

# Banbury Independent News

## Caring Capacity, not Carrying Capacity

These days, when you look around an average classroom, what you'll see is an environment very close, if not already at carrying capacity. Biologically speaking, carrying capacity is the maximum number of individuals and ecosystem can support. What that generally means for classrooms is filling them with the maximum number of student bodies that can fit in there. Sure, there is space for all of them, but at what cost? A room with 40 students may just be at its carrying capacity, but there is no doubt that that teacher is well beyond his or her caring capacity, where caring capacity is the maximum number of students a teacher can form meaningful connections with.

One of the great things about Banbury is the low student to teacher ratio. Yes, it means more one-on-one support, and it definitely helps with individualizing programs, but, even more important than this, it means that teachers can care about each student. Having that low student to teacher ratio means that teachers aren't exceeding their caring capacity. Being able to learn who a student is, building a trusting relationship with them, and engaging in meaningful conversations about things beyond school work are exceptionally beneficial to both student and teacher, and can only be achieved when a teacher is at or below their caring capacity.

When students feel like their teachers care about them, they are willing to talk to them. This means that students are more likely to go to their teachers if they have questions, or ideas about assignments. It gives students the courage to bring up suggestions about how they feel they should be approaching their learning, and, in some cases, it means students have an opportunity to discuss problems from outside the school, which might be interfering with their ability to perform academically.

You can never underestimate how important it is for teachers to care about students. A while back, I received an e-mail from a former student, who had this to say:

*I would like to say thank you very much for always being so friendly while i was at Banbury Crossroads. When i started attending Banbury i was just coming out of a rough stage in my life and at that time i was still trying to deal with the aftermath. Even now i am still dealing with the aftermath but im glad to say the rebuilding has started. Thinking back on it, the days i was able to get out of bed and attend Banbury was due in major part to your friendliness. You never questioned me about where i had been or what i was doing but you always greeted me with a smile. That is something i can never take for granted because at times the world can seem really cold and nothing else warms my heart like a genuine smile! For that i thank you very much and i hope it will be a continued source of inspiration for me when life starts to get cold again. [SIC]*

Every student deserves to have a teacher who cares about them as a person, who is there to listen when needed, and who will help them develop into the person they will become. At Banbury, the small student to teacher ratio is for more than just academic success. It means that teachers are within their caring capacity, and that every student here is cared about.

By Tara Fry

### Important Dates for February:

- Tuesday, February 10<sup>th</sup> – Elementary students to the Science Centre
- Thursday, February 12<sup>th</sup> / Friday, February 13<sup>th</sup> – PD Day. NO CLASSES
- Monday, February 16<sup>th</sup> – Family Day. SCHOOL CLOSED
- Thursday, February 19<sup>th</sup> – Gr. 2-6 to Chinatown and lunch
- Friday, February 27<sup>th</sup> – Technology Famine



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## Foods Class is Back!

This year, there are two foods classes – junior and senior high – which will be cooking and selling food on Tuesdays and Thursdays.

Check out the message board on the secondary side to find out what will be coming up, and what the cost will be. Information about the Jr Foods class will be posted Friday mornings, and about the Sr Foods class will be posted Tuesday afternoons.

Please keep in mind that food is being sold on a first-come, first-serve basis, and that we cannot guarantee that there will be enough for everyone. It is recommended that anyone looking to buy food still brings a lunch.

Check out the following article from Maclean's magazine:

### **Inside your teenager's scary brain**

**New research shows incredible cognitive potential—and vulnerability—during adolescence. For parents, the stakes couldn't be higher.**

<http://www.macleans.ca/society/life/inside-your-teenagers-scary-brain/#comment-block>

# Technology Famine

## What is it, and why do it?

From 6 pm on Thursday, February 26<sup>th</sup> to 6 pm on Friday, February 27<sup>th</sup>, students, staff, and parents are encouraged to unplug and take part in a 24 hour technology famine. The idea of a technology famine is to go without something that has become crucial to your everyday life, so that for just a brief time, you get an idea of how it feels for others to go without. Additionally, this will allow students to connect through various non-digital means, and to understand that they can make a meaningful contribution to their community and the greater world.

A technology famine is a period of time where you give up digital technology – basically anything with a screen – which includes:

- Laptops and computers
- Gaming devices
- Tablets
- iAnything
- cell phones
- mp3 players
- TVs and movies

Stereos and watches are okay to use.

Those participating in the technology famine will be looking for sponsors. Sponsorship can be done either as a lump sum for completing all 24 hours, or it can be done as so-much per hour.

The money raised by this event will be donated to two charities: The Boys and Girls Club of Calgary, and the Sud Academy. Students involved in the planning of this event wanted to support one local charity and one overseas charity. For more information on these two organizations, check out their websites.

<http://www.boysandgirlsclubsofcalgary.ca/>

<http://sudacademy.net/>

On Friday, February 27<sup>th</sup>, there will be a number of activities happening at the school, which will last until 6:00 pm. Students are not expected to stay at the school until this time, but are welcome to.

Please note that Friday, February 27<sup>th</sup> will be a technology free day at the school. Students should NOT bring laptops, cell phones, mp3 players, etc. with them.

# A GRAND TOUR OF THE UNIVERSE

On Friday, February 6<sup>th</sup>, Dr. David Helfand will be giving a lecture in the Blue Theatre on the above topic. Dr. Helfand is the President of Quest University Canada. He served as the Department Chair in Astronomy for 18 years at Columbia University, and has been recently elected the President of the American Astronomical Society. His topic is based on his knowledge and experience in astronomy. This lecture is described as follows: "Astronomy is unlike other sciences in that there are no experiments we can perform or expeditions we can mount. We are reduced to passively observing the light the Universe sends us, some of which has traveled billions of years before falling on our telescopes. In this light, however, we can read the life cycles of stars and recount the entire history of the cosmos. Replete with colliding galaxies and a flythrough of the Universe set to the Blue Danube waltz, this lecture provides one-stop shopping for a comprehensive tour of all of space and time."

Secondary students, parents and teachers, as well as friends, may attend this lecture. The room only seats 40, so please let the office know if you intend to attend!

## Dear Parents,

**By now, if you have a child in grades 4-12, you should have received a survey in the mail from Alberta Education addressed to the parent or guardian of your child. Please, please, take the 5 minutes it requires to fill it out and then pop it back in the mail! These results are very helpful to us and keep us in line with our responsibilities to the province.**

**As well, for your information, all students from grades 4-12 and all teachers will also be filling out provincial surveys during the month of February. These are done at the school, on line.**

**Thanks for your cooperation!**

**Karen Harrison**



## 35<sup>th</sup> Anniversary Celebration

On May 23<sup>rd</sup>, Banbury will celebrate its 35<sup>th</sup> Anniversary! We will hold a banquet and silent auction, along with some entertainment at the Valley Ridge Golf Course. We will be emailing individuals, and sending invitations. For the time being, I am reminding all Banbury people to please **resume the collection of items for the Silent Auction**. We will be distributing letters to present to potential donors, as well as a list of possible items that would be appropriate donations. In the following month, Diane will be convening a **Parent Meeting**, in which we will divide up some of the tasks involved in this venture. Please speak to Anne or Jacquie or Diane if you are interested in participating in the organization of this event. Otherwise, we shall initiate the conversation. We are excited, and hope that you will enjoy this momentous occasion!

### The Drink Machine Has Been Restocked!

Everyone's favourite vending machine is up and running again. Right now, you can get a nice cold apple juice, orange juice, iced tea or cran-raspberry. Any questions? Ask Daniel.

The Community Education Service is pleased to present a number of sessions in the coming months. Please check out their **newsletter at the following link for more information:**

<https://fcr.ca/albertahealthservices.ca/ces/newsletter/2015-02-newsletter.pdf>