. Watson Inc. is one of our first donors.

4. Advisory board: First formal

Reading Bear advisory committee meeting was held on January 10th at Graham Bruce. Minutes will be posted on February 6th.

Ryan and Joanne went to visit the Liz Hayes-Brown, vice-principal at Collingwood Annexe after the meeting. Very positive feedback.

Will include photos of the children with their buddies that the teachers have suspended from the ceiling and a video of Liz sharing the value of the program.

5. Ambassador meeting: The

medical student ambassadors met on January 8 and 10th (3.5 hoursx2). Another meeting is planned for the first week of February.

- UBC Medical School book drive: Andrew Purssell along with the ambassadors have undertaking a massive first and second year student book drive, province-wide, five sites (approx. 600 students). The books in away sites will be delivered to StrongStart sites.

- Ambassador for DPAS: Christine Wang reports on the materials that the medical students have developed for kindergarten children. Upcoming presentations at Seymour on friendship, emotions, and germs. Christine for her part is distributing her health pamphlet for parents to all StrongStart programs. Thank you Colleen Dickie for assisting with this process.

- Outreach ambassador in Hamilton Ontario: Liam Matthews, science student at McMaster, has collected 500 children's book and

will be doing his first reading buddy visit in February with the high school, HSC to read to the kindergarten children at Cathy Weaver.

6. Introducing The Reading

Bear to existing literacy groups. We aim to create collaborative communities.

I contacted various scholars/literacy agencies to receive their support and/or endorsement as well as their expertise.

Was in touch with:

- Adolescent health: Dr. Dzung Vo (pediatrician) BCCH meeting in March
- Literacy health: Dr. Janet Greenman (paediatrician) BCCH early literacy (pediatricians); Meeting in February
- Early literacy content expert: Dr. Linda Siegal UBC meeting with her Jan 28th.
- Community based research at UBC, SFU: Dr.'s Genevieve Creighton and Colleen Reid, Andrew Corneil. In Feb.
- Mindfulness: Dr. Kimberly Schonert-Riechl, phone meeting Jan 20th
- Director of Alumni Engagement Campaign They have expressed interest in the initiative.
- One to One, Vancouver branch

Continued

- <http://learningbuddiesnet.work.com> we assisted Dr. Lipson with books last fall
- Carrie Gelson children's book blog gave us permission to put her blog on website
- Dr. Marjorie MacDonald, Director of Public Health BC, University of Victoria.
- First Nations group at UBC, James Andrews, meeting Feb 12th
- City Hall Dr. Penny Ballem, will follow-up

Websites:

a. KidCare, Director Estelle Piaget granted us permission to use all of their materials

<http://kidcarecanada.org>

b. McDowell Foundation "Building Literacy Skills Through Reading Buddies" granted permission to use materials see appendices

http://www.mcdowellfoundation.ca/main_mcdowell/projects/research_rep/141_building_literacy_skills.pdf

How to teach peers to be a reading buddy see pages 12-17

c. Phone meeting with leading national literacy group.

Start2finish <http://start2finishonline.org>

d. Calgary reads

<http://calgaryreads.com> sent an email contact.

7. Ambassador to SGS:

Andrew and Santhe created guidelines for a working group/committee for grade 8 boys.

Ambassador to YHS: Next YHS visit Feb 4th Katrina, ambassador will be joining her former school for a visit to Queen Alexandra. SHS dates for Reading Buddies are:

Admiral Seymour: Thursday, Feb. 6th 1-1:30pm

Strathcona: Thursday, Feb. 6th 1-1:30pm

Graham Bruce: Monday, Feb. 3rd 1:30-2pm

Collingwood Annex: Thursday, Feb. 13th 1-1:30pm

8. Santhe has initiated conversation with CHS about the reading bear. WestVan Collingwood high school has contacted us for information. Referred to Santhe.

9. Dalai Lama Center. We were invited to apply for the upcoming May Conference. I also followed up from our meeting in December. They are reviewing their process and will consider our endorsement in early March.

You may be interested in their upcoming event. Daniel Goldman will be attending.

<http://dalailamacentre.org/users/daniel-goleman>

<http://dalailamacentre.org/events>

Heart-Mind 2014: The Science of Kindness

Thursday, May 8, 2014 –

Saturday, May 10, 2014

Vancouver, BC

Old Auditorium, UBC

10. Lani our director of Education is hosting a first meeting for all of the kindergarten teachers high school teachers. To be held on February 21st at Graham Bruce. Stay posted.

11. Joanne will be attending Early Years Conference 2014: Shaping Childhood: Factors that Matter Jan 31-February 1. Meeting with various groups across the

province.

12. List of sponsors:

KidsBooks have come on board to sponsor us. They will give us their KidsBooks bag assist with books. See website for list of sponsors

13. Please check out our website as Ryan has been adding new features. Thank you Ryan. Do not circulate as it is still in draft mode.thereadingbear.ca.

14. Queen Alexandra: I have asked principal Cheryl Matthews if her art students would assist in creating a bear logo.

Home library unit is with the SS at QA, to receive their feedback from parents.

15. I sent a follow-up email to parents and girls from CHS who visited Thunderbird school on December 13th.

Joanne Roussy



THE READING BEAR

Dear Reading Bear Family:

'Tis the Season to YAWN...Here is a mindful practice! This months practice is to “yawn”

Yawn at any time of day, day, evening or night.

Become conscious to yawn.

No need to wait until you feel like it,

Yawn anyway.

Take a deep breath into the lower part of
the belly

Exhale with and “Aaaaah”

Make a big yawn

Do it again

You may continue to yawn naturally

Notice the rhythm of your breath and the
release to your diaphragm - do this for
two minutes.

Yawning brings oxygen into the body
cells and releases tension in the body, an
emotion changing mood. Yawning
changes pH in the blood reducing
toxicity and cleanses the organs.

