



## Elmer Elson ELEMENTARY

### NEWSLETTER - October 2021

Elmer Elson Elementary  
Box 330  
Mayerthorpe, AB.  
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Phone: (780) 786-2268  
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#### ADMIN TEAM MESSAGE

Wow! It is hard to believe that we are through one month of school already.

We recognize that there has been a lot of paperwork for you, as parents, this month. It has been that way for teachers as well. Thank you for your patience, understanding, and time in completing these required forms and in following all the Covid-19 preventative protocols.

The front entrance showcase is being worked on. Each student will have their picture as part of the display to promote school spirit and a sense of belonging.

We thank you for your continued support, patience, and understanding during these unprecedented times.

#### PARENT TEACHER CONFERENCES

We will provide you with more information regarding the booking of appointments later in the month. The dates for parent teacher conferences are:

**November 3<sup>rd</sup> and 4<sup>th</sup>  
from  
5:00 - 7:30 p.m.**

***Please call the school starting October 25<sup>th</sup> to book your appointment.***

#### TERRY FOX SCHOOL RUN



Our staff and students participated in the Terry Fox School Run on September 23<sup>rd</sup>. We are proud to send \$1246.36 to the Terry Fox Foundation to support funding for cancer research.

Thank you for your generosity.

#### REPORT CARDS

Your child's assessments and progress updates will be available for you to view through our student information system "Power School". You will require a log in password in order to access the information. If your child was registered at Elmer Elson last year, you should have received the log in information. If your child is new to the school, we will provide you with the information so you may access their information on line. You will be able to log in anytime and see the progress of your child(ren).

If you need the login information again, please call the office.

#### SCHOOL PHOTOS

**Were taken on September 23<sup>rd</sup>.**



**Retakes are scheduled for  
Tuesday, November 2<sup>nd</sup>.**

#### IMPORTANT DATES TO REMEMBER

**October 8<sup>th</sup>** - Staff Planning & Development Day (No School for Students)

**October 11<sup>th</sup>** - Thanksgiving Day (No School)

## BUSSING

We have had a relatively smooth start to the year with regards to bussing.

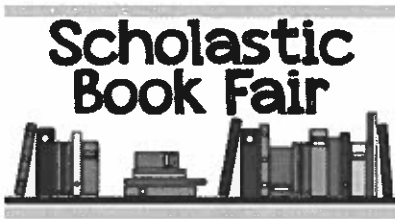
- ⇒ Please do not enter the bus zone between 8:30 a.m. to 9:00 a.m. as well as 3:00 p.m. to 3:20 p.m.
- ⇒ If your child rides the bus in the morning and will not be riding the bus in the afternoon, the driver must be informed. Please contact the driver directly, or phone the school and ask for a bus note.
- ⇒ If your child did not ride the bus in the morning, the driver will not be expecting your child to ride the bus in the afternoon. Therefore, if you wish your child to ride in the afternoon, it is important to inform the school or the driver.

**Please call the school by 3:00 if you are making alternate arrangements for your child unless you have a last minute emergency.** We need time to contact your child's teacher and the bus driver.

## BOOK FAIR RETURNS TO EEE!

We are excited to be hosting both an in School Book Fair and a Virtual Book Fair the week of  
**November 1<sup>st</sup> - November 5<sup>th</sup>**

Please watch for more information in the coming weeks!



## NATIONAL SCHOOL LIBRARY DAY

Monday, October 25<sup>th</sup> marks the 18<sup>th</sup> Anniversary of National School Library Day.



Each year schools across Canada recognize the importance of school libraries and their connection between the school and the community.

## REMIND APP

Thank you to those parents who have already signed up for this app. We use it to inform parents of school activities and events. If you have not signed up yet, you still can join. This will certainly enhance school to home communication and keep you informed about school happenings.

**Enter (587) 316-2959 Text @eesch**

Each classroom also has their own class remind. Please be sure to join so you don't miss out on key information.



## ATTENDANCE POLICY

Please continue to do the screening questionnaire with your children each morning. The updated questionnaire was sent home on bright pink paper.

Thank you for informing the school when your child is absent.

## HOT LUNCH PROGRAM

It's back! Please see the hot lunch note with the meals available to order.

The deadline to order is  
**Thursday,  
October 14<sup>th</sup>.**



## DRIVE AWAY HUNGER CAMPAIGN

In previous years, we have partnered with Farm Credit Canada in support of their "Drive Away Hunger Campaign".

If you would like to make a monetary donation to help support our local food bank, please send it to the school by **Wednesday, October 13<sup>th</sup>.**

## SCHOOL COUNCIL 2021-2022

The first School Council Meeting was held on September 27<sup>th</sup>.

The next meeting is Monday, October 25<sup>th</sup> @ 6:30 p.m. via Google Meets. At this meeting we will establish the executive. Please do not hesitate to join the Council.

## STUDENT SNACK SHOP

Our student snack shop looks a little different than it has in the past to be able to maintain physical distancing protocols. All items remain fifty cents each. Choices may vary at times, but they will include such things as: juice boxes, cheese and breadsticks, puddings, jello, nutigrain bars, Famous Amos cookies, mini Ritz Bits and yogurt tubes.

The snack shop is not intended to provide the students' lunches, but rather add to them. Mrs Rizzoli will be operating the snack shop trolley and it is officially open for business!

## NGPS TECHNOLOGY AND MAINTENANCE FEE

There is a **\$31.50 Technology fee** for students in grades one to six and **\$15.75** for Kindergarten students.

This mandatory fee enables school to keep current hardware for our students.

**This fee must be paid by October 29<sup>th</sup>.**

## HALLOWEEN



Halloween activities will take place on **Friday, October 29<sup>th</sup>** for Kindergarten to grade 6.

The schedule for the day will be further discussed and shared with you later in the month.

## FIRE DRILLS & LOCKDOWN

As parents, you send your children to us with the expectation that they will be safe. At times, circumstances may arise where we may need to put specialized procedures in place to ensure this happens. As such, we practice fire drills and lockdowns throughout the school year. Our school continues to find creative and safe ways to practice fire drills and lockdowns to increase preparedness.



## BREAKFAST PROGRAM

Breakfast is available for students who have not eaten breakfast before they come to school or if they have had a long bus ride and are in need of additional breakfast before school. It is open for everyone!

Students wishing to have breakfast can go to the Community Kitchen when the 8:40 bell rings. It is important for them to be prompt so they are ready for classes at 8:50 a.m.

Due to the high demand for the breakfast program, we always appreciate donations of jams, jellies, cheez whiz, or margarine.

## SCHOOL BOARD TRUSTEE ELECTION

The School Board Trustee Election is happening on **October 18<sup>th</sup>**. Please call the division office if you are unsure of your voting boundaries.

## SCHOOL CASH ONLINE

You can register to pay all school related fees for your child online. Please call the school if you would like assistance with this program.

To register please go to:

**<https://ngps.schoolcashionline.com>**

You may also find the link on the Northern Gateway web page or on our Elmer Elson website under registration.

## HELP WANTED!

### PARENT FUNDRAISING COMMITTEE IS SEEKING MEMBERS



What to expect from joining the Committee?

- Short monthly or bimonthly meetings
- Voting on matters that come to the committee,  
Such as: Funding Requests  
Fundraiser Ideas  
And any other matters the committee decides on.

What are some things the fundraising committee has contributed to in the past?

- The fundraising committee has funded programs or products that benefit our students.  
Such as: Raz Kids, Gym Equipment, Audio Equipment, Busing for field trips, Meal of the Month /  
Breakfast club supplies. Just to name a few.

How did we raise these funds?

- Our school is involved in the Casino fundraiser which gives us a huge leap in providing educational options for our students.
- When required we've had school wide fundraisers.

We have a lot more to give and more to provide to our students. We just need a few more members to join us in making this happen. We will be holding a Meeting October 18, 2021 via Google Meets at 6:00pm. Please contact Falon Boll [fa1onboll@gmail.com](mailto:fa1onboll@gmail.com) or watch Elmer Elson's Facebook page for the link.

## SUPPORTING YOUR ANXIOUS CHILD

In conversations with schools throughout Northern Gateway Public Schools, a theme I have noticed more than ever before is significant apprehension by many students of all ages. Despite the obvious factors why this is the case, the issue of anxiousness is front and centre for many children and their families.

This article is not meant to initiate more controversy, it is simply to give strategies for parents on how to help their children overcome fears. We all know that when fear takes root, it can evolve into anxiety and depression.

If you are feeling lost in how to support your child, here are some guidelines on what to say and do and when to reach out for help.

### 1. Ask Open-Ended, Non Threatening Questions

Let your child tell you the problem when they are ready, not when they are hungry, tired or frustrated. Questions about positive parts of their day will encourage them to look for the good.

- Is there anything you wished were different today?
- Tell me about the hardest part of your day
- What made you laugh?
- What are you thankful for?
- What are you looking forward to tomorrow?

### 2. Listen Attentively

Let your child know you understand, love and accept them no matter what. Knowing they are loved by you helps build inner strength.

- Give eye contact

### **3. Resist the Urge to Rescue Your Child**

No parent wants to see their child struggle or be uncomfortable. It is a natural instinct to jump in to make their life easier. The best way to help your child overcome anxiety is to teach them to deal with it as it comes up.

- Being exposed to new things helps children learn, gain skills and confidence
- Invite them to brainstorm their own solutions
- Encouraging your child to face their fears will build confidence

### **4. Model Healthy Ways to Handle Anxiety**

All parents get anxious from time to time. Some may even have a diagnosed Anxiety Disorder. This is okay! Managing your own stress is the best way to keep your child from picking up on your anxiety. You have likely identified what makes you anxious, how to set up boundaries and when you need professional help. These are all invaluable tools that you can teach your child.

- Do not focus on your specific fears or worries, rather share what you do that helps
- Be aware of your facial expressions, your tone or the words you choose to ensure you convey a neutral demeanor
- Avoid exposure to alarming media and news stories for yourself and your child

**5. Practice Mindfulness For Yourself and With Your Child** - Dr. Jamie Howard, Director of the Stress and Resilience Program of the Child Mind Institute shares two common techniques to try:

- **Squeezing Muscles:** starting with your toes, pick one muscle and squeeze it tight. Count to five. Release and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate). Repeat until you feel your heart rate return to normal.

**6. Stick To a Consistent Routine** - Children thrive on structure and consistency. They feel safe when they know what to expect and have a schedule for meals, screen time and bedtime.

**7. Know When to Seek Professional Help** - Be cautious to not self-diagnose your child. An Anxiety Disorder can only be diagnosed by a trained professional such as a psychologist, pediatrician, or psychiatrist. Begin with an appointment to your family doctor.

Parenting is not always a walk in the park. As a mother of 4 children, I am all too familiar with the burden of supporting a child who is feeling anxious. I wish I could tell you that there is a quick fix, a magic pill, or an easy answer, but I can't. What I know is this: no one loves your child more than you, you are your child's most important teacher and role model, it is a sign of strength to seek help.

*This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers. Tammy has been a registered social worker for over 20 years and is a mother to 3 teenagers and 1 young adult.*

# COMMUNITY PROGRAM

## LEARN TO SKATE PROGRAM

3 YEARS +

\$50 per child – payable to Town of Mayerthorpe

20 maximum

(unless there are more volunteer instructors willing to help)

**WEDNESDAYS 4:15 – 5:00 P.M. (to be confirmed)**

Approximately 10 Sessions

Start Date: October 9, 2019 **(to be confirmed)**

For information call: Joanne St. Martin – Town Office 780-786-2416



### **Mayerthorpe 4-H Beef Club Organization Meeting**

If you are between the ages of 9-21 come out on  
Sunday, October 17, 2021 at 7:00 at the Mayerthorpe Ag. Barn  
for the Mayerthorpe 4-H Beef Club organization meeting for the  
2021 - 2022 year!

If you have any questions or for more information call or text  
Trisha at (780)785-8155.