

# Duchess School Newsletter

Volume 16 Issue 3 <http://duchess.grasslands.ab.ca/>

Nov 2016

## Principal's Message

At Duchess School, we believe that students are at the heart of the choices and decisions that we make on a daily basis. We strive to ensure that our students are safe, respected and happy members of our school community. When our students feel a positive connection to their school, they are ready to learn and achieve to the best of their ability.

We believe that our parent community is an equally important part of the success of our students and school. We encourage parents to participate in the daily learning activities of their child by talking to their child about their learning and by using planners to openly communicate with their child's teacher. There are also many other opportunities for parents to connect with the school by being active members of the PAC (Parent Advisory Council), BFL (Breakfast for Learning), by attending sporting and musical events, student-led conferences and parent-teacher interviews. Please see our on-line calendar to assist you with this.

Shawn Lachapelle and I are very excited to be the administrators at Duchess School. We want parents to know that we have an open door policy to ensure that there is effective communication between all community members. We are looking forward to meeting many of you in the near future. Please feel welcome to come by to introduce yourselves and say hello.

## Student Athletes this month- Frontier Signworks

We congratulate the following students who have displayed great sportsmanship, kindnesses, and awesome skills on the court:

- Sam Hazelwood
- Lindsay Peltzer
- Erin Olivier
- Jessa Hansen, Madison Gilborn

## Boat Races

We had a team from junior high advance to the AB Skills competition in building a viable water vessel from scratch and paddling through water. Congratulations to Bennett Owen, Sheriff Grove, Coy Entz, and Daniel Porter for placing at the Brooks Junior High event and then moving on to Calgary! Thanks to Mr. Lachapelle for supervising!

## Student of the Week –Edo Japan

Congrats to the following students who have shown exemplary citizenship this past month:

- Sheriff Grove
- Odessa Kopp
- Ryan Stroud
- Kyle Bergquist

## Remembrance Day

Duchess School Remembrance Day Ceremony, which is led by the Brooks Legion will begin at 1:00pm on November 4 in the school gym. This is open to parents as well as community members. The Student Council has coordinated a kindergarten to grade 12 "Formal Day" to coincide with the service that day. Remember those who fought for the freedoms we enjoy today. Some returned home but many did not. The bravery of these young men and women must forever be remembered by wearing the symbolic poppy and being respectful November 11<sup>th</sup> and always showing gratitude for those who fought for us.

## Photo Retake

If you missed individual photos in September, the date for retakes by Lifetouch will be on Wednesday, November 2<sup>nd</sup>, 1:00-3:00pm.

## Daylight Savings Time

Don't forget that Sunday, November 6<sup>th</sup> is the date that we "fall back" with our time. Turn you clocks back one hour!



# Laying the Foundation

## Strategies to Improve Behavior

Over the last decade more and more adults are voicing their concerns about bad kid behaviors. Only 12 percent of the two thousand adults polled felt that kids commonly treat others with respect; most described them as “rude,” “irresponsible,” and “lacking in discipline.” *AOL-Time Warner*

*Let's work together to change that*

There is lots you can do...

- ✓ Provide the fundamentals. Good nutrition, adequate sleep, personalized time, attention, and affection.
- ✓ Focus on strengths, look for the positives, and voice appreciation.
- ✓ Listen to your child.
- ✓ **Talk to one another.**
- ✓ Encourage your child to share his or her feelings.
- ✓ **Model and encourage positive Social Skills. They will look to you to see what independent adults do.**
- ✓ **When disciplining, use clear direction and enforce age-appropriate limits with reasonable, related, and respectful consequences.**
- ✓ **Deal with problems calmly and matter-of-factly.**
- ✓ Communicate with the school and your child's teacher
- ✓ Participate in Team Meetings and Case Conferences
- ✓ Read the monthly Behavior Newsletter
- ✓ Access Alberta Educ. Resources related to the Role of the Parent

It's not rocket science!

In August 2011, People for Education released a report,

### **Doing what matters most:**

**How parents can help their children succeed in school**, which reviewed thirty years of research from Canada, the United States and England.

The evidence is clear.

Parents make a difference. And the way they contribute most to their children's education is through what they do at home.

1. Have high expectations for your children.
2. Talk about school
3. Help your children develop a positive attitude and good work habits.
4. Read together (in any language)
5. Get involved in school activities.

For more information:

[www.peopleforeducation.ca](http://www.peopleforeducation.ca)

When home and school work together the children in our community learn not only the academics but also the skills they need to be successful employees, friends, and community members.

## Resources

Learning to Play and Playing to Learn: Getting Ready for School

[http://www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/school\\_readings\\_english\\_fnl.pdf](http://www.beststart.org/resources/hlthy_chld_dev/pdf/school_readings_english_fnl.pdf)

Helping your child succeed in school

<http://www.peopleforeducation.ca/wp-content/uploads/2012/01/People-for-Education-tips-for-parents-Helping-your-child-succeed-in-school.pdf>

How to Raise a Good Citizen

<http://www.pbs.org/parents/expert-tips-advice/2015/07/raise-good-citizen/>

Helping Children Behave

<http://www.focusonthefamily.ca/parenting/discipline/behave>

Respectful behavior

<http://www>

Lee Westre, Behavior Specialist

[lee.westre@grasslands.ab.ca](mailto:lee.westre@grasslands.ab.ca)



## Grad 2018 Safeway Card Fundraiser

Our Graduating Class of 2018 is fundraising for their Commencement Ceremony by selling Safeway Cards. If you purchase a card from the school, you get the full value of the card and 8% of the value will go to our grade 11 students for their graduation next year. The cards are accepted at Safeway, Sobeys and IGA stores across Canada and the United States, however they cannot be used at the Safeway gas bar. You can pay online by credit card or debit by going to [www.grasslands.ab.ca](http://www.grasslands.ab.ca) and choosing "school cash on line", located on the top right hand corner of the website, or you can fill out a form and send it back to the school with cash or cheque. If you have any questions, please contact Marnie Weber at the school, 403-378-4948. Deadline for orders is Thursday, November 3<sup>rd</sup>.

## A Healthier You

“We’ve become strangers to nature and the best way to live longer, healthier lives is to ‘re-wild’ ourselves by returning to nature whenever we can.”



### Reasons to Get Outside More Often

- Nature deficit disorder exists and most of us have it. We need to put down our devices and get outside!
- It is good for your heart. Being outside lowers blood pressure, pulse, and decreases stress hormone levels.
- You’re less likely to be overweight. Your physical activity goes up the minute you step outside.
- You’ll be happier and improve your memory. Less anxiety and depression. Walking in nature decreases repetitive and negative thoughts in our brain activity.
- You’ll fight off illness more efficiently. Exposure to nature improves immune system so that we have better defense against viruses and diseases.

## Grasslands Board Bits

- The goals for the coming year are to continue working on Literacy and Numeracy in the division.
- Student enrolment is up in Grasslands with 3777 students, a small rise from last year.
- An “Idling Policy” is being reviewed.
- Please get involved with your child’s school. School council (PAC) is a great way to stay in touch

**Student Council brings us “Random Acts of Kindness Day”**- On November 9<sup>th</sup>, students are invited to take part in a “random act of kindness.” Bring \$.025 to the Flex area at lunch time and student council will draw names out of a box and gift them with a small candy bag. It’s great to be able to donate anonymously to such a fun event! Who knows? Maybe your name will even be drawn! All proceeds will go to the Student Council’s charity of choice.



## Report Cards and Interviews

K-12 Report cards go home on Friday, November 4<sup>th</sup>. Please make arrangements for interviews by calling 378-4948. Interviews are 15 minutes long for K-6, and 10 minutes long for grades 7-12 and go from 3:30-6:45.



## Operation Christmas Child

Our Wellness Committee is doing Operation Christmas Child here in Duchess School. Please feel free to fill a shoe box and drop it off here at the school and they will be distributed to those less fortunate than ourselves. Thanks to our Wellness Committee for helping to bring awareness of poverty to our students! This begins November 14 and ends November 22<sup>nd</sup>.

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Growlies</b> Menu! Please check the calendar as it shows the daily meals offered at lunch!!</p>		<p><b>1</b> PAC (Parent Council) mtg 7:00pm Taco in a bag</p>	<p><b>2</b> Retakes! Travel Club New York Parent mtg- 6:30pm Butter Chicken and Rice</p>	<p><b>3</b> Jr boys vball Wind-up at Berry Creek. Baked Mac and Cheese Safeway Fundraiser <b>Deadline</b></p>	<p><b>4</b> K-12 Dress Formal Remembrance Day Service 1:00 Pizza Day \$2.50/slice Report Cards go home</p>	<b>5</b>
<p><b>6</b>  Turn clocks back 1 hour</p>	<p><b>7</b> Soup and Sandwich</p>	<p><b>8</b> Taco in a bag</p>	<p><b>9</b> Random Act of Kindness- Candy Gram \$0.25 Pulled Pork &amp; Coleslaw</p>	<p><b>10</b> <b>No School</b> <b>Teacher PD</b></p>	<p><b>11</b> <b>Remembrance Day</b>  <b>No School</b></p>	<b>12</b>
<p><b>13</b> <b>Christmas Shoe Boxes Begins</b> </p>	<p><b>14</b> Soup and Sandwich</p>	<p><b>15</b> WE mtg at lunch in Room 205 Taco in a bag</p>	<p><b>16</b> Stew with Dumplings</p>	<p><b>17</b> Parent/Teacher Interviews 3:30-6:45 Chicken Fettuccini Alfredo</p>	<p><b>18</b> Pizza Day \$2.50/slice</p>	<b>19</b>
<p><b>20</b></p> <p><b>27</b> School Fees are past due! </p>	<p><b>21</b> Soup and Sandwich</p> <p><b>28</b> Chili and garlic toast</p>	<p><b>22</b> <b>Deadline for Shoe boxes</b> Taco in a bag</p> <p><b>29</b> Taco in a bag</p>	<p><b>23</b> Parent/Teacher Interviews 3:30-6:45 Perogie Platter</p> <p><b>30</b> Chicken Stir Fry and noodles <b>Mix and Match Shoe Day</b> </p>	<p><b>24</b> Spaghetti and Meat Sauce</p> <p><b>BE NUT AWARE!</b> </p>	<p><b>25</b> Pizza Day \$2.50/slice K-12 <b>Twin Day</b> </p>	<p><b>26</b> Christmas Market at Rec Centre 10-4:00pm. </p>