



Elmer Elson ELEMENTARY

Elmer Elson Elementary
Box 330
Mayerthorpe, AB.
T0E 1N0
www.elmerelson.ca
Phone: (780) 786-2268
Fax: (780) 786-2050

NEWSLETTER - November 2021

ADMIN TEAM MESSAGE

Thank you for continuing to complete the daily screening questionnaire with your children. It is important to stay home when sick for the safety of all. Teachers will provide work to be completed at home to keep students as best connected to learning as they can.

Elmer Elson continues to be a very busy and active school. Our current student enrollment is 287. We are gradually integrating more programs and activities for students as we continue to develop engaged learners, ethical citizens, and empowered youth.

In October we welcomed Mrs. Paquette back to grade five. We also welcomed Dillon, Dayton, and Daniel Tanche-Viney who joined our school family in the month of October.

PARENT TEACHER CONFERENCES

The dates for
Parent Teacher Conferences are:

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

***This is your opportunity to connect
with your child's teacher and be
informed about how they are doing.***

***Please call the school if you would like
to book an appointment.***

STUDENT ACHIEVEMENT REPORTS ON POWERSCHOOL

Regular reporting of student progress is an important aspect of what we do at Elmer Elson. This is done through PowerSchool. To obtain specific details of how your child is doing, please log in to PowerSchool. If you are new to our school or have a child in ECS login information is being sent home today. For parents who logged in last year the process remains the same. You will not need to change your passwords in order to access your child's information. The parent portal is open, so you should be able to access it now and first term citizenship and general comments will be released on November 26th.

If you require assistance in getting set up, please contact the office and we will help you. It is very important that all parents are accessing this information.

STUDENTS ARRIVING LATE or PICKED UP BEFORE SCHOOL DISMISSES

Arriving late to school:

Inform the office that you will be late. Upon arrival, students will enter through the main door. Ring the buzzer on the left-hand side of the entryway. The office staff will let the students in.

Leaving prior to dismissal times:

Parents should call the office upon arrival. For student safety, parents **MUST** meet the office staff at the main doors to sign the children out.

MOVEMBER



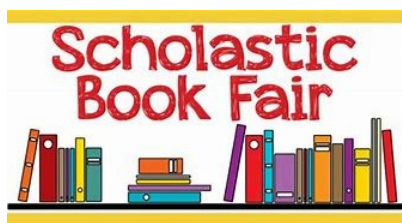
We have decided to participate in Movember and help raise money for cancer research. As such, we will be selling stick-on moustaches on Thursday, November 25th. Students can bring a donation of a loonie, toonie or more for a "stick on" moustache that they will wear throughout the day. All money raised will be sent to the Cross Cancer Society to help find a cure for cancer.

Thank you for your generosity.

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 1st - November 5th**

Please refer to the letter that was sent home last week for more information.



PLANNING AND DEVELOPMENT DAY

Friday, November 10th, will be a Planning and Development day for staff. As such, there will not be school for students.

There will be no school on November 12th as it is a day in lieu of parent teacher conferences.

REMEMBRANCE DAY

Our Virtual Remembrance Day Ceremony will be on Tuesday, November 9th @10:50 a.m. All students will receive a poppy and monetary donations will be accepted for the local legion.



TRADING CARDS

Please remind your children that the trading of pokemon cards, sports cards or other playing cards is not allowed at school.

In our experience, the trading of cards at school usually has negative outcomes.

GRADE FIVE INTERGENERATIONAL PROGRAM

Our grade five students have again partnered with the Auxiliary Hospital for the Intergenerational Virtual Program. We are excited to continue this special partnership through online connections and pen pal letters.

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 @eeesch

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



SCHOOL COUNCIL 2021-2022

We had a great turnout at our last virtual school council meeting on October 25th.

The 2021-2022 School Council was formed.

Chairperson: Falon Boll
Vice Chair: Christina Gilroy
Secretary: Jody McKay
Vice Secretary: Kristin Tomkiewych
School Community Member: Lana Bohnet

Each meeting brings new information and ideas to keep parents in the know. I invite you to come to our next Google Meet Virtual meeting on November 29th at 6:30 p.m. If you have any questions regarding school council please don't hesitate to contact myself, or any other member of the council. We are also looking for new members to join the Parent Fundraising Committee.

Falon Boll
School Council Chairperson

NGPS TECHNOLOGY AND MAINTENANCE FEE

The mandatory technology fee of \$31.50 for full time students and \$15.75 for ECS students is now due. This fee is used towards replacement of devices in schools throughout the division.

Thank you to everyone who has already paid. We kindly ask you to pay this fee as soon as possible.

PHOTO RETAKES

**Photo retake day is scheduled for
Tuesday, November 2nd**

NOVEMBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 In Person Book Fair begins	2 Photo Retakes	3 Parent/Teacher Conferences 5:00-7:30 p.m.	4 Parent/Teacher Conferences 5:00 - 7:30 p.m.	5	6
7	8	9 Remembrance Day Ceremony	10 P.D. Day No School for Students	11 Remembrance Day NO SCHOOL	12 Day in Lieu Of Parent/Teacher Conferences NO SCHOOL	13
14	15	16	17	18	19	20
21	22	23	24	25 Movember Hot Lunch	26	27
28	29 School Council Meeting 6:30 p.m.	30				



Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.

I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. **"I did then what I knew how to do. Now that I know better, I do better."** These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.
2. **Practice self care.** This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your *whole* being: **Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist. **Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner. **Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life. **Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.
3. **You do not have the right to ruin someone else's day.** My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/ cranky/ impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.
4. **Read to your children every day, even when they are older.** My parents were only in their teens when they started their family and my mom was a sponge when it came to learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.

5. **“Listen earnestly to anything your children want to tell you, no matter what. If you don’t listen eagerly to the little stuff when they are little, they won’t tell the big stuff when they are big, because to them all of it has always been big stuff.”** Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.
6. **Be honest...but discerning when talking with your child about yourself.** If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.
7. **Learn how to speak your child’s love language.** Dr. Gary Chapman and Dr. Ross Campbell explain in their book ["The 5 Love Languages of Children"](#) the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.
8. **Comparison is the root of unhappiness** and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.



This article was submitted 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 to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.