

Duchess School Newsletter

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June 2016

Principal's Message

This year has flown by and we are so excited for summer to arrive. Our students have been drawn to the windows as summer plans coalesce. Perhaps it's the many gophers we have had this year, or the sounds of our rock band students, or the greenhouse plants stretching to the ceiling, but there have been lots of great memories. We have laughed during Gym Blast, cheered during our home games, and felt connected at our Christmas Family Night. It has been a year where steps become lighter, friendships closer, and smiles a little wider. We are so happy with how great our athletics, fine arts, and academics programs have gone this year for our students. We are proud of our grade 12 graduates and wish them the best in their future plans.

We have had a year when we've seen empathic students rise to the challenge; from creating safe spaces during Acceptance Day, to selling rock collections for families from Fort McMurray. We've seen in the eyes of our children caring, selfless acts of service. We've been inspired by the friends who reach out to lift and comfort someone who is experiencing a challenge and we are impressed by our staff and community who model the courage it takes to think outside themselves, from the volunteer firefighters who leave their families to put out fires up north, to the community volunteers who build confidence and skill in a child. We have been taught by our parents and teachers that everyone can do their best learning and no child should be hungry as we launch our Breakfast For Learning Program.

Thank you for your help raising kind, aware, and selfless children. We are so excited when they mobilize and work to eliminate racism, bullying, hunger, or loss.

We look forward to many years of awe as we watch our student's realize more of their potential to be a generation that looks beyond themselves and learns that we receive more in service to others than we can ever accumulate alone.

It has been a season of change for our staff. We have shared smiles with the growing families as proud moms take a year to spend time with new little ones. Congratulations to Mrs. Graham, Mrs. Henke, and Mrs. Goodheart for their new little additions (all girls!).

We say farewell to staff that have served without seeking thanks and have given their talents to help lift their students. We will miss you Mrs. Owen and Mrs. Kimmel! We are sad to say farewell to Mrs. Adams-Smith, Mr. Mendenhall and Mr. Prins who will be sharing their love of learning with new schools. Welcome to our new staff next year Mr. Scholz (Principal), Mr. Lachapelle (Vice-Principal), Mr. Wardrop (Art and Humanities), Mr. McKinney (PE), Mrs. Walberg (returning-Humanities and Student Services), Miss Wegner (gr 3/4), Miss Degenstein (Math/Science) and we still have a few more positions to fill. We are unsure of what new changes we will face, but we are confident that we will meet them with love and caring and that we will be so fortunate to work with your little ones from K-12 in the fall. Thank you for all that you do to build this beautiful community and wonderful children. I have accepted a transfer so that our family can be closer to aging parents. We are so grateful for the many opportunities we have been given here to learn and grow. There is a wonderful feel to this tight knit, family centered community that we build. It has truly been an honor to serve you. Farewell and have a great summer!

Spring BBQ

This Thursday, June 2, 4-6:30, we are hosting our BBQ and there will be games, dunk tank, craft tables and of course hot dogs, hamburgers, chips, juice and water.

Please send in your donations to help make this a success!

K, 1, 2- package of 10 juice boxes

Gr 3/4 – 1 big bag of chips

Gr 5/6- 1 case of bottled water

Gr 7- 1 pk of paper plates or napkins

Gr 8- 1 Ketchup or mustard

Gr 9- 1 pkg of hot dog buns

Gr 10- 1 pkg of hamburger buns

Gr 11- ½ burger buns, ½ hot dog buns

Gr 12 – pkg of cheese slices

Everyone is invited and what we need you to bring is a lawn chair or blanket and a big smile! 😊

Congratulations to our grade 12's who took part in their commencement ceremony on May 7th. Good luck in your future endeavours and we hope you fondly remember your time here at Duchess School! Now to study...



Top L to R: Caylin Aleman, Gina Berg, Brandyn Dahl, Antonia Declercq, Jeffery Enns, Zach Glisson, Jamie Hackett
Mid L to R: Garrett Harris, Alex Melnychuk, Landen Morishita, Joel Musgrove, Mackenzie Jennings, Theresa Phair, Kealy Pierson.
Bottom L to R: Ryan Schnell, Shelby Tripp, Peter Wieler



Duchess Minor Hockey

I've been asked to put this in but it goes against everything I've been waiting for (like spring and summer). They are already having an early registration night for the 2016-17 hockey season in Duchess. Early registration will take place on June 22 from 6-8:00pm in the Duchess Arena. Register early and save \$50.00.



Duchess 4-6 Elementary Invitational Track Meet

It's a fun-filled day of athletics, competition, and a chance to meet friends from other schools as Duchess hosts a grade 4-6 track meet with students from Bassano, Rosemary, Tilley, Rainier, Gem and Rolling Hills and of course Duchess.

There are plenty of chances to cheer your friends on, and please remember to bring bug spray, sunscreen, coat, a hat and a water bottle!

Swimming lessons!

June 6-9

- Grade 3/4- Mr. Mendenhall 9:15-11:15
- Mrs. Adams-Smith 10:15-11:15
- Mrs. Hoffman- 11:15-12:15

2015-2016 Yearbook

We are still trying to firm up our numbers to make an accurate order for this year's yearbook; 2015-2016. If you haven't already purchased one, please stop by the office or purchase it online through "School Cash." Follow the links through the Duchess School website.

Junior/Senior High Dance

There will be a school dance for grades 7-12 in the gym on June 7 from 7:00-10:00 pm. All invited guests from other schools must be signed up prior to the dance. You are responsible for your guests that they act and dress appropriately for the dance. Admission is \$2 and a non-perishable food item. Proceeds will go to the Breakfast for Learning program, here at the school.



Way to go Eagles! Our Dime Drive for Ft McMurray raised and matched for a total of \$1020.50!

Field Trips

- Grade 8- June 9- To Lethbridge to Yuko Japanese Gardens
- Gr 7- June 10- Police Point Park Medicine Hat
- Kindergarten- June 10-Both groups to Dinosaur Park
- Gr 3/4- June 10- Calgary Zoo
- Grade 5/6- June 17pm to Bassano Dam
- June 23 to Heritage Park

Elementary K-2 Sports Day

We will be having a small Sports Day for our kindergarten to grade 2 on Thursday, June 23rd. It is a chance for them to show their skills and enjoy being outside for the day. As was mentioned in the other track subject, please remember the necessities of being outside all day.



Newell Sailing Club

There will be a kayaking and stand up paddleboard clinic at the Newell Sailing Club on Saturday, June 25. Beginner kayaking classes are full but you can add your name to a cancellation list. If you've done a Level 1 class or have kayaking experience, there's room in Level 2 kayaking from 2 -6 pm. This class works on advanced paddling techniques and rescues. There are also a few spots left in the SUP class that runs from 2 - 4 pm. To register or for more information, please contact Bette or Larry at vanpypen@cciwireless.ca or 403 378-4211.

Kindergarten Orientation

Ms. McAleese will be hosting a 2016-17 orientation on Monday, June 27th. You will be contacted closer to the date, on whether to bring your child for the morning orientation or the afternoon one.



Milk Program

Our milk program is also in its last week of operation. Thanks to Mrs. Garthwaite who gave up half of her lunch time to pass out milk, punch tickets, stock fridges for the entire year! We really appreciate you!



Give yourself a pat on the back

Strategies to Improve Behavior



Parenting is hard work. No doubt. The important thing to remember is that your kids are worth the effort.

- ✓ Take care of your physical and mental health.
- ✓ Take care of your child's physical and mental health.
- ✓ Have long term goals for your child but be prepared to take baby steps to get there.
- ✓ Remember that kindness and redirection are far more effective than punishment.
- ✓ Know that ALL children can learn. Some learn differently.
- ✓ Teach your child to talk to you, to ask for help, and to self-advocate.
- ✓ Watch for your child becoming overwhelmed and notice subtle body changes. Intervene early.

A rage response hijacks the mind and body and may even include a sense of relief or joy from the child in release of the pent up feelings. When a child is raging, social perception, speech, judgment, and motor behavior is weakened. The child may not be able to remember the facts of the event.

Do NOT fan the fire. Jodee Kulp

Have you noticed how easy it is to focus on what you have failed to do rather than on what you have accomplished?

As the school year comes to an end I encourage you to take a minute to think about the gains you and your child have made, however small.

You have contributed to that change.

Do you know how much it helped your child when:

- You listened to him.
- You insisted school was important and attendance was not an option.
- You remained calm when your child was overwhelmed and had a temper tantrum. Although it was hard you knew not to yell or hit him.
- You found a way to help him learn to play with other kids.
- You helped him understand that a bedtime routine is important. Sleep is important.
- You praised your child's strengths.
- You understood when his behavior was because he 'couldn't do it', not because he 'wouldn't do it'.
- You encouraged him.
- You loved your child unconditionally.

THANK YOU for helping your child grow and learn.

Online Learning- Autism Internet modules

<http://www.autisminternetmodules.org/help.php>

Positive Behavior Supports for Children

<http://www.pbsc.info/>

Resources

Celebrate small successes

<http://engagingmindsonline.com/blog/26-blog/223-celebrate-small-successes-watch-your-student-grow>

It's Not Your Fault! The Lesson I Learned Parenting a Difficult Child

<https://www.empoweringparents.com/blog/its-not-your-fault-the-lesson-i-learned-parenting-a-difficult-child/>

Taking Care of Myself

<http://connectability.ca/2014/06/14/taking-care-of-myself/>

CONNECTED KIDS: Safe, Strong, Secure™

<http://www2.aap.org/connectedkids/samples/index.htm>

The best I can be; living with Fetal Alcohol Syndrome or Effects.

By Liz Kulp & Jodee Kulp

Facebook: Jodee Kulp

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

		1	2	3
6 ELA 10- Part A	7 ELA 10- Part A	8	9 SOC 10 Part A	10 SOC 10 Part A
13 ELA 30-1,30-2 Part A	14 Soc 20 Part A 	15 Gr 6 ELA, ELA 10 Part B Last day of classes Senior high	16 Gr 6 Math ELA 30-1,30-2 Part B Math 10C	17 Gr 6 Science SOC 20 Part B
20 Gr 6 Social Gr 7,8, 9 Science Science 10	21 Social 10 Part B 	22 Gr 7,8,9 Math C.A.L.M 20 Bio 20	23 Gr 7,8,9 ELA	24 Gr 7,8,9 Social Math 30-1,30-2
27 Physics 30	28 Science 30 Last day of classes for 1-9 Report cards			

Junior and Senior High June 2016 Exam Schedule

Good luck!

1. Get enough sleep – So that your brain has the opportunity to consolidate new knowledge
2. Break Study Time into Small Chunks- Space your learning over multiple days.
3. Know your Body- Study when you are at your most alert.
4. Turn Headings Into Questions- And read paragraph by paragraph for comprehension
5. Test Yourself Frequently- when you study so you can practice retrieving information.

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Taco Tuesdays April 6, 13, 20. No milk cart after June 2!</p>			1	2 BBQ 4:00-6:30 Games, free hot dog/hamb, drinks/crafts	3 Gr 4-6 track meet	4
Gr 1/2 Swimming until Friday						
5	6	7 Hot lunch Tacos 2/\$5 or 1/\$3 Jr/Sr high dance 7-10pm	8	9 Gr 8 field trip to Lethbridge	10 Pizza Day \$2.50/slice ECS- Dino Park Gr 3/4 to Zoo Gr 7- Police Point Park	11
Gr 3-4 swimming lessons June 6-9.						
12 	13	14 Hot lunch Tacos 2/\$5 or 1/\$3	15 Last day of classes grade 10-12	16 Last day of class for Kindergarten P.U.F. kids.	17 Pizza Day \$2.50/slice Elementary sports day- Gr K-2 Gr 5/6 - pm to Bassano Dam	18
19  Father's Day	20	21 Hot lunch Tacos 2/\$5 or 1/\$3	22 Kindergarten last day for Monday/Wednesday class	23 All grade 1/2's go swimming in am. Gr 5/6 to Heritage Park Kindergarten last day for T/Thur class	24 All grade 3/4's Swimming- am	25
26	27 Elementary Awards Assembly All gr 5/6's Swimming- am 2016-17 ECS Orientation	28 Elementary awards! Last day of school Gr 1-9 Report cards go home	29	30	Have a great summer from all the staff at Duchess School. See you September 6, 2016!	
						