

Duchess School Newsletter

Volume 16 Issue 6 <http://duchess.grasslands.ab.ca/>

February 2017

Administrator's Message

February marks the mid-point of the school year and with this it provides the opportunity for everyone to reflect on the school year thus far. As semester 1 ends and the second begins, this is a great time for students to look back on their performance from the first half of the year and set some personal goals for the remainder of the year.

For our students to experience full academic success, it is critical that they are arriving at class ready to learn which includes getting a good night's rest, eating a nutritious breakfast, arriving to class on time, completing their assignments and diligently preparing for assessments.

Another important aspect of student success is regular communication between home and school.

Please do not hesitate to contact your child's teacher if you have any questions or concerns regarding any school matter. We greatly appreciate your support in helping your child reach their full potential. If you ever need to contact us (Mr. Scholz or Mr. Lachapelle), please do not hesitate to call and set up a meeting.
Shawn Lachapelle Vice-Principal

Way to Go Eagles!

Duchess School has some great athletes coming along in junior high school! Both junior and intermediate teams brought home first place finishes this past weekend. Congrats to Coach Deb Schottenbauer and her junior boys: Sheriff Grove, Gunnar Grove, Rylan Beasley, Ben Schottenbauer, Carter Peers, Coy Entz, Jaxxon Pavka, Kade Nakamura, Eric Dang, Sam Hazelwood, Nathan Butters, Jeremy Aleman, Zak Vikedal, Avery Ibach, Aidan Valin.

Intermediate girls won at Berry Creek School: Coaches Miss Getz, Miss Fletcher and Miss Degenstein and their girls: Shelby Gilborn, Jordan Rath, Karina Anderson, Alia Hall, Hallena Thiessen, Erin Olivier, Madison Hnatiuk, Makayla Rath, Nicole Fritz.

All basketball teams will be entering the last half of their season. We are proud of your commitment already so finish it off with a bang!



Brooks Bandits

This is a highlight for many of our students each year. The Bandits will be coming out for a Read and Skate in February!

Grade 1-2's – February 13th - 1:30-2:30pm.

Grade 3-4's – February 14th – 1:30-2:30pm

Student Council Feb Events

- February 1- K-12 Pajama Day (This event will run on the first day of the remaining months February through June!)
- February 7-10- K-12- Council will be in the flex area selling Valentine Surprise Grams and Cupcakes. Each surprise is \$1.00. Each student can choose a friend that they wish to send the surprise or cupcake to on Valentine's Day.
- February 13-17- Valentine Pin Game for **JR/SR HIGH** students. Prizes will be given out to the winners.

WE Events

There will be a local initiative for Valentine's Day- They will be making Valentine Cards for the elderly, both in retirement homes as well as the hospital. We want to encourage all students and families to make a handmade Valentine and bring it in. All donations of homemade cards must be handed in by February 13th.

Junior and Senior high Athletic and Academic Awards

We were pleased to recognize many students this past week for their achievements in sports and academics. We will continue into spring and offer certificates at another assembly for the rest of the year's efforts. This is slightly different than in year's past and we are very excited to see the students get recognized for their daily and monthly work whether it's in the gym or in the class. We celebrate all students who consistently try their best.





How to Help Your Anxious Child

Strategies to Improve Behavior



Graslands
Public Schools

Tips for parents

from Anxiety BC

Listen!

Make sure you take the time to listen to your child's thoughts and feelings. Simply feeling heard can be very helpful to your child.

Normalize!

It is important to let your child know that he or she is not alone. Lots of children have problems with anxiety.

Educate!

Let your child know that anxiety is normal, harmless, and temporary.

Model it!

Model facing fears by doing some of the feared challenges yourself, or even tackling your own fears. This can help to provide support and encouragement. Motivate your child through supportive coaching. However, be careful not to push your child too far too fast.

Tolerate!

Resist giving excessive reassurance, or letting your child avoid challenges or escape scary situations. While it's hard to see your child feeling anxious, learning to cope with anxiety is a critical life skill.



Lee Westre, Behavior Specialist
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Does any of this sound like your child or teen?

- Clinging, crying and/or tantrums when you separate
- Excessive shyness, avoiding social situations
- Constant worry
- Avoiding situations or places because of fears
- Complaints of frequent stomachaches or headaches
- Experiencing sudden and frequent panic attacks

If you answered yes to any of these statements your child may be experiencing **anxiety**.

As a parent of an anxious child, you are not alone.

Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents over the lifespan. Anxious youth are often quiet and well behaved, and thus frequently go unnoticed by their parents, teachers, and coaches. Alternatively others can be disruptive and act out, being labeled as having attention deficit disorder or being a "bad" kid. Both scenarios result in youth failing to receive the help they desperately need. Sadly, untreated anxiety can lead to depression, missed opportunities in career and relationships, increased substance use, and a decreased quality of life.

The good news: Anxiety can be successfully managed!

Parents play an essential role in helping their child or teen manage anxiety. When coping skills and brave behavior are rewarded and practiced in the home, children and teens can learn to face their fears, take reasonable risks, and ultimately gain confidence.

Resources

Anxiety 101: What You and Your Child Need to Know About Anxiety
<https://www.anxietybc.com/parenting/anxiety-101>

ABCs of Anxiety
<https://www.anxietybc.com/parenting/abcs-anxiety>

Addressing Excessive Reassurance Seeking
<https://www.anxietybc.com/parenting/addressing-excessive-reassurance-seeking>

Anxiety at Home
<https://www.anxietybc.com/parenting/anxiety-home>

Red Flags for Anxiety: What's Normal, What's Not?
<http://www.worrywisekids.org/node/43>

GRAD PORTRAITS

Grad Photos by Lifetouch are on Thursday, February 9th in room 177 here in Duchess School.

Bookings should be made online. Please see Mrs. Dollin for information. Please note that there is a \$40.00 sitting fee to be paid at the time of the pictures being taken.



CLUB MOO

Mrs. Garthwaite brought it to our attention that Duchess School had an honourable mention in the “Club Moo” magazine for having been a participant of that program for the past 30 years! Isn’t that amazing? Way to go Duchess! Tilley School also boasted 30 years!

Basketball News!

We would like to give a big shout out to our dedicated basketball coaches who show up for practise and games without fail! Without them, we wouldn’t have the program that teaches kids how to be a part of a team, skills and gives them a sense of belonging to something! Thanks to Alan Lutes, Mr. Roth, Mr. Scholz, Deb Schottenbauer, Miss Getz, Miss Fletcher and Ms. Degenstein.

We are all part of the Eagles team whether we are playing, coaching, reffing or spectating! Go Eagles!

Basketball Fees

Basketball fees are due! Fees are as follows:

Sr teams- \$120.00

Jr teams- \$80.00

Any players who have not paid up or made alternate arrangements will be receiving a reminder notice in the next week or so.

Thanks for your attention to this matter.

Duchess Public Library News

The Duchess & District Public Library will be changing the time and day for Storytime. Storytime and a craft will now be on Thursday mornings from 10:15 am to 10:45 am starting February 2, 2017.

The Library still has room for the After School Rules program on February 3, 2017. Please come in to sign up for this activity.

Board Bits

- Superintendent David Steele is retiring at the end of August. The board hopes to be interviewing by March and hiring by spring.
- Assistant Superintendent Kathleen Jensen is also retiring at the end of August. The board will also start the process to fill that position.
- The 2017-2018 school calendar is being reviewed and they are looking for feedback from the public. Please check it out on the Grasslands Public Schools website. It has to be approved by the end of February.
- The Board is looking for feedback on **Policy 610, which is the school closure policy**. There are NO plans to close any schools, but the Board wants to have a policy in place, if such a scenario does arise.
- With **Family Day** and **Teacher’s Convention** falling in the same week, along with the two lieu days in the middle of the week, students in the Grasslands School District receive a nice mid-winter week off, something many other students in the province do not.
- **Education Minister David Eggen** is planning a meeting with the Grasslands Board of Trustees in the month of February.
- **The Grasslands Board of Trustees** always welcomes input and feedback. Upcoming policies, along with the board meeting dates and agendas are posted on our website at www.grasslands.ab.ca.
- **As the new semester begins**, this will be the final months for many Grade 12 students, who will graduate this spring.

Grasslands
Public Schools



Jr/Sr High Awards

Junior Cross Country

Hustle- Shelby Gilborn
Sportsmanship-Rylan Beasley
Most Improved-Dylan Jensen
Most Valuable-Carter Peers

Senior High

Hustle- Madison Gilborn
Most Valuable- Erin Olivier

Jr Girls Vball

Hustle- Haven Berg
Sportsmanship-Shelby Gilborn
Most Improved-Kristina Jensen
Most Valuable-Lyndsey Peltzer

Jr Boys Vball

Hustle- Coy Entz
Sportsmanship- Carter Peers
Most Improved- Kade Nakamura
Most Valuable- Ryan Drake

JV Girls Vball

Hustle- Erin Olivier
Sportsmanship-Sage Norman
Most Improved- Dailynn Meadows
Most Valuable-Brooke Davidson

Senior Girls Vball

Hustle- Taylor Cameron
Sportsmanship- Bryanne Peltzer
Most Improved- Talyn Brear
Most Valuable- Madison Schnieder

Option Awards

Jr High Art

Artistic Achievement-
Gr 9- Dailynn Meadows
Gr 7-Macie Fenske
Gr 7Haven Berg

Sr High Art- Gr 10 –Elena Anderson
and Kalina Quinton

Gr 11- Odessa Kopp
Gr 12- Erin Rommens

Jr High Rock Band

Most Improved- Makayla Rath
Top Musician- Deagan Swanson

Sr High Rock Band

Most Improved- Kytt Henry
Top Musician- Cole Petkau

Jr High Foods

Most Improved Chef-Brady Antle
Top Chef- Quinn Vikedal

Sr High Foods

Most Improved- Kendra Hnatiuk
Top Chef- Kessa Tanghe

Jr High French

Meilleur Etudiant- Karina Anderson

Jr High Photography

Quinn Vikedal,
Joely Petkau

Jr high Digital Media

Top Students- Owen Buck
Austin Johnson

FEBRUARY 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|--|---|
| <p>*** Feb- June 2017- First day of the month will be Pajama Day ***</p> | | | <p>1 K-12 Pajama Day!</p>  | <p>2 Groundhog Day! Happy Groundhog Day!</p>  | <p>3 Pizza Day \$2.50/slice</p> | <p>4</p> |
| <p>5 **Growlies Menu will be posted on the website when it has been determined**</p> | <p>6</p> | <p>7 Winter Walk Day- 11:00</p>  | <p>8</p> | <p>9 Grad Photos Room 177</p> | <p>10 Gr 5-8 Ski Trip to Elkwater Pizza Day \$2.50/slice</p> | <p>11 Jump Rope Kickoff</p>  |
| <p>K-12 Valentine Surprise Grams and Cupcakes in Flex \$1.00 </p> | | | | | | |
| <p>12 Brooks Bandits Come to read and skate with Gr 1-4 Feb 13-14</p>  | <p>13 WE Deadline for homemade Valentine Cards</p> | <p>14 Valentines Day</p>  | <p>15</p> | <p>16</p> | <p>17 Pizza Day \$2.50/slice</p> | <p>18</p> |
| <p>Jr/Sr High Students- Valentine Pin Game- Mon-Fri</p> | | | | | | |
| <p>19  Spend some time with loved ones</p> | <p>20 FAMILY DAY</p> | <p>21</p> | <p>22</p> | <p>23</p> | <p>24</p> | <p>25</p> |
| <p>No School for all students! Family Week! </p> | | | | | | |
| <p>26</p> | <p>27</p> | <p>28</p> | | | | |

