

HOOPERS SCHOOL BELL #2

ÉOES - A Happy Place to Live, to Learn, to Grow

Thursday, September 29th

Principal: Ms. Margo Nygard

(403) 556-8477

Vice Principal: Mrs. Alanna Sampson

PRINCIPAL'S MESSAGE

A Safe and Caring School

We have had an amazing start to the school year!! We have enjoyed welcoming our students back and getting to know our new families. Saying hello to our families during Meet the Teacher night, along with our Terry Fox Run, were definitely two of my highlights!

September is just days behind us and we are hoping that the snow and cold stay away as we are enjoying a beautiful fall! Each morning I hold my breath while I listen to the forecast and decide what to wear as the weather has to be fairly drastic before we call an inside recess!

October's theme is centered around a safe and caring school. We recognize that as parents, this is as essential for you as it is for us. As a school, we spend the first few weeks creating a safe and caring community within our classrooms and throughout the school. This sense of community establishes the foundation that enables and supports our Chinook's Edge School Division mission to engage every student in meaningful learning by challenging, encouraging and believing in them. We also know a safe and caring school environment will enable our students to be better learners and help them become productive and responsible citizens in the future.

We continue to nurture this throughout the year in various capacities. ÉOES has many examples of how our students, parents, community and staff come together to create a safe and caring environment.

- Hooper is our school mascot and his code reminds us to always "Be helpful not hurtful!". Ask your child about Hooper's code and what it means to them and to our school.
- A dedicated group of parents volunteer to sit on our School Council and on the Canadian Parents for French Olds chapter. These groups spend countless hours assisting the school and fundraising to support classroom trips, playground equipment and supplies.
- Along with a commitment to supervision at the crosswalk, busses and playground, we have a safety and security plan and practice drills in order to prepare students and staff in the event of an emergency.
- If students encounter challenging social interactions and conflicts, we have processes in place to assist in working through understanding and dealing with rude, mean or bullying behaviours.
- Our connections with families, such as positive phone calls home, and parent meetings, share and celebrate the wonderful accomplishments of our students.
- In our division, we have monthly safety focuses and inspections throughout the year that incorporate teams of people to help ensure we are moving forward with the best process and plans that we can.

We feel very fortunate to be a part of your child's life and to partner with you on their school journey. Thank you for working so closely with us each day to bring your child success.

Ms. Nygard





YOU MATTER IS BACK!!! Lots of new items and some of the old items. Diggers Sports has opened their online store starting today September 22nd to October 3rd. Please help support the Alberta Mental Health Assoc, as all profits will be donated in Mitchell Ormann's name.

Thank you to all of you for your past support, present support and future support. We need to help continue the conversation and we can help end the stigma to mental health and suicide.

Please click on the link below to go directly to "You Matter" and Diggers Sports. Todd, Taylor and myself can't thank you enough for all the support and keeping Mitchell's name alive.

Lifetouch.

PICTURE DAYS

OCT 11—Pre K, T/T Kinder, Grade 1 & 2

OCT 12— M/W Kinder, Grades 3 & 4, Grade 2/3 split



Lifetouch Customer Care Contact:

If parents are calling asking questions about their fall photos status, errors on their orders or how to place orders, please have them call our Lifetouch Customer Care line at **1.866.457.8212** or go to our ordering website, www.mylifetouch.ca

NEW Way of accessing your child's images online:

Lifetouch Photography is excited to announce the launch of a new way to access photos online. After much safety and security testing, Lifetouch developed a way for families to access their child's photo using their **student ID number**. Go to our website at www.mylifetouch.ca, click on Student ID and follow the detailed instructions to view and order photos.

If you have any questions on this ordering process, please call the **Lifetouch Customer Care Line at 1.866.457.8212** or **access the live chat on our website**, www.mylifetouch.ca

Parents can still access their photos online by using their child's portrait ID and access code. By enabling the option of using your child's student ID number, gives people another way to access photos if they lose their proof sheet.

Physical Education - Update October 2022

It's another great fall season! The weather is so fantastic we have been able to have a lot of gym classes outside. We have been able to accomplish many of our Running Curriculum Objectives and will complete them all by mid October. Students have all had the chance to perform their best in a 50 meter dash (timed) as a way to learn sprinting technique. The fastest runners can run 50 meters in 8 or 9 seconds. Congratulations to all our speedy sprinters!

Grades 2,3,and 4 participated in a 10 minute Run Challenge around our Kilometer Club Track. It is amazing how many terrific runners we have! The Olds elementary School Record of 4 ½ laps (2025 meters) in 10 minutes was tied this year by Cameron Pederson. To put that into perspective, a 20 Year Old College Athlete will typically run a 1000 meter race in about 4 minutes so if we extend that to 2000 meters they are running it in 8 minutes approximately give or take. So Cameron is 2 minutes off of College Level Distance Running for the 2000 meters! Bravo Cameron! We also had several students run over 4 laps in the 10 minute time frame.

The younger grades have been outside as well learning how to race and run! We have walked and jogged the Kilometer Club Track and recently started learning the Cross Country Run Course and will run a modified race. We have also enjoyed learning how to play soccer. The Grade 1's had to complete a one lap race around the Kilometer Club Track to prepare them for next year's 10 minute challenge.

Our Cross Country Running Challenge Courses vary in distance from 1 kilometer up to almost 2 kilometers within the perimeter of our big green space behind the school. All students in Olds Elementary must walk or run all or part of the course as part of their Gym Class. The tradition of Racing the Course will continue as always. Cross Country Running (or walking) is a wonderful lifelong healthy habit that we encourage.

This year our CROSS COUNTRY RACE DAY IS: WEDNESDAY, OCTOBER 5th

10:30 to 11:30 am Kindergarten and grade 1 Races
1:15 to 2:30 pm Grades 2,3, and 4 Races
2:45 pm 100 Meter Sprint Challenge - Open Invitation

EVERYONE IS WELCOME TO ATTEND! (Kinder Parents may run with their child)

The 4x100 Meter relay is always a popular event which challenges runners to work together to carry the Baton 400 meters in 4 stages by taking turns (100 meters each). We have an Annual Challenge where students (grades 3,4 only) can make their own team to race against teams from other classes of the same grade. At the time of this news release we have not had the big showdown but anticipation is building! I will update the results in next month's news. R. Kish



PARENT COUNCIL NEWS

Happy Fall from the ÉOES Parent Council! September came and went with what felt like even more activity than usual. At our first virtual meeting of the year we were thankful to see so many new faces. We have new members on our board and are excited to get started on our plans for the year. We also met so many parents at Meet The Teacher night, and if you signed up to be a volunteer we THANK YOU.

Ordering for October fun lunch is over on October 3. If you missed out, don't worry, we will have another round of fun lunches for November and December! Ordering for Nov and Dec will open next week at oldselementary.hotlunches.net.

Members of Parent Council were at the school to hand out freezies after the Terry Fox Run on September 22, what a great afternoon!



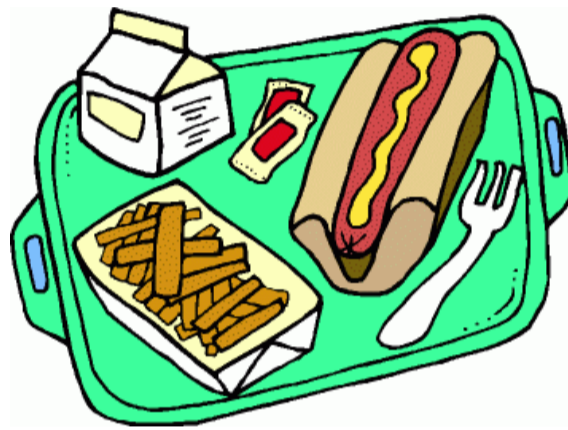
Our next virtual parent council meeting is October 5, 2022 @ 12:00pm. If you would like to join please contact chair@eoesparentcouncil.com

Happy Fall!

April Mattson, Co-Chair

Brandy Thompson, Chair

An email was sent to parents on September 19 for ordering hot lunches. There was a link to the website and a link for instructions. Deadline to order is Oct 3 and hot lunch will be on October 14th and 28th.



Dropping off & Picking Up Your Child

Morning Drop Off

- Morning bell rings at 8:35am. Students can be dropped off at the school no earlier than 8:25am and head towards their classroom meeting area.
- If you will be later than 8:40am, please have your child use the front entrance, as all other doors will be locked.

After School Pick Up

All students will be dismissed at 3:10pm. Students will exit to their predetermined meeting spots, buses or walk home.

Students cannot travel hallways to pick up siblings. These meetings will need to take place outside.

Our Bell Schedule

Sometimes it is hard to know when is best to pick your child up for an appointment so below, please find our current bell schedule.

8:35 Start of Class

10:10-10:23 Gr. K, 1, 2 Recess

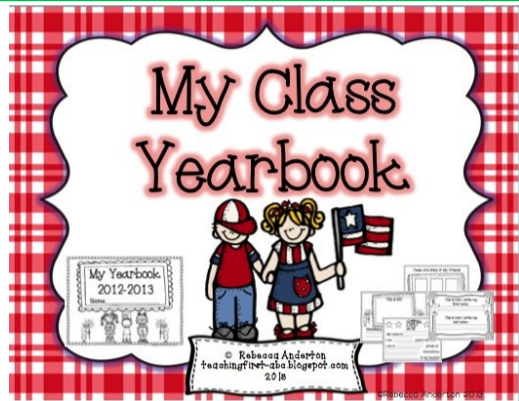
11:40-12:10 Gr. 3-4 Recess

12:20-12:50 Gr. K, 1, 2 Recess

1:55 -2:08 Gr. 3-4 Recess

3:10 Dismissal

Please remember that all students need to be picked up at 3:10.



**THERE ARE EXTRA YEARBOOKS FROM
LAST YEAR IF YOU MISSED ORDERING
ONE YOU CAN STILL PURCHASE ONE!**

\$20

**BRING TO THE OFFICE AND YOU WILL
GET AN AWESOME YEARBOOK!
WHOOHOO!**

Pay School Fees Online

Chinook's Edge School Division is pleased to offer the opportunity to pay student fees electronically. The online payment program provides a convenient payment option that saves time. You can make secure online payments by credit or debit card any time and receive a receipt.



Safe. Secure. Simple.

Signing up only takes a moment. Here is how it works:

1. Go to studentquickpay.com/chinook/ or find the link on the Chinook's Edge Website at www.chinooksedge.ab.ca
2. Take a few minutes to register and create an account for your child(ren).
3. Review and pay your child's fees using direct online payment.

If you are having technical issues with your parent account please email feesupport@cesd73.ca for assistance.

The fee schedule can be found on the Chinooks Edge website, www.cesd73.ca, Menu, Students and Parents, School Fees. Scroll down to Olds, and find École Olds Elementary School.

If you have any questions please call the school. Fee waivers are also found on the Chinooks Edge website, under Menu, Students and Parents, then on the left, click on the arrow beside School Fees.

Music Update October 2022

In the music room, the first month of school has been wonderful! Students are engaging in a wide variety of musical activities and reviewing the basics of beat, rhythm, and melody. There is lots of learning happening and the benefits and joy of music are so evident in every class.

The grade 4 classes have just started learning a song and poem which they will present at the Remembrance Day ceremony in November. We hope that many of you will be able to hear their lovely song and poem at this special assembly.

We wish you a fabulous fall and a happy Thanksgiving!

L.Munchinsky





Fall/Winter 2022

New 'Friday off', or 'After School' and Homeschooling programs' too
Bowden + Olds, Alberta.

'Horse Inspired Self-Discovery'

Equine Facilitated Wellness presents, "Leadership with horses" sessions...

-Locations- 10 min. north of Olds or now in Bowden at Anchor B Arena-



'We are also eligible for child/youth funding through the Jumpstart Program'

Improve your confidence, knowledge and awareness while partnering with horses. Curious about enhancing personal insights, growth, and S.M.A.R.T. Goal setting tools? Have a family, sibling group or like minded friends who are drawn to nature and horses? Consider... *'Horse Inspired Self-Discovery'* for a day, once a week or a 3 day retreat!

I am deeply passionate about developing opportunities for self-discovery, promoting wellness and enriching our learning experiences through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in Professional Equine Facilitated Wellness-Canada! I am grateful to share this opportunity to develop our goal-achieving strengths in our "Leadership with Horses" sessions!

*Fall/Winter Retreats- 3 half or full day programs for fall/winter 2022-2023.

*EFW sessions run: M-F 9:00-12:00 or 1- 5:30.

*Sept.-Dec. 2022- Individual sessions (2-3 hours) or small groups of 4 available.

*New Friday off, Home School, After School program sessions- M-F 9-12, 1-4 + 3:30- 5:30

A great introduction to the power of horses... By participating in dismounted equine activities we can delve into fun and challenging exercises that blend life skills, learning and wellness sessions with youth, adults or families in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of developing healthy 'Horse Heart' relationships and brave boundaries with our equine companions while building confidence, mindfulness and positive emotional connections that relate to all areas of our school, work, social and family lives!

We offer individual/group sessions or a series of weekly, three-hour themed E.F.W. sessions and retreats that include; learning horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building and personal empowerment!

All of these qualities are within us and developed through the horses!

Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions.

Join me in our "Horse Leadership" sessions for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating games, and inspiring horse connections that will leave you with an unforgettable personal experience!

Contact: Colleen Herzog at Horizon Equine- EFW, 403-556-5504



Happy Thanksgiving



October 2022

Sun

Mon



Tue

Wed

Thu

Fri

Sat

						1
2	3—LAST DAY TO ORDER HOT LUNCH	4	5—CROSS COUNTRY RACE	6	7—Smile Day 	8
9—Full Moon 	10 Thanksgiving Day No School	11 Picture Day Pre K T/T Kinder Gr 1 & 2	12 Picture Day M/W Kinder Gr 3 & 4 Gr 2/3 split	13	14—HOT LUNCH (PREORDER ONLY)	15
16	17	18	19	20	21—Collab Day No School	22
23	24	25	26	27	28—HOT LUNCH (PREORDER ONLY)	29
30	31 