

Duchess School Newsletter

Volume 16 Issue 2 <http://duchess.grasslands.ab.ca/>

January 2017

Principal's Message

With great joy I send you season's greetings. This has been a wonderful and exciting year at Duchess School. Our students are working hard in their classes and enjoying the many activities we have had this year. Our teachers are dedicated to their students and are taking on many new and exciting methods with which to engage and challenge them. The support from our Parent Advisory Council, and our many dedicated parent volunteers has never been stronger. And our staff members who have wholeheartedly dedicated themselves to supporting our mission of providing the very best educational environment for students are fabulous. We feel privileged and honored to be able to work in this supportive and amazing community. We are grateful for your help, trust, input and desire to make Duchess School the best environment for our children.

I thank you for allowing us to be a part of your child's life. I never take for granted the opportunity and responsibility to help them in their growth and development. Yet, what warms my heart the most is when I see our students smiling, laughing and clearly enjoying themselves in this safe and caring school community.

This is the time of year for rejoicing and for rededication. I truly hope you will have the time to spend with those people in your life that mean the most to you and enrich your life. Please give yourself the time to recharge your spirit, and rededicate yourself to the people and causes that mean the most to you.

Happy holidays!

Bert Scholz

The Kidney Stones

The Duchess School high school rock band named "The Kidney Stones", are putting on a concert at the Duchess Hall on Thursday, January 12th at 7:00 p.m. Please consider this your invitation! Come out and cheer on your friends and hear the tunes they've been working on since September!

Brooks Music Festival

The 2017 Brooks Music Festival will run from March 26-31 with the final concerts on April 4-5. Registration will be held at the Brooks Alliance Church (outback building) on Friday, January 20 from 3:00-8:00 p.m and Saturday, January 21 from 9:00-12:00pm. The festival is a workshop style where performers will get positive feedback from highly qualified adjudicators. Entries are accepted in piano, choir, strings, guitar, instrumental solo, band, vocal, musical theatre, solo speech and choral speech. Open to all ages and skill levels. Registration form and information is available at www.brooksmusicfestival.ca

Grade 5 and 6 Honour Roll

Way to go!

Grade 5

| | |
|----------------|-----------------|
| Keegan Stenger | Brooke Slaney |
| Aaron Bauer | Bryce O'Hara |
| Kai Davidson | Zari Lauber |
| Kaylee Steidel | Hailey Thompson |
| Bexson Fox | |

Grade 6

| | |
|------------------|----------------|
| Spencer Hamilton | Taylor Coderre |
| Jesse Hamilton | Cooper Wohlers |
| Brady Anderson | Kwynn Fenske |
| Isaiah Porter | Emily Butters |
| Kennedy Stenger | |

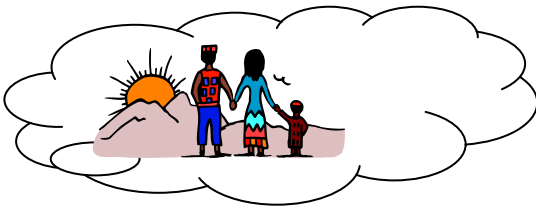
We are Eagles Proud and Strong!





Posed with Olaf are our athletes of the week!
Jack Schottenbauer Drew Thompson
Emily Butters Hailey Thompson
Megan Aleman
Thanks for sponsoring T-shirts, Frontier!





Skills your Children Absolutely Need

Strategies to Improve Behaviour

We must prepare our children for the future.

According to the Conference Board of Canada, Social Skills that can be applied and used in a range of daily activities are also needed to enter, stay in, and progress in the workplace.

Identified by employers as Social Skills their employees need include the ability to:

- communicate effectively
- get along with others
- solve problems
- embrace Teamwork

Tips for parents

Kids' play is the foundation for all kinds of skills – including sharing, negotiation, collaboration and deferred gratification – that will carry over into adulthood.

- ✓ Turn off the TV, the DVD Player, the Video Games, and the Computer
- ✓ Create opportunities to socialize. Do things together.
- ✓ Teach your child the skills he/she needs to learn to successfully play with other kids.
- ✓ Arrange play dates, and guide the play.
- ✓ Remember: kids learn skills best when you SHOW them what it looks like. Don't just say the words.



Lee Westre, Behavior Specialist
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Vanderbilt University found the top 10 social skills kids need to succeed in school, based on surveys of 8,000 elementary teachers and two decades of classroom research, are:

- Listen to others
- Follow the steps
- Follow the rules
- Ignore distractions
- Ask for help
- Take turns when you talk
- Get along with others
- Stay calm with others
- Be responsible for your behavior
- Do nice things for others

These might seem like social skills promoted just to turn out "nice girls and boys" who earn the "gets along with others" check on their report cards, but they're fundamental behaviors that help kids succeed (not just survive) in a world that emphasizes social norms. The goal isn't just to make them cooperative, but to hone their social GPS so they can both advocate for themselves and care for others.

<http://lifesacker.com/how-can-i-help-my-kids-develop-better-social-skills-1557575829>.)

Few children, if any, are born with the desire to share or cooperate with others. Cooperation is a trait that needs to be taught. The home environment is one of the best places to start. Teaching young children to cooperate and share can be a challenge. Strong-willed children have a mind of their own and sharing is not usually one of their greatest virtues. Learning this trait, however, will greatly benefit kids as they grow and will be of great value once they transition into adults.

Resources

25 Alternatives to What'd You Learn In School Today?

<http://www.teachthought.com/pedagogy/25-alternatives-whatd-learn-school-today/>

Teaching children to cooperate

<http://extension.psu.edu/youth/betterkidcare/early-care/our-resources/tip-pages/tips/teaching-children-to-cooperate>

Teaching Kids The basics of Cooperation

<https://nobullying.com/cooperation/>

January Semester 1 Final Exam schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|-----------------------------|---|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 English 30-1 and English 30-2 Part A 9:00 am | 17 Social 30-1 Social 30-2 Part A 9:00 am | 18 | 19 | 20 | 21 |
| 22 | 23 English 30-1 English 30-2 Part B 9:00 am | 24 Social 30-1 Social 30-2 Part B 9:00 am | 25 Math 30-1 Math 30-2 9:00 am Final day of classes for Sr high students | 26 Biology 20 1:00 pm | 27 Social 10-1 Social 10-2 9:00 am Chemistry 20 1:00pm | 28 |
| 29 | 30 Science 10 9:00 am Social 20-1 Social 20-2 1:00 pm | 31 Semester 2 begins | | | | |

Honour Roll Grade 7

| | |
|-----------------|-------------------|
| Karina Anderson | Rylan Beasley |
| Paige Bergquist | Eric Dang |
| Macie Fenske | Shelby Gilborn |
| Kristina Jensen | Dahves Lauber |
| Kade Nakamura | Jaxxon Pavka |
| Carter Peers | Jesse Plumer |
| Graycee Porter | Ryan Drake |
| Jordan Rath | Ben Schottenbauer |

Merit Award

| | |
|-----------------|-----------------|
| Phoebe Fossum | Elizabeth Ibach |
| Ciara Nicholson | Zak Vikedal |

Honour Roll Grade 8A

| | |
|--------------------|--------------------|
| Nathan Butters | Brett Jones |
| Carson Kuhn | C.J. O'Hara |
| Lyndsey Peltzer | Joely Petkau |
| Kyra Steidel | Hallena Thiessen |
| Dylan Trembecki | |
| Merit Award | |
| Patrick Peters | Kirsten Williamson |

Honour Roll Grade 8B

| | |
|---------------|---------------|
| Avery Coderre | Abigail Dame |
| Sheriff Grove | Hannah Gurski |
| Janae Hansen | Sam Hazelwood |
| Daniel Porter | |

Merit Award

| | |
|----------------|--------------|
| Haven Berg | Alia Hall |
| Austin Johnson | Bennett Owen |
| Aidan Valin | |

Honour Roll Grade 9B

| | |
|-----------------|------------------|
| Kyle Bergquist | Nicole Fritz |
| Adam Grimshaw | Dylan Jensen |
| Brianna Kuhn | Sofia Livingston |
| Dailynn Meadows | Will Stroud |
| Deagan Swanson | Quinn Vikedal |

Merit Award

| | |
|----------------|--|
| Alexander Rice | |
|----------------|--|

Honour Roll Grade 10 B

| | |
|--------------------|-----------------|
| Kaitlyn Franklin | Deirdre Hackett |
| Jessa Hansen | Trey Lukye |
| Sage Norman | Spencer O'Hara |
| Dani Payne | Sydney Peers |
| Bryanne Peltzer | Kalina Quinton |
| Merit Award | |
| Payton Ion | Mason Schnieder |

Honour Roll Grade 12

| | |
|-------------------|----------------|
| Julia Anderson | Kade Brear |
| Taylor Cameron | Erika Declercq |
| Carlos Howey | Sammy Lauber |
| Zack Miller | Dallis Olivier |
| Helena Peters | Erin Rommens |
| Madison Schnieder | Brooke Schock |
| Kessa Tanghe | |

Honour Roll Grade 9A

| | |
|--------------------|-----------------|
| Erin Olivier | Makayla Rath |
| Merit Award | |
| Zane Douglas | Madison Hnatiuk |
| Nate Hoffman | Sade Lauber |
| Jayden Whitrow | |

Honour Roll Grade 10 A

| | |
|-----------------------|---------------------|
| Elena Anderson | Brooke Davidson |
| Madison Fernell | Abby- Jean Franklin |
| Madison Gilborn | Koda Henry |
| Taylor Morishita | Dylan Nakamura |
| Cole Petkau | Victor Valin |
| Abigail Van De Kraats | Emma Weber |
| Tegan Yarkie | |
| Merit Award | |
| Isabel Dang | |


Congratulations to the following folks who were winners in the school-wide turkey draw!

Thanks to our Wellness Committee who found 15 generous community members to donate turkeys!

| | |
|-------------------|--------------------|
| Mrs Sandra Kimmel | Alexandra Valin |
| Miss Lord | Charlie Mickler |
| Patrick Peters | Sage Larson |
| Mason Beasley | Kale Stinson |
| Chloe Bedarf | Cadence Bunney |
| Maya Manderscheid | Justin Jones |
| Teghann Charest | Kirsten Williamson |



January 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-------------------------------|---|--|---|---|------------------------------|
| 1 Happy New Year!! | 2 School Resumes! | 3 Taco in a Bag | 4 Baked Mac and Cheese | 5 Spaghetti Meatballs | 6 Pizza Day \$2.50 | 7 |
| 8 | 9 Fettucini Alfredo | 10 K-12 Crazy Hat or Hair Day  Hot dog Day \$2.00 | 11 Butter Chicken | 12 Sr boys Bball home game 7:15 Vs Vauxhall Perogies "Kidney Stones" perform at Hall 7:00pm | 13 Pizza Day \$2.50 | 14 |
| Crazy Hat or Crazy Hair Day Students can nominate the student with the craziest hair and the winner will get a gift card! | | 15 | 16 Tomato Soup and Grilled Cheese Sand | 17 Taco in a Bag | 18 Gr 7-12 Gym Blast Chicken Stir Fry | 19 Chicken Pot Pie |
| 20  Pizza Day \$2.50 | 21 | 22  | 23 Chicken noodle soup and Grilled Cheese Sand | 24 Hot dog Day \$2.00 | 25 Lasagne | 26 |
| 27 Pizza day Sr Boys Bball to Rosemary Tourney. Come to Rosemary and cheer. | 28 | 29 | 30 | 31 Semester 2 begins Jr /Sr Sem 1 Awards 8:45am Sr boys Bball Home game 7:15 |  | |