



## Elmer Elson ELEMENTARY

### NEWSLETTER - April 2025

Elmer Elson Elementary  
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#### ADMIN MESSAGE

It is hard to believe it is April already and that we are into the final term of the school year.

Thank you to parents who were able to attend Parent Teacher Conferences. Information about student achievement is available on an ongoing basis throughout the year on PowerSchool. Please be sure to check under **Homeroom** to see citizenship marks and individual comments if you have not already done so, in addition to all other subjects. New comments were released on March 17<sup>th</sup>.

It is hard to believe but we have begun to plan for the next school year. Our budget is impacted by student enrollment, so if you plan on moving, or know of families moving in it would be very helpful if you could let us know.

We would like to welcome Kamden and Kobie Lucius, Henry Isabelle and Diyan Sevak who have recently joined our school family.

#### ECS REGISTRATION 2025-2026



On April 3<sup>rd</sup> we are holding our 2025-2026 ECS registration night where we registered students for the upcoming year.

If you are unable to attend and have a child who will be the age of 5 by December 31<sup>st</sup>, 2025 or know of a child who is eligible, please call the school to get a registration package or one will be sent home with older siblings.

As a reminder, a copy of your child's birth certificate and proof of residence (i.e. top portion of a utility bill etc.) that has your legal address on it is required to complete the registration process. Please drop off completed registration packages as soon as possible.

#### MUSIC FESTIVAL 2025

We are excited once again to have participated in the music festival this year.



Mrs. Benson, her school choir, and the grade three classes traveled to Whitecourt to sing in the Whitecourt Rotary Music Festival. Many members of the Choir also sang solos, duets, and trios. Special thanks to Mrs. Benson, Miss Unland, and Mrs. Vankleek for helping to prepare the students for the festival.

On March 12<sup>th</sup> & 13<sup>th</sup>, the kindergarten to six students and the Choral Speech groups performed. Special thanks to Mrs. Feser, Mrs. Rizzoli, Miss Unland, and Mrs. Vankleek for their help preparing the students.

#### SPRING HAS SPRUNG

Our supply of Kleenex is very low so any donations would be greatly accepted and appreciated.



#### SCHOOL START SCHOOL SUPPLIES

We will be offering parents the opportunity to pre-purchase next year's school supplies for their children. This is completely optional for parents and all orders will be delivered directly to parents.

Staff will be reviewing the supply lists soon and more information will follow. The website is [www.schoolstart.ca](http://www.schoolstart.ca) if you wish to find out more information.

A supply list for each grade will also be sent home on the last day of school if you would prefer to purchase your own supplies.



#### BADMINTON ATHLETICS

Grade 5/6 Badminton after school athletics will be starting soon. Stay tuned for more Information.

## STUDENT ABSENCES

This is a reminder to please call the school when your child(ren) are absent from school. We realize this may be burdensome but it is for your child's safety. This way we know where they are when they are not at school.

In the case of a missing child, it would allow us to react quickly.

## EASTER RAFFLE

We plan to organize an Easter raffle again this year where all proceeds will be donated to the local food bank. There will be some great prizes to be won, while supporting a good cause.

Last year we raised a total of \$494.65.



Stay tuned for more information.



## DAMAGED LIBRARY BOOKS

Unfortunately we have seen an increase in damage to library books caused by water, juice, food, mud, etc.

Please help us to keep our books in good condition by reminding your children to keep their books separated from water bottles, juice, or food in their backpacks. It would be helpful to keep a clean grocery bag or large ziploc bag in your child's backpack for this purpose.

In some instances, this is happening to new books the first time they are signed

## EASTER EGG HUNT

A group of staff and our Student Council will soon be planning an Easter egg hunt for the entire student body on April 16<sup>th</sup>.

This is always a memorable day.



## SCHOOL COUNCIL REPORT

Spring has arrived!

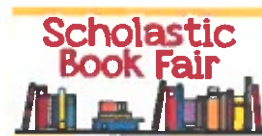
As your school delegate, I will be attending the Alberta School Council Association's annual conference. I look forward to reporting back on what I have learned at the April school council meeting.

We hope everyone had a wonderful spring break. Despite our busy schedules, we hope you can take some time to join our next school council meeting on Monday, April 28<sup>th</sup> at 5:00 p.m. in the EEE staffroom.

Jill Stoney  
School Council Chairperson

## BOOK FAIR

Our recent Book Fair held in March was a tremendous success generating a profit of \$1500.00.



Thank you for continued support of this literary fundraiser. This enables us to purchase new resources for our Library!

We look forward to hosting another Book Fair in the fall.

## BUS ZONE

Please help us keep our students safe by not walking between the parked buses in the bus zone.



We know everyone is busy, but we are asking for your help to ensure the safety of all students.

## PARENT FUNDRAISING SOCIETY UPDATE

Thank you to our Parent Fundraising Committee for your support of:

\$ 1092.00 - Houseleague Shirts  
\$ 610.00 - Track Shirts  
\$ 2601.90 - Skating Fees/Busing  
\$ 2995.88 - Raz-kids, Music Play, Animoto Subscriptions  
\$ 3274.88 - Heggerty Literacy Resources

**\$10,574.66 TOTAL**

The support of the Parent Fundraising Society is essential to run programs in our school.

# APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 April Fool's Day	2	3 2025-2026 ECS Registration 7:00 p.m.	4	5
6	7 Education Week Begins	8 Farm Safety Presentations	9 Farm Safety Presentations	10 Student Celebration Assembly	11	12
13	14	15 K-2 Dental Checks	16 Easter Egg Hunt	17 P.D. Day No School	18 Good Friday No School	19
20	21 Easter Monday No School	22	23	24 Meal of the Month	25	26
27	28 School Council Meeting 5:00 p.m.	29	30 Alberta Musical Theatre Performance 1:30 p.m.			

## Helping Children Manage Big Emotions

I am a trainer for Nonviolent Crisis Intervention which is taught in many NGPS schools. The key component staff learn is how to verbally de-escalate a student who is feeling overwhelmed and struggling to manage their emotions. I believe these same simple and effective strategies can be used at home by parents and caregivers when their child is having trouble staying calm and unable to regulate themselves.

As parents, we all do the best we can, with what we have and know at the time. However, I believe that when we know better, we do better. Our response to our child's misbehavior can have lasting impacts either good or bad. Here are a few suggestions that I teach staff, and have used with my own children.

Our ability to **regulate ourselves** and **remain calm** is crucial. If we lose control, we will likely make the situation worse and say or do things we regret. Model healthy and appropriate emotional expression.

**Do not engage in a power struggle.** Stick to the main issue and **downplay the challenge**. For example, the accusation that "you never let me do anything fun" can turn into a long argument or debate about all that you do for your child, or you can downplay the challenge and focus on the fact that you are not allowing them to stay out past their curfew.

**Praise in public, reprimand in private.** Having an audience (friends or siblings) makes it harder for your child to back down. Correcting behavior in private shows respect to your child and allows them to "save face". Be mindful of what you discuss about your child when you think they are not listening. Let your child overhear you brag about them.

**Set limits with simple, clear and direct language.** When a child is upset, they are unable to process information effectively. The **less words the better**. Be sure any choices you give are attainable and realistic. **Setting clear, consistent rules and consequences** helps children learn self control and personal responsibility.

Use **reflective questioning and validate what your child is feeling**. "I can see that you are angry that you are not able to stay out as late as your friend." **Name the emotion**, talk about what you are observing and help your child identify how their body feels when they feel big emotions. So much of what teachers see in students is an inability to self-regulate. To teach your child how to soothe and regulate themselves is a gift to them and those around them.

**Understanding and utilizing paraverbal communication** is incredibly important. Children are often more attuned to how something is said rather than the actual words. Calm, gentle tones can soothe anxiety, a firm but not angry tone can convey clear boundaries, sarcasm can damage self esteem.

Parenting is a continuous learning process and making mistakes is inevitable. **The power of apologies and asking for a "re-do"** demonstrates humility, honesty and healthy conflict resolution.

**Create a "toolbox" with your child** of strategies and activities for when big feelings come.

talk it out: family members, teachers, pets etc.

physical activity: squeezing a stress ball, running, jumping, tearing up scrap paper, going outdoors, stretching, yoga

creative activity: painting, drawing, coloring, journaling, music

Grounding exercises: deep, rhythmic breathing, naming what they see, feel, hear, touch. Visualizing peaceful scenes or listening to soothing music

Sensory tools: weighted blanket or stuffed animals, fidget toys, soft cozy pillow

When schools and homes create environments that model appropriate expression of feelings and teach how to manage emotions and behaviors, children are equipped with essential skills. These skills will pave the way for success at school, at home and in communities.

*This article was written by Tammy Charko BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and supports and advocates for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children: 1 in high school and 3 in university.*



# CONNECT PARENT GROUP

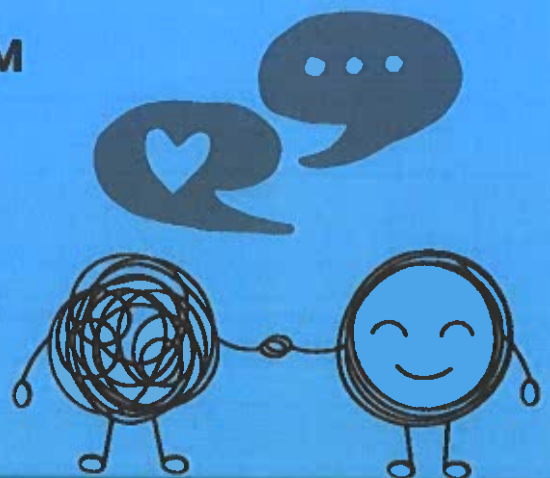
**Connect Parent Group is a 10-week program for parents and caregivers of pre-teens and teens with social-emotional and behavioral challenges.**

## What to Expect?

- discuss shifts and changes that occur in the parent/teen relationship
- learn information about adolescent development
- strategies for responding to challenging behavior and intense emotions
- opportunities to keep the relationship strong and positive!

**WEDNESDAY EVENINGS 5:30-7:30PM**  
**APRIL 2-JUNE 4**

For more information, please contact  
Michelle Robinson at 780-778-8755.



 780-778-3637 to **REGISTER**

 **Allan & Jean Millar Centre - Board Room**  
**58 Sunset Blvd Whitecourt Alberta**

 **@WhitecourtAreaFamilySupportProgram**



Provincial Family  
Resource Networks