

Duchess School Newsletter

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

Oct 2016

Principal's Message

We have enjoyed a wonderful start to the new school year! What resonates with me the most as I walk through the school and visit classrooms, are the happy faces of students who are engaged in their learning. I am pleased to see the level of commitment, creativity, and excellence our students bring to their daily work, assignments, and projects. Our Literacy initiative for this school term is well underway. I am delighted to see the students' passion for reading as we embark on this important endeavour.

Our students have immersed themselves in all aspects of Duchess School life where risk-taking, new opportunities, and fun are incorporated. Sports, Options, Student Council, Bands, and more, provide our students with a wide range of extra-curricular activities to ignite their interests.

Duchess students are eagerly anticipating an array of exciting events this month including: Terry Fox Run, Thanksgiving, our Halloween parade, and more.

Please visit our website following these events to see photo updates.

School Fees are Due

Please remember to pay your school fees by the end of the month. Any outstanding fees will have reminders sent home in November. Thanks in advance. Forms are still available here in the office and can be faxed or emailed to you to look at. Please make an effort to pay online as it has all the fees for academics, cafeteria and sports listed right there for you. Here is a quick review for the school fees:

Kindergarten, grade 1 and grade 2- \$25

Grade 3-6- No school fees

Grade 7-9- \$40

Grade 10-12- \$50

Pre-order a yearbook - \$25 (Optional)

Birthday Calendar- \$10 (Optional)



Grad Update

Our grade 12's are busy with work, sports and school work and we know all parents want to be kept in the grad loop!

There will be an information letter sent home with each student in this year's grad class on October 6th. If there is an email address on file, this letter will also be sent home that way so that we can be sure everyone is getting information.

Grade 2017 is slated for May 13th!



Student of the Week!

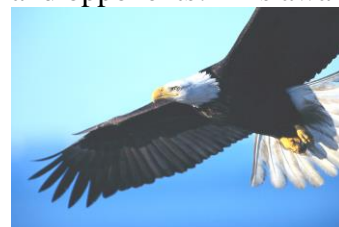
We are thrilled to have "student of the week" in place in Duchess School this year! This award goes to those who show good work ethics, respect and kindness towards others. Edo Japan is the sponsor for this award and will provide a meal for the chosen student. Their photo will also be in the Brooks Bulletin (as FOIP forms allow). Thank you EDO JAPAN!

Students chosen thus far are:

- Ethan Malishewski
- Bailey Graham
- Amelia Rice

Athlete of the Week

Frontier Signworks jumped on board this year as well and are sponsoring "Athlete of the Week." This goes to the student who tries hard every practise, every game, is respectful to fellow teammates, coaches, refs and opponents! This award is just starting in October.



WAY TO GO EAGLES!

Share the Power
Strategies to Improve Behaviour
From Grasslands Public Schools Behaviour Specialist
Lee Westre

October 2016

Often, we think of power only negatively –probably because we have seen abuses of power, such as bullying. When we deny power to those in our charge, we, too, might be abusing power.

Understanding Goals, Power,
and Relationships
NVCi

Resources

- ✓ Start NOW to teach your child to communicate with you in an appropriate way.
- ✓ Place limits, consequences and expectations on their children's behavior
- ✓ LISTEN to what your child is saying.
- ✓ Allow your child to participate in decisions that impact them, and to express opinions
- ✓ Teach your students to self-advocate
- ✓ Respond to your child's behavior in ways that support healthy social development.

Have Questions? More information?
Contact Lee Westre, Behaviour
Consultant
lee.westre@grasslands.ab.ca
403-363-0702

Want your child to be one of those who:

- Tends to have a happier disposition
- Has good emotional control and regulation
- Develops good social skills
- Is self-confident about his or her ability to learn new skills?

According to developmental psychologist Diana Baumrind, Child development experts generally identify the authoritative parenting style as the "best" approach to parenting.

People with authoritative parenting styles want their children to utilize reasoning and work independently, but they also have high expectations for their children. When children break the rules, they are disciplined in a fair and consistent manner.

Authoritative parents are also flexible. If there are extenuating circumstances, they will allow the child to explain what happened and adjust their response accordingly.

Because authoritative parents act as role models and exhibit the same behaviours they expect from their children, kids are more likely to internalize these behaviours. Consistent rules and discipline allow children to know what to expect.

Because parents exhibit good emotional understanding and control, children also learn to manage their own emotions and learn to understand others as well. Authoritative parents also allow children to act independently, which teaches kids that they are capable of accomplishing things on their own, helping to foster strong self-esteem and self-confidence.

Resources

The art of avoiding power struggles with children
<http://www.davidsongifted.org/Search-Database/entry/A10242>
Self-advocacy: What's That?
<http://texasprojectfirst.org/SelfAdvocacy.html>
Parent Training Modules
<http://csefel.vanderbilt.edu/resources/family.html>
Parenting Styles
<http://psychology.about.com/od/developmentalpsychology/a/parenting-style.htm>

ALPHA PROGRAM

This program is a faith-based program that meets every Wednesday during lunch. It is a series of interactive sessions that explore questions about purpose, eternity and love. While it's a student run program, they do have a teacher liaison that attends every meeting. Any and all junior and senior high students are invited to attend.

Terry Fox Run

The Terry Fox Run for Cancer is happening on Friday, October 7th here at Duchess School. We ask that every student and every staff member please bring a twonie to donate to Terry's cause. Parents are welcome to join in on the run. We will be doing the run in periods 8 & 9, kick-off is at 2:00 pm.



Growlies Menu for October

The Growlies menu changes from week to week thanks to Mrs. Gabert and her foods classes. Please rip your calendar off from the newsletter and keep it to see the ever-changing hot meals.

Monday's in October will be Soup and Sandwiches:

3rd- Grilled Cheese and Tomato Soup

17th- Chili and Garlic Toast

24- Loaded Baked Potato, Mini Clubhouse

Tuesday will always be Taco in a Bag

Fridays will always be Pizza for \$2.50

Wednesday's and Thursday's menu will be changing so please check the calendar.

Please remember that you can purchase a "Growlies Grub Card" online at any time. \$32 value for just \$30.00. This card works for meals Monday-Thursday.



A big thank you to Kristi Gagnon for her time and meals this past year. It was very much appreciated.

Volleyball

Thanks to our coaches for the 2016 season who came forward to share their time and hone our team skills! You rock!

Sr Girls- Clarke Gagnon, Kathlyn Peltzer

JV Girls- Mr Lachapelle, Mr McKinney

JR Girls- Ms Degenstein, Miss Desveaux

JR Boys- Deb Schottenbauer, Patrice Beasley

Check the calendar for the October tournaments! Most tournaments run Friday and Saturday but because of calendar limitations, they are only shown on Saturday. Coaches will prepare you more as to which days the tourney's are running!



Parenting the Love and Logic Way

Would you like to feel more confident as a parent, have more fun, and feel more relaxed at the end of the day?

Answers to:

"How do I get my kids ready for school in time?"

"How can I get my children to stop bickering?"

"How do I get my kids to do their chores without arguing?"

"Can I discipline my toddler without creating a scene?"

"How can I get my teenager to come home at the agreed-upon time?"

"How can we get our preschooler to stop whining at the dinner table?"

And many other day-to-day frustrations.

This course in parenting is designed to give you practical skills that can be used immediately.

This 6 Session Evening Parenting Class runs:

Tuesday, October 11

Thursday, October 13

Tuesday, October 18

Thursday, October 20

Tuesday, October 25

Thursday, October 27

6:30 to 8:30 pm

To register, please call: *Parents as Teachers*

403-362-8729 Ext 116

Cost: \$15.00 per person

\$25.00 per couple

(if the cost is a factor, please ask about subsidy)

Sorry, no childcare offered.



*Introducing your junior girls volleyball team for 2016-2017! Back Row: Ryland Ready (Eagles Supporter), Coach-Miss Desveaux, Kristina Jensen, Shelby Gilborn, Abby Dame, , Macie Fenske, Ciara Nicholson, Coach- Ms Degenstein; Middle: Alia Hall, Paige Bergquist; Bottom Row: Jordan Rath, Janae Hansen, Haven Berg
Go Eagles Go!*



October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Volleyball tourneys this weekend 	1 Jr boys St Joes Sr Girls BCHS
2	3 Soup/Sand	4 Taco in a Bag PAC (Parent Advisory Council)7:00	5 Chicken Pot Pie	6 Cross Country Zones in Sundre! Mac & Cheese	7 Terry Fox Run(donate \$2, Wear Red) Pizza Day \$2.50	8
9  HAPPY THANKSGIVING	10 Stat Holiday! No School!	11 Deadline for QSP Magazine Orders Taco in a Bag PAC-7:00	12 Fettuccini Alfredo/Chicken “WE Day Assembly” Per 5 (11:10) K-12	13 Chicken Teriyaki Stir Fry Travel Club Bottle Drive 5pm	14 Pizza Day \$2.50	15 Jr Boys/Girls to Alcoma Sr Girls to Morrin
16	17 Soup/Sand	18 Taco in a Bag	19 Chicken Fried Rice	20 Perogies	21 Pizza Day \$2.50	22 Sr Girls to Banff JV Girls to Calgary
23	24 Soup/Sand	25 Taco in a Bag	26 Chicken fingers/veggie cup “WE Day” Conf In Calgary	27 Beef Stroganoff	28 Pizza Day \$2.50	29 JV Girls to Trochu Jr Boys/Girls host home tournament
“Connections” trip to Camp Kiwanis! Go forth and represent our school!						
30	31 Halloween!  Soup/Sand		BE NUT AWARE!			

