

HOOPERS SCHOOL BELL#3

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

NOVEMBER 2022

Principal: Ms. Margo Nygard
 Vice Principal: Mrs. Alanna Sampson

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Division News

... for parents and guardians

November 2022



Achieving our goals together - A message from Superintendent Kurt Sacher

In our three-year [Education Plan](#), we have set specific targets and detailed strategies around our divisional goals to ensure each student in Chinook's Edge achieves success. Our Academic Excellence, Social Emotional Well-being and Career Connections goals are impacting students at every grade level, and our division's achievements are a testament to the hard work and clear priorities of the entire Chinook's Edge team.

Staff in all schools, across all grades, help students achieve success by setting the bar high and then supporting students as they strive to reach it. We have a strong focus on sharing best practices around teacher strategies to bring the very best learning experiences to the students we serve. That is the focus and benefit of our five Professional Learning Days in Chinook's Edge (more on this below).

Staff in our schools are making genuine gestures to invite parents back to volunteer in your child's classroom or attend their assemblies, or take part in Parent Teacher Interviews. At the division level, the Board of Trustees and Central Office Leadership Team are grateful for the feedback we are receiving through our Parents Matter Committee and Parent Council meetings.

We work hard to ensure our schools are positive and welcoming places for our students, families and staff, because we believe that strong foundation of caring is resulting in success for everyone in our school communities. Most importantly, it is creating levels of excellence among the students we serve, which will set them up for a lifetime of success.

Kurt Sacher

To read the latest version of the Board eNews, please [click here](#).

Professional Learning Days



What are staff doing during the division's five non-instructional days for students?

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Inclement Weather



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Be safe, Be aware, Be ready to learn! Be familiar with this important information. Thank you.

cesd73.ca

Click on the links below for more information:

[Education Plan](#)

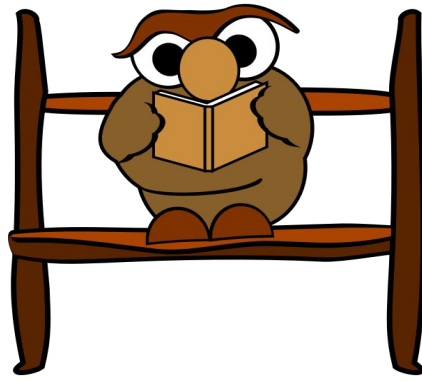
[Board eNews](#)

[Professional Learning Days](#)

[Inclement Weather Website](#)

[Collaborating to improve student learning](#)

PRINCIPAL



PRINCIPAL

PRINCIPAL'S MESSAGE NOVEMBER 2022
ÉOES - **EVERYONE Orchestrating Early Success**

Dear Parents and Guardians:

As we prepare for our first Parent Teacher Interviews, we wanted to reach out to you regarding some enhancements we are making to the ways we report on your child's progress:

- This year, CESD is transitioning to two reporting periods for our Kindergarten to Grade 12 students. Parents of École Olds Elementary School can expect to see report cards on **February 3rd** and **June 27th**.
- We will continue to invite parents to participate in parent teacher interviews in both the fall and spring. These connection points are an opportunity for parents to gain a deeper understanding of how their child is progressing both academically and socially emotionally in the classroom. ***Our first round of interviews at ÉOES will take place the week of November 21.*** You will have the option to schedule a phone call, google meet, or in person interview with your child's teacher. Watch for your link to register for K to 4 interviews!
- As always, teachers will continue to communicate student progress through emails, phone calls and scheduled meets, sharing successes and concerns at any time should arise.

We are looking forward to connecting with you during our upcoming Parent Teacher interviews!

It is an amazing experience to feel the energy of students and adults when they are excited about learning. Our school motto uses the word “orchestrating” because student success relies on many people working together in harmony – just like the sections of a concert band or orchestra. Interviews to discuss the academic, social, and emotional achievement and progress of your children are a vital part in “orchestrating early success”. The home-school team plays an important role in the success of each of our students. Please feel free to touch base with your teachers at any time.

Another way to help orchestrate early success at ÉOES is to become involved in our school council. Our executive does a tremendous job of putting our students first and doing what they can to ensure our students have all opportunities available to them. Please find our Facebook page - ÉOES Parent Council - or join our meetings at noon on the first Wednesday of each month via Google Meet.

It is these times that, as parents, we sometimes ask the question, “What can we do at home to help our children succeed at school?” Here are five easy, but effective ways to support your child’s learning.

- **Reading at home:** Research clearly shows reading to very young children is the foundation for later success at school as it introduces them to the “culture of books”. If you haven’t read to your child it is never too late to begin. If your child is already an avid reader, their skills can be enhanced by taking an active interest in what the child is reading. Also, establishing a daily reading time is essential.
- **Getting lots of sleep & having healthy snacks & lunches:** One of the most important things parents can do for their children’s education is to send them to school with a good night’s rest. A minimum of nine hours of sleep is required for good school performance. This is especially important after a long weekend when sleep routines may have been disrupted. During our day, we have a nutrition break around 10:00am (where students choose a healthy snack from their lunch) and a lunch break. Sending your child with a nutritious lunch helps fuel their bodies and keep them at their optimal level throughout the day.
- **Attendance:** Did you know that too many absences - excused or unexcused - can keep students from succeeding in school? Considered chronically absent, missing 10% of the school year (18 days a year or 2 days a month), can knock students off track. Children who are chronically absent in Kindergarten and Grade 1 are far less likely to read proficiently at the end of Grade 3 and beyond.
- **Talking about school:** Children whose parents talk to them regularly about their learning perform better academically than students whose parents rarely do so. General questions like “How was school?” are usually not enough as they encourage one word answers like “Good”, “Fine” or “Great”. We encourage parents to ask more specific questions about a particular class, subject, activity, or project. Challenge your child’s thinking by asking them what was your favourite part of today and what did you struggle with today that helped their mind grow?!
- **Have fun!!** School and the idea of homework should not be a stressful part of your home life. Encourage a routine for homework and to spread things out over the course of the week. Take time to have fun with your child and to play a game, create a silly story with spelling words or read a funny book that you can all enjoy! Learning is lifelong and needs to be fun!

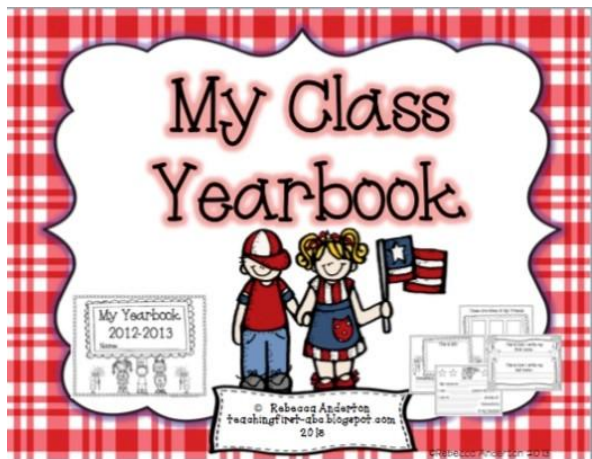
I would like to thank all of our parents, grandparents and community members for the important role you play in our ÉOES orchestra and in helping our students succeed!!



We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/ Casual

Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds



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

\$20

BRING MONEY 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.



Where Does Connect® Run?

Connect® is run by a variety of trained professionals in settings such as schools, community agencies and mental health offices across Canada, Sweden, Norway, and Italy. Wherever there are trained leaders, there are Connect® groups. Contact us to find the nearest location to you!



Connect Parent Groups in Canada 2006-2016 (N = 619)

Research Participation

Connect® has been developed in collaboration between mental health professionals and researchers. Over 7000 families have participated in Connect® and 900+ families have enjoyed participating in the evaluation study of Connect®. Their valuable feedback has contributed to the improvement of the program. Occasionally, the opportunity to participate in research may become available.



connect® parent group

Interested In Learning More Or Joining A Group?

Contact the **SFU Adolescent Health Lab** to learn more about Connect®:

Phone: (778) 782-4956

Email: connectproject@sfu.ca

Web: www.connectparentgroup.org
www.adolescenthealth.ca

To find a Connect® group near you, please contact:

Lesley Beck

Phone: (604) 660-0574

Email: Lesley.NicholasBeck@gov.bc.ca

Beau Mein

Phone: (604) 660-0620

Email: beau.mein@gov.bc.ca

All inquiries are completely
confidential.



Connect® Parent Group



Information for Parents and Caregivers



Connect® Parent Group

Connect® is a **FREE** 10-week program to support parents of pre-teens (ages 8 – 12) and teens (ages 13 – 17). Parents meet in groups of 10 – 16 with two trained group leaders for 1.5 hours each week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional and behavioural adjustment. Connect® helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts.



The Parent-Child Relationship

Do you ever worry about your pre-teen or teen? Do you sometimes even feel pushed away? Do you feel like your relationship with your child has changed due to their transition into adolescence?

There is very good evidence that **strong relationships with parents** protect youth from risk during adolescence and help them thrive. We call that *attachment*!

What Happens In A Connect® Group?

Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. *Connect is supportive, but it is not a support group.* After each session, parents receive handouts with key points to remember when applying the principles in their own parent-child relationships.



What Do Parents Say?

Parents have expressed that they appreciate how the role-plays showed them how to handle different problems, and they value the confidence that they have gained as a parent.

Parents have also shared that the leaders have helped them feel positive and hopeful about their parent-child relationship, and they have been excited to see gradual growth in their relationship.



Does Connect® Work?

After taking the group, parents report:

- ↓ Decrease in youth behavioural problems (e.g., aggressive behavior)
- ↓ Decrease in youth emotional issues (e.g., depression, anxiety)
- ↑ Increase in parent satisfaction



- 97% of parents felt **better equipped** to understand their child
- 95% of parents felt **better equipped** to understand themselves as a parent
- 86% of parents saw **positive changes** in their relationship with their child as a result of applying what they learned during Connect®

FAMILY WELLNESS UPDATE

ABOUT US

The Family School Wellness Program is an important part of our healthy Chinook's Edge school community. We provide a variety of supports and resources to students and families throughout our school division. We value parent/guardian involvement.

Family School Wellness Workers in Chinook's Edge share strong connections with community partners and can assist families in finding information, resources or services and community-based programming. A significant role for our Family School Wellness Program is to grow and maintain relationships between parents and schools, and community and schools.

Core Values

Relationships

Empathy

Caring

Respect

At the heart of the Family School Wellness Program in Chinook's Edge is a team of caring and skilled professionals from various backgrounds in child and youth care, childhood development, social work, psychology, and early childhood development. Our team supports the social, emotional well-being of children and their families.

ABOUT THE PROGRAM

Family School Wellness Workers in Chinook's Edge School Division are qualified to:

- Provide support services to families and children facing social, emotional or family challenges.
- Promote effective communication and parenting skills.
- Offer short term individual or family support.
- Build skills with students in small groups.
- Assist in finding information and accessing resources in the community.
- Promote preventative opportunities within the schools and community.
- Collaborate with community agencies.

THE REFERRAL PROCESS

Referrals can be made by family, school staff, and students themselves. We highly encourage that families refer their children directly and that community members inform families of the services available.

Students can attend one initial meeting with Family School Wellness in order to assess if services are needed. Our program requires parental/guardian consent following that initial visit. Our program is family focused. Your involvement matters!

For more information about our free and confidential services, and to discuss how our Family School Wellness Program can support your child, please contact the Family School Wellness Worker in your child's school

Lynne Lafreniere, RSW

Family School Wellness Program

Phone 403-556-8477

llafreniere@cesd73.ca

PARENT COUNCIL NEWS

Parent Council is so thankful for such a beautiful fall and for all of our volunteers during October! We were happy to get back to our fun lunch fundraising program that provides an opportunity to purchase hot lunches while fundraising for our school. We served 250 hot dogs and over 200 burgers - yum! Ordering is now closed from now until December, mark the following dates in your calendar: November 4 and 18, December 2, 16 and 23, or see your email for the weekly reminder.



We are looking forward to our Purdy's Chocolate Fundraiser as well, ordering is open now online! Place your order early for best selection. Orders must be placed by Sunday, November 27 and the pick-up date will be Wednesday, December 14 from 3:30pm-5:00pm. Please watch for further information and updates as the pick-up date approaches. Any questions can be directed to EOES Fundraising Society by emailing chair@eoesparentcouncil.com.

Order Online:

1. Join our group by clicking or typing in this link: <https://fundraising.purdys.com/1565960-97447>
2. Enter your email address and click JOIN. If you have already registered, you will automatically join the campaign. If you haven't, you will need to register before joining the campaign.
3. Click "Shop Online" to start shopping!
4. Invite your friends and family! They can simply follow the same steps as above.

We will also continue with our FLIPGIVE Fundraiser!

We earn cash back on every purchase we make all year long! All you have to do is shop anytime with the brands you already love, like Home Depot, Walmart, Sport Chek, Indigo, Old Navy, Apple, Esso, and Loblaws. It's completely virtual and contactless.

Join our team now and you'll get a \$5 bonus the first time you shop:

<https://flipgive.app.link/teams/join?joincode=S6WRMG>

Or enter this code: S6WRMG

Thank you for your continued support of EOES Parent Council and Fundraising Society. The funds raised through fundraising are used to support a number of activities in the school.

Also, did you know EOES Parent Council has our own Facebook Page? For the most up to date information about events, volunteering and fundraising, please follow us at www.facebook.com/eoesparentcouncil.

Our next online Parent Council Meeting is Wednesday, November 2 @ 12 p.m. Please email chair@eoesparentcouncil.com for the link to join virtually - we would love to "see" you there!

The Lost and Found bins are OVERFLOWING! All Items will be set out at the school from November 8-24 during Parent Interview Week. Please take a quick look on the way to your interview! Or come in sooner to take a look

Your stuff misses YOU too.



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PHYSICAL EDUCATION NOVEMBER UPDATE

Congratulations on our Terry Fox run that took place on September 22.

We fundraised \$1125. Surpassed our goal by \$125! Way to go !

Hello Friends! We have had a very busy two months of school and as we move into our Winter Months we say goodbye to sunny days and sandals and prepare for those frosty cold mornings!

Running Championships Update - Cross Country Races

Students at EOES love to RUN! Our Annual Cross Country Races were held on October 5th on a beautiful sunny day. There is always excitement on Race Day and a good time was had by all. All students are encouraged to run in their Cross Country Race and learn how to compete in a friendly format like this. It was an impressive display of endurance and good sportsmanship! It was a pleasure to see parents, grandparents, and friends come to take in the competition!

BIG Thanks to our Buddies at Deer Meadow School and Horizon School for helping with the Course Supervision, Results, Ribbons, Set Up, and Clean Up. We couldn't have done it without you!

In the following Events here are the Top 3 Racers (in order 1st,2nd,3rd);

Kinders Boys - Quinn Kohut, Jack Reaman, Ignacio Ikenaga

Kinder Girls - Ingrid Esguerra, Jedda Fleming, Abigail Vey

Grade 1 Boys - Hudson McIntyre, Hanes Campbell, Lincoln T

Grade 1 Girls - Ava Schlichenmayer, Hazel Clendinning, Georgia Hodge

Grade 2 Boys - Charlie Rosehill, Boyd Stoutenberg, Jordan Vey

Grade 2 Girls - Aennsli Vilata Mudry, Malaya Johnson, Ava Hogarth

Grade 3 Boys - Talon Koksall, Colt Sande, Aiden Lutz

Grade 3 Girls - Ava McKnight, Lyla Thompson, Louisa Wells

Grade 4 Boys - Cameron Pedersen Tie- 1st, Miller McDonald Tie 1st, Jared Sahli,
Emmett Chernesky Tie 3rd, Ryatt Rosehill Tie 3rd

Grade 4 Girls - Ryleigh Beemer, Addison Delorme, Brodie Ogilvie

CONGRATULATIONS TO ALL OUR RUNNERS for trying your BEST!!

Running Championships Update - Annual 4 X 100 Team Relay (Grade 3 and 4)

On October 19 we timed the weather perfectly again and held the Annual 4 x 100 Team Relays.

This is a tradition at EOES that students in grade 3 and 4 look forward to. In this Event students are allowed to make their own Teams and enter in a category they want to and make their Team Name which is always a delight! All students learn the 4 x 100 in gym classes but only the grades 3 and 4's get to showcase their Team's Relay Speed in front of the whole school!

The Dance Party in between races is always a crowd pleaser and good memories were had by all! Once again our friends from Mrs. Hoppins Grade 8 class and some grade 7's were instrumental in helping make this event a success!

The following Teams raced to GLORY;

Grade 3 Mixed Event - The Velociraptors (Elizabeth, Mason, Emma, Eryn)

Grade 3 Girls Event - The Super Girls (Mia, Ava, Rae, Kayleigh)

Grade 3 Boys Event - The Speedy Wolves

Grade 4 Mixed Event - The Panthers (Adrianna, Michael, Gage, Gabe)

Grade 4 Girls Event - The Fred Fries (Annalise, Addison, Kaia, Ryleigh)

Grade 4 Boys Event - Banana Huskies Cameron, Jared, Evan, Ryatt)

BEST TEAM NAME - THE DRAGON "ETTES" OF DESTINY WINGS OF FIRE !!!



The "Golden Shoe" Lunchtime Running Challenge

Lunch recess running on our school track provides a nice alternative for students who enjoy walking and running. Each lunch recess students who run the track earn a popsicle stick for each lap they have done which are then accumulated as part of a Class Total amount.

The competition to see which classes in each grade group can earn the most sticks and highest total amount is a storied tradition for many many years. Students ran hard to get the most laps for their classroom and the competition has never been more intense!

The Golden Shoe Winners for Round One (5 weeks) are;

Grade 1 - Mrs. Nisbets Class (537 laps)

Grade 2 - Mrs. Koch's Class (648 laps)

Grade 3 - Mrs. Vey's Class (961 Laps

Grade 4 - Mr. Proctor's Class (2062 Laps) ****SCHOOL RECORD! LEGENDARY STATUS!!!!**

Teachers who would like to acknowledge some students from their rooms who really made an incredible impact running the track for the Golden Shoe Challenge are;

Mrs Beemer Grade 1 - Recognition to Tallia Tompkins and Zac Tomm

Mrs. Martens Grade 3 - Recognition to Jake and Sam

Mrs. Windsor Grade 4 - Recognition to Cameron Pedersen

Mrs.Friske Grade 3 - Recognition to Nash Todd (91 laps), Ava McKnight (78 laps) and Rae Ogilvie (56 laps).

Mrs. Vey - Recognition to Corbyn Rath (112 laps) and Viaan Shah (143 laps)

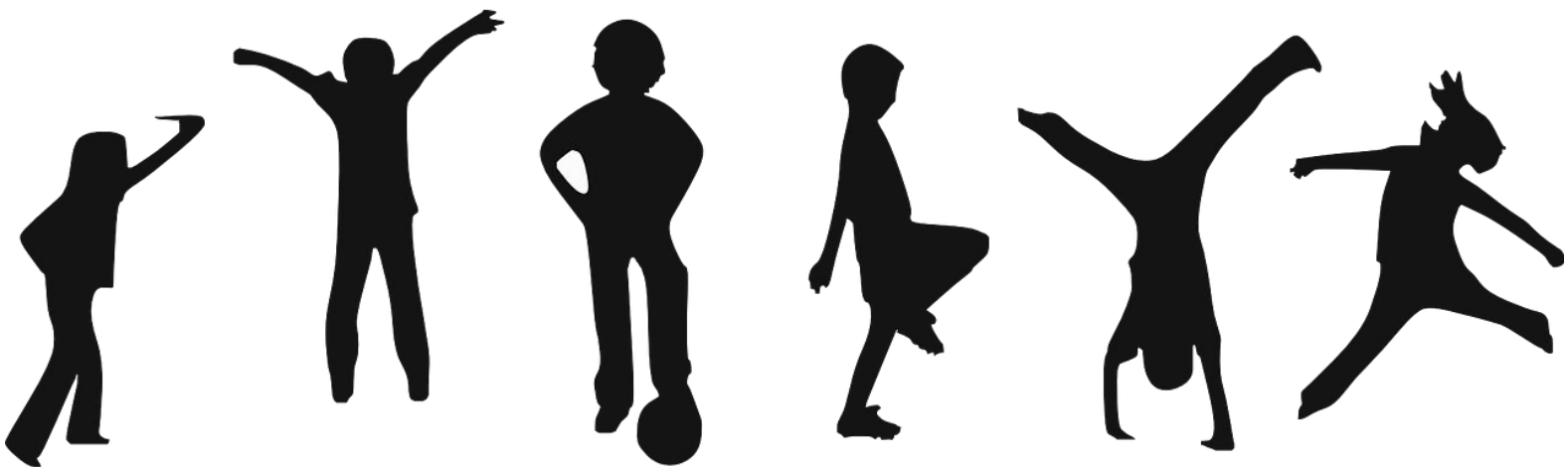
Mrs.Hanna Grade 1 - Recognition to Marin Turnbull (89 laps) and Hanes Campbell (107 laps).

Mr. Proctor - Recognises Evan Grant and Ryatt Rosehill both ran 260 laps. Alyvia Grant ran 112 laps .Romie Hubick ran 93 laps. Marysse Moyo ran 89 laps.

Curriculum - November and December

We will begin focusing on many hand eye coordination skills that include throwing, catching, floor hockey stick and ball challenges, skills stations, fitness, and agility. We will also be learning how to concentrate and practise a skill in one minute increments which seems quite easy but can be quite a challenge to do quietly without being distracted.

Our Kindergarteners will focus on Physical Literacy Skills to build coordination and strength. We will also be learning how to play cooperatively with each other by participating in various tag games and activities in the gym.



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 All grades Recess

11:40-12:10 Lunch recess Gr. 3-4

12:20-12:50 Lunch recess Gr. K, 1, 2

1:55 -2:08 All grades Recess

3:10 Dismissal



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



MUSIC UPDATE NOV 2022

In November, you will have your first opportunity to hear ÉOES students perform at an assembly. On Wednesday, November 9 at 10:45am the grade 4 students will be singing one song and performing a poem during the **Remembrance Day ceremony** in the gym. We hope that many of you will be able to attend this serious and important assembly.

Another wonderful event will be a performance for the whole school from the Alberta Musical Theatre Company. At 1:30 on Friday, November 18 they will present **Jack and the Beanstalk**. Through this story, the audience will see how Jack is faced with a difficult choice that tests the extent of his courage. This will be our first live show since 2020 and all of you are welcome to come and enjoy this fantastic drama production along with us.



FEAR-LESS Triple P

Help them break free from anxiety

HOW DOES ANXIETY AFFECT CHILDREN AND TEENS?

Some children and teenagers worry more than others. When they become extra-worried, anxious feelings can start to affect everyday life. They may often be upset and fearful, become withdrawn, or even feel 'sick with worry'. But with the right support, they can gain confidence and break free from anxiety. When they get help to develop their own toolkit of coping skills, they can deal with difficult emotions in healthy ways. It will help them right now, and in the future!

Weekly on Wednesdays 12-1pm, October 26-November 30th, 2022

WHAT IS COVERED IN THE WORKSHOP?

- Anxiety—what is it and how does it develop?
- Modeling and the way children think.
- The way you behave – avoidance and exposure.
- Parental strategies for responding to children’s anxiety.
- Constructive problem solving—how to promote it and maintain gains.



**Each family will receive a FEAR-Less book*

6-Session Workshop for FREE

Grab a lunch and enjoy these lunchtime sessions virtually ONLINE!
Upon registration, you will be connected with the Triple P Practitioner who will provide resources and the online login information for the sessions!

REGISTRATION:

call 1-866-556-4122 or email ASCEND@asc-mva.ab.ca



NOVEMBER



SUNDAY/ DIMANCHE	MONDAY/ LUNDI	TUESDAY/ MARDI	WEDNESDAY/ MERCREDI	THURSDAY/ JEUDI	FRIDAY/ VENDREDI	SATURDAY/ SAMEDI
		1	2 Parent Council Mtg Google meet: 12 pm	3 World Sandwich Day 	4 Hot Lunch-preo rders only	5 FALL BACK 
6	7 Lifetouch Picture retakes	8	9 School Remembrance Day Ceremony 10:45	10 Fall Break- NO SCHOOL	11 Fall Break- NO SCHOOL 	12
13 - World Kindness Day 	14	15	16	17	18 - Jack and the Beanstalk play 1:30 Hot Lunch 	19
20	21 Parent Teacher Interviews-in person, google meet or phone call	22 Parent Teacher Interviews-in person, google meet or phone call	23 Parent Teacher Interviews-in person, google meet or phone call	24 Parent Teacher Interviews-in person, google meet or phone call	25 Collab Day- NO SCHOOL One month until Christmas..... 	26
27-Last day to order Purdy's chocolates 	28	29	30			