

Duchess School Newsletter

Volume 9 Issue 7 <http://duchess.grasslands.ab.ca/>

April 2016

Principals Message

It is so great to be feeling the warm renewal of Spring. It is fun to watch the children's stride lengthen as they run and take in the fresh air. Our Richardson's ground squirrels are up and about after a mild winter and are just as energetic. It has been great to celebrate all of the accomplishments of our winter sports both in the school and community. There is a natural change as sports head from inside to outside and we are so excited to have started up our badminton and to be getting ready for track and field. We want to give a big thank you to all of our staff and community coaches for all of the time they dedicate to developing our athletes. We just experienced an amazing basketball season and it is inspiring to see how much our teams improve in a few short months. We have just heard that Sandy Latrace, a recent graduate, competed in nationals and scored a gold in long jump and silver in triple jump. On that note, we also celebrate past student, Vern Boldick's achievements in his production and direction of a documentary of homelessness on the streets of Saskatoon. Our coaches and parents and teachers couldn't be more proud of our student's accomplishments both great and small! Congratulations to all of our dancers, hockey, ringette, gymnasts and all of our athletes that are showcasing their talents.

I was humbled this week after trying to open a stuck locker in grade 1/2. I tried several times unsuccessfully, and not wanting to bend the door I placed a work order to see if maintenance could help before any damage was done. I had a proud, little girl who turned as she headed out to the door for recess and said to me "You know if my daddy was Principal, he could open up that locker." I was so impressed with the confidence and love she has for her daddy and a little sheepish that there are still so many things I need to learn! We hope you have a wonderful Easter break. Run, climb, skate, swim, and slide. However, you choose to play with your kids, please keep playing and play often. Enjoy every minute and take a few extra this spring.



Looking Ahead

May 2-6 is Mental Health and Education Week! On May 4, Duchess junior high students will head to a relationship fair in Bassano.

Parent Teacher Interviews

You are invited to call the school at 378-4948 to book a parent teacher interview for all grades. The interviews run April 6 and 7, starting at 3:30pm. Report cards were sent home on Thursday, March 24.

Jump Rope for Heart

Our school should be proud of their efforts as they raised \$3,579 for the heart and stroke foundation. Thanks to Deb Schottenbauer and her Wellness Committee for organizing the jump rope day! The kids had a blast!

Graduation 2016

The graduation banquet tickets will be on sale between April 4 and April 15. Grads will be bringing letters home for their parents with more information after the Easter break! More exciting news! Jeffery Enns has been named valedictorian for 2016!

Art lovers

Art classes are being offered by Linda LaRochelle-Wilson at the "Mustang Ranch Artist Retreat", located on the Duchess Highway.

This course will focus on all of your students who would like to brush up on your artistic skills and give you the confidence to complete your school projects.

After school classes will run from 3:30-5:30, Tuesday and Thursday. You can sign up for a 5 day course for \$180.00 + gst. Check out the classes!

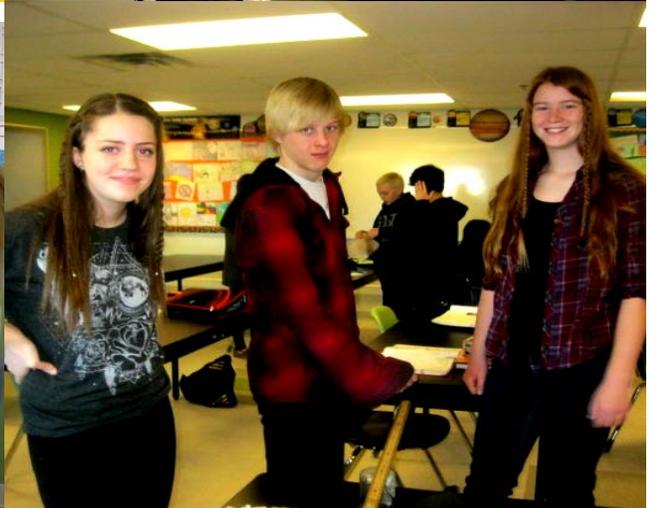
Water colors- Tuesdays for 6 weeks

Acrylic Paints- Wednesdays for 6 weeks.

Pencils and Pencil Crayons- Thursdays, 6 weeks

Class size will be capped at 4-5 students. Kits for supplies will be available for purchase.

Please call Linda at 378-3411 for more information. Fun for all levels of artistic ability!



When Behaviour Escalates

Strategies to Improve Behaviour

April 2016

As hard as it may be, if you can stay calm and in control of your own emotions, you can be a model for your child and teach him to do the same thing.

What needs to be done when there is extreme behavior.

- ✓ Remain calm. Follow your plan.
- ✓ Do not "give in" to the child's demands.
- ✓ Stop talking. If something needs to be said use as few words as possible, reduce your volume, and watch the tone of your voice.
- ✓ Scan the area to ensure that everyone is safe.
- ✓ If there is no threat to the safety of the child, or others, ignore the behavior.
- ✓ Do not get too close to the child. If an out-of-control child feels cornered, he is more likely to attack.
- ✓ Allow the child some time alone to calm down.
- ✓ Avoid having too many adults involved. Only one should have direct involvement with the child.
- ✓ After an incident take time to review what happened.
 - Could it have been prevented?
 - Did you remain in control of yourself?
 - Ask yourself, "What did I learn today?"



Lee Westre, Behavior Specialist

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The first thing we have to do to manage tantrums is to understand them. That is not always as easy as it sounds, since tantrums and meltdowns are generated by a lot of different things: fear, frustration, anger, sensory overload, to name a few. And since a tantrum isn't a very clear way to communicate (even though it may be a powerful way to get attention), parents are often in the dark about what's driving the behavior.

It's useful to think of a tantrum as a reaction to a situation a child can't handle in a more grown-up way—say, by talking about how he feels, or making a case for what he wants, or just doing what he's been asked to do. Instead he is overwhelmed by emotion. And if unleashing his feelings in a dramatic way — crying, yelling, kicking the floor, punching the wall, or hitting a parent — serves to get him what he wants (or out of whatever he was trying to avoid), it's a behavior that he may come to rely on.

That doesn't mean that tantrums are consciously wilful, or even voluntary. But it does mean that they're a learned response.

When tantrums occur, the parent or caregiver's response affects the likelihood of the behavior happening again.

How you react when a child lashes out has an effect on whether he will continue to respond to distress in the same way, or learn better ways to handle feelings so they don't become overwhelming.

Child Mind Institute

Be Proactive!

The first time a child displays extreme behavior the adults do the best they can to handle the situation in an appropriate way.

After it has happened once, the goal is to prevent the behavior from happening again. A plan needs to be created to help the child learn a better way to handle distress.

Having a plan also helps the adults.

Knowing exactly what to do makes everyone feel better.

Resources

How to Handle Tantrums and Meltdowns

<http://childmind.org/article/handling-tantrums-and-meltdowns-whats-a-parent-to-do/>

Managing the Meltdown

<https://www.empoweringparents.com/article/managing-the-meltdown/>

Meltdowns – Part 2 – what to do when someone else is having a meltdown

<http://www.autismdailynewscast.com/meltdowns-part-2-what-to-do-when-someone-else-is-having-a-meltdown/16830/paddy-joe/>

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Growlies Menu Monday- Grilled cheese \$3 Tuesday-Taco 1 for \$3, 2 for \$5 Wednesday- Wraps \$5 Thursday- Baked Mac/Cheese \$4 Baking- \$1, Fruit-\$1, Juice Box-\$1, H2O-\$1, Vitamin Water-\$3, Smoothie-\$2					1 April Fool's Day 	2
3	4 School Resumes!	5 Tasty Tuesday Parfaits and More	6 Parent/Teacher Interviews 3:30-7:00 Call 378-4948 to book an appt	7 Parent/Teacher Interviews 3:30-7:00	8	9
10	11	12	13 Future Day! Dress up in what you want to be when you grow up!	14	15	16
17	18	19 Tasty Tuesday Parfaits and More	20	21 Throw Back Thursday. Listen to announcements for the theme!	22 No School!	23
24	25 No School!	26 Scholastic Book Fair Family Night 8:30-7:00 Dress up as favourite monster	27 Book fair 8:30-5:00	28 Book Fair 8:30-4:00	29	30

Author Comes to Duchess

Marty Chan writes plays for adults and books for kids. His hit play, “Mom and Dad, I’m Living with a White Girl,” has been produced across Canada and presented as an off Broadway production in New York. His thriller, The Bone House, captivated audiences in Edmonton, Toronto, Calgary and Edinburgh! Marty’s novels for kids inspire even the most reluctant readers. Marty will be at Duchess School in our classrooms on April 4th.

We are fortunate to have Marty for the day!

Storyteller Comes to Duchess

Three decades ago while working at a summer camp, Bethany Ellis realized that the young campers didn’t want to listen to the book she was reading. She closed it up and continued to tell a story and found that they readily asked for more. Since then, she’s been taking her tales and music to England, Asia and Africa! She has been recognized with an award for “Outstanding Contributions to Student Learning,” as well as others too numerous to mention! Bethany joins us April 4th!

Parent Requests for Student Placement

Our teachers are preparing for transitions for our students to their fall class placements early in the spring. When we place your child, we look at many factors as we anticipate the varied learners and the best placement for them. We work in collaboration to do our best to balance academic, emotional and social needs. As we are increasing our focus on interventions in literacy and numeracy, we would like to be very strategic in where students are placed to create creative groupings and support all learners.

To this end, if you have an **academically** based request that you feel very strongly about, you can place the request with Mr. Payne for consideration with the grade level team. Otherwise we will not be collecting teacher request forms for the upcoming 2016-17 school year. The deadline for academic requests is May 31st.

Duchess Hockey News!

Duchess Minor Hockey hosted Atom, Tier D, Provincials March 17-20. Great job to all who played and volunteered! Congratulations to the Duchess Pee Wee Storm who won the league banner with the final game 3 being played on Monday, March 21st. Fans lined the bleachers for both events! Great spirit Duchess!



Scholastic Book Fair!

It's time again for the Spring Scholastic Book Fair on April 26-28th. It's the Family Monster Event. Join us here in the school library where you will find books for every person in your family. Don't forget to enter our Family Event Draw on Monday, family day, where you will have a chance to win \$50 in books, \$25 for your family and \$25 for your classroom.

There will be door prizes, guessing games, treat and prizes for all those who come dressed up in costume for family day! Come dressed up as your favourite monster.

Book fair dates are as follows:

- Tuesday, Apr 26- **Family Day** 8:30-7:00pm
- Wednesday, Apr 27- 8:30-5:00
- Thursday, Apr 28- 8:30-4:00

We invite you to share in this celebration of books and reading with us. Did you know that for every \$10 spent at the Book Fair, up to \$6 goes back to the school to buy new books for the library.

Thanks for supporting this very important literacy fundraiser. Mostly, thanks for believing in books and the importance reading has on your child's future.



Duchess Rec Centre

What's going on at the Duchess Rec Centre?

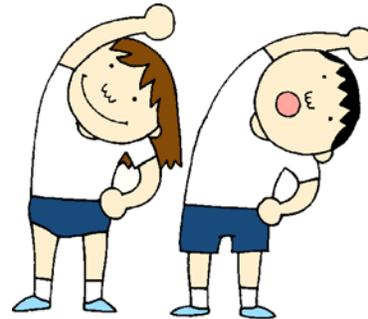
- 4 week introductory session of Zumba with Barb VanEe Starts April 12th
- Kids Classes at 6:00- 6:45pm \$15 dollars for the session
- Adults Classes run from 7-8pm \$20 dollars for session

We are starting another Afterschool program called Spring-a- Palooza! This will begins April 11th and will run for 6 weeks from 3:30pm-4:30pm. The cost is \$55/child.

- Mondays Ages 5-7
- Wednesday Ages 8-10
- Friday Ages 11-13

There will be a "Home Alone Course" on May 28th 9:30am-12:00pm and it's being offered free of Charge sponsored by FCSS but you must call to register as limited spaces available

Register for any of these classes at the Front Counter Duchess Recreation Centre or call 403-378-3311 for more information.



Our junior/senior high student council is thinking up a theme for a Throwback Thursday, dress-up day on April 21st! We will announce their theme as soon as they decide. Stay tuned!

Elementary student council has called April 13th as "Future Day". Come dressed up as what you want to be when you grow up!

All students are encouraged to have fun with both dress-up days!

Student Council are also trying to organize a dance for junior and senior high! Please watch for posters around the school as they will get posted as soon as it is decided!



Citizen of the Year!

Congratulations to Mrs Debbie Schottenbauer for being selected for the city of Brooks and surrounding area, Citizen of the Year. This award is prestigious and quite often it is awarded to people twice Deb's age. That just goes to show you that you can make a difference at any age! She works tirelessly at promoting health and wellness and shows up everywhere with a smile as big as Texas! We are all so very proud that you were chosen for this award!