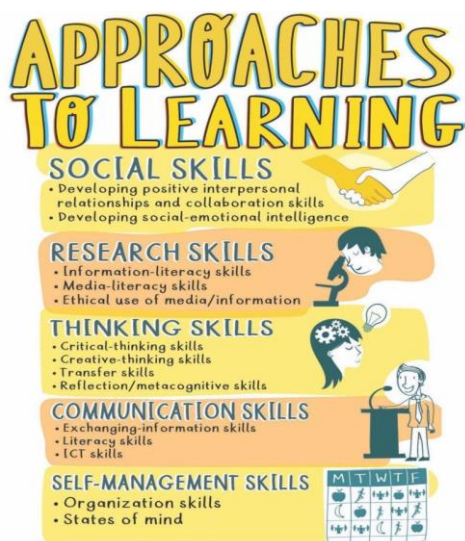


International Baccalaureate

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“Approaches to Learning – It Takes Skills”

All IB programmes focus on recognizing and developing the same five **approaches to learning**: social skills, self-management skills, communication skills, thinking skills, and research skills. Learning how to learn is vital to a student’s education. These five categories of connected skills aim to support students of all ages to become learners who know how to ask good questions, set and chase goals with the desire to reach them. We foster and support the development of these skills by providing opportunities in daily learning experiences at school.



Dedicated to
excellence in
education

Learner Profile

Attribute of the Month

Balanced

As IB Learners, we strive to be **BALANCED**. To achieve well-being for ourselves and others, it's important that we all balance different aspect of our lives. See the practices below to learn more about what it means to be **balanced**.

Practices

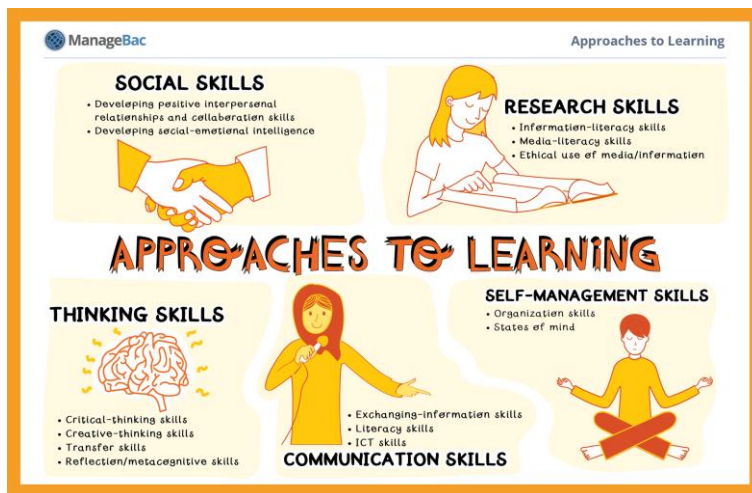
- Eat a healthy diet.
- Exercise regularly.
- Participate in a wide variety of activities.
- Take time for reading, games, drawing and playing.

Community Connections

How can Approaches to Learning be supported at home?

- ✓ Set up your work space. Create a comfortable, productive work space with all of your school materials.
- ✓ Create an organizational system. Create a daily or weekly self-management tool during times when your schedule is new or changeable.
- ✓ Visualize a typical day and set a schedule. Most people do well when they keep to a routine.
- ✓ Practice mindfulness. You aren't zoning out, you're zoning in, taking time to be in the moment so that you can think clearly and peacefully.
- ✓ Be flexible and reach out. Connect with someone who supports you. Communication is the key.

IB Terms and Acronyms You Need to KNOW



Knowledgeable Contest

Wonderopolis.org is a great site for students to inquire and learn about different topics. This site is a place where natural curiosity and imagination leads to exploration and discovery in learners of all ages.

This month's challenge: Use wonderopolis.org to find the wonder of the day #2836 "Who Was Shirley Chisholm?"

The first Parkside IB Learner to submit one of the "Try It Out" activities to Mrs. Lowe will receive a special prize!

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#Getting IB STRONGer
Together !**