

THE UMBRELLA PROJECT

BRIDGEPORT PUBLIC SCHOOL

Did you know that everyone has an umbrella?

This school year, your child will be participating in The Umbrella Project. The Umbrella Project is a curriculum program designed to help your child learn the skills of emotional wellbeing. All classrooms will be focusing on *gratitude, grit, self-compassion, autonomy, mindfulness, resilience, intrinsic motivation, integrity and hope*. Much like an umbrella protects us from the rain, each of these skills forms a piece of an umbrella that protects us from life's rainy days and helps us learn and succeed.

We invite you to follow along with your child's learning journey for each new skill by *subscribing to the Umbrella Project weekly newsletter, facebook group or twitter feed at www.umbrellaproject.co* (go to contact page to sign up), where information, stories, challenges and tips about fostering the skill your child is focusing on in class will be provided. Caregivers have a powerful impact on childhood wellbeing and your participation will support your child's understanding of these important skills.

If you have any questions, feel free to reach out to your child's teacher.

*Life isn't always sunny, and we spend a lot of energy wishing the storm clouds away,
instead of properly protecting ourselves from the rain*



OCTOBER'S UMBRELLA SKILL IS GRATITUDE

October kicked off with an assembly led by Mr. Anderson and Mrs. Sutton's students. Students shared wonderful stories of gratitude and beautiful videos, reminding us to be thankful for what we have and what others do for us.

All students were invited to record what they are grateful for and these tokens of gratitude are posted on the tree of gratitude (shown in this photo), displayed in the school, for all to appreciate.

Subscribe to the Umbrella Project for updates each month: <http://eepurl.com/c62pPn>

Stay connected with school updates and events: brp.wrdsb.ca and

follow us on Twitter @1BridgeportBear