



HOOPERS SCHOOL BELL #7

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

March 2023

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



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olds.elem@cesd73.ca

FROM THE DESK OF:
MARGO NYGARD, Principal

March marks the time when we once again gather together and share each student's learning journey at our parent-student-teacher interviews. It is at this time that we 'pause' and celebrate the growth and accomplishments of our students and set goals for the final few months. The assessment process is complex and detailed and looks a little different in each classroom, however, there are common practices that we all share:

- **Assessment for Learning:** Teachers spend the majority of their time engaging students in the process of assessment FOR learning. *Assessment for Learning* focuses on using assessment to improve learning. It helps guide a teacher's next steps in learning - it is the practice before the game. Assessment for learning is the ongoing practice of:
 - Helping children understand what it is they are going to be learning. Teachers take the Alberta Education Outcomes and put them into language that we can all understand.
 - Coaching students in their learning:
 - Helping students set goals
 - Giving feedback to your child
 - Allowing your child to learn from mistakes
 - Creating opportunities to practice and improve
 - Talking to your child about the next steps in learning
 - Adapting teaching to meet the learning needs of your child
 - Revising student goals as they move forward in their learning
- **Assessment of Learning:** When teachers pause in the learning process to assess a child's progress, this is called *Assessment of Learning*. Assessment OF learning is game time. It is used to measure a student's knowledge and skills. Teachers gather data on learning in many ways to help identify where your child is performing:
 - *Products:* These are the samples of student work and assessments that show you what your child is working on and where they are at
 - *Observations:* Teachers observe your child each day in all of the different tasks and activities they are involved in
 - *Conversations:* Teachers listen and ask guiding questions to help your child share what they know and are able to do
- **Student/Parent/Teacher Conferences:** These conferences provide an opportunity to ask questions and share feedback with both your child and your child's teacher. Our goal of success is the same, and these checkpoints help us create plans for your child's continued growth.

Report cards and interviews are only two of the ways we pause to take stock of the greatness found at EOES. Our grade 4 parents, students and all of our teachers are asked to complete our annual Alberta Education Assurance Survey. By participating in this survey, you are helping us to measure successes as well as determine areas of improvement at the school, board, and provincial levels. If, at any time, you have something you would like to share or a question about what is happening in your child's classroom, please do not hesitate to contact us.

We appreciate the time, attention and support you show as we work as a team to ensure success for all our kiddos throughout the year.

March is also a time of change. Spring (we hope) is just around the corner and with it comes the thrill of new life, the excitement of outdoor activities and the change of the seasons. It will also bring a change to my world. Before the break, I let our staff know that I will be leaving ÉOES at the end of June. This has been my home for the past six years and it will be difficult to leave our students and families. I am happy to say that I won't have to say goodbye, rather see you soon, as I have accepted the role of division principal and will still be working within CESD. Over the next few months, we will continue our learning journey and welcome a new principal who will get the chance to discover what a fantastic school community we have at École Olds Elementary! Thank you for everything.

Margo Nygard

Principal

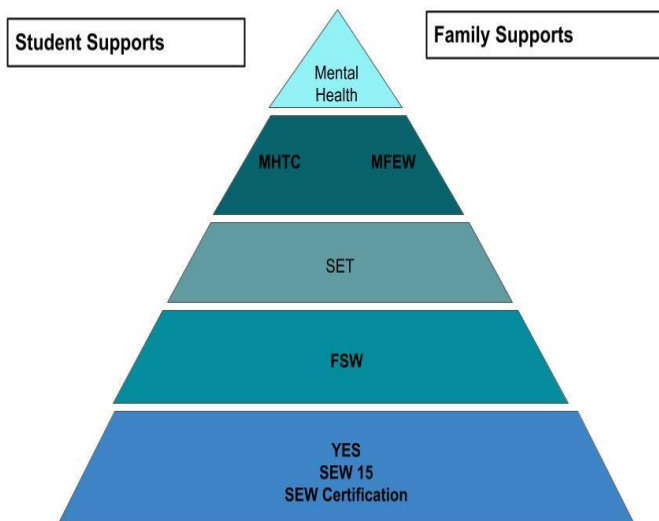


Building Social Emotional Wellness

- A message from Superintendent Kurt Sacher

Various [studies](#) and [multiple observations](#) tell us it is a challenging time for young people and their social-emotional well being. We take this seriously in Chinook's Edge, and we are focused on making a difference in this key area. Why? We know when students are well emotionally, it sets them up for success in every other area of their lives, including learning at school.

The Chinook's Edge approach to this work can be visualized in a pyramid. It is a multi-layered and proactive approach. Our work begins at the bottom of the pyramid with programming that reaches all students. Moving up the pyramid, our work becomes more tailored to individual students who need additional support. A key element of this plan is the inclusion of families.



In summary, starting at the bottom of the pyramid, here is how Chinook's Edge is supporting students:

- YES = **Youth Empowerment & Support** program. Proactive - building social emotional wellness in all K-8 classrooms. Also - targeted groups at lunch, after school and in the summer.
- SEW 15 - **Social Emotional Wellness 15** is a high school course created to build social emotional wellness for students.
- FSW = **Family School Wellness**. FSW workers help students individually and in small groups to support mild to moderate needs. Families are connected to the conversation and strategies to support student's social emotional well-being.
- SET = **Social Emotional Teams** are based in each school. They work with individual students, and potentially their families, to support moderate to severe mental health challenges.
- MHTC / MFEW = **Mental Health Transition Consultant / McMan Enrichment Workers**. MHTC coordinates with SET specialists to provide support to students experiencing severe mental health or emotional challenges. MFEW provides in-home family support.

Of note, Chinook's Edge and its partners received a [\\$1.4 million provincial grant](#) for a two-year mental health pilot. The grant allows us to hire the MHTC and MFEW workers. Also, the Chinook's Edge Board financially supports the YES, FSW and SET teams with close to \$3 million in funding annually. And, at a more granular level, we have amazing staff who are very committed to helping our students. This is very important work.

If you'd like to know more about these programs - and how they work at your child's school, I would encourage you to reach out to your school's principal.

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

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 area.
- If you will be later than 8:35am, please have your child use the front entrance, as all other doors will be locked.

After School Pick Up

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

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:

8:35am Start of Class

10:10am-10:23am All grades go out

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

12:20pm-12:50pm Lunch recess for Gr. K-2

1:55pm-2:08pm All grades go out

3:10pm Dismissal

Please remember that all students need to be picked up at 3:10pm. Thank you!



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:
<https://www.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 Chinook's 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 Chinook's Edge website, under Menu, Students and Parents, then on the left, click on the arrow beside School Fees.



Ready, Set, Go!
Welcome to Kindergarten

**Online Kindergarten
Registration for the
2023-2024 school year
begins on January 9!**





Ms. Munchinsky: March 2023

In February our school was able to see the Steve Harmer show: **Kindness and Gratitude: Your Superpowers**. In addition to great magic tricks, he left us with a few important messages:

1. Kindness is the voluntary use of our time, talent and resources to improve the lives of others, and the world, through genuine acts of love and compassion.
2. Gratitude is a warm feeling of thankfulness for the gifts we've been given, and for people who show kindness. When we feel gratitude, we are thankful for what we have and do not constantly seek more.

Kindness and Gratitude are much like "super powers" that everyone can *CHOOSE* to have. When you claim and use your super powers amazing things can happen in your life and in the lives of others.

The next student performance will be the grade 2 classes which will present "**The Bear Went Over the Mountain**". We welcome you to come to the school at 10:45am or 2:30pm on Tuesday, April 4 to see this fun and insightful show. In addition to "Da Bear" you will also hear the owls, the deer, the rabbits, the squirrels and the night animals share their wisdom and demonstrate their kindness. We look forward to seeing you there!



Randy Kish: Physical Education March Update:

The Month of March will be a busy month as we wind down from Winter and look to the Spring.

Swimming - Olds Aquatic Center

All students grades 1-4 take swimming lessons as part of their Physical Education Curriculum. At Olds Elementary we believe swimming is a Life Skill and a necessary skill for Safety. Students are bussed from OES to The Olds Aquatic Center every Tuesday and Thursday during their scheduled times. Parents are welcome to watch! Please follow Olds Aquatic Guidelines for spectating. Teachers will be requesting any prior Swim Lesson Information you may have kept for the Pool Instructors to use when they set up groupings for instruction. Students will receive 6 lessons. The following timelines for swimming are;

Grade 4 - February 28 to March 16

Grade 3 - March 21 to April 6

Grade 2 - April 18 to May 4

Grade 1 - May 9 to May 25

Basketball Shooting Competition - Results:

The Annual Basketball Shooting Competition was held on Thursday, February 16th to a packed house of wildly enthusiastic students and spectators! This year I offered the Competition to grade 2, 3, and 4's. I believe that competition is good for students, it builds resiliency and if done in a positive and supportive environment it is a healthy part of growing up. ALL students at OES have the chance to make it to the Grand Final by competing in their Class Competitions prior to the Finals. But only Top Shooters qualify for the Big Event.

The Competitors who made it to the Grand Final displayed great Sportsmanship and Concentration while their classmates cheered enthusiastically for them. There were many highlights during the day, some that come to mind are; Alex became a 3-Time Champion which has only ever been done once before in the history of the competition by Spencer Clifford! Cooper's hard work paid off with his Championship - no one practiced more in the days leading up to the Event! Last year's grade 3 Champion Salayna competed bravely with a cast on her wrist which showed true courage! Alex, Layla, near perfect scores of 14/15! And of course a big highlight is hanging out with our grade 8 friends from Deer Meadow - Thank You Mrs. Hoppins!

Congratulations to all Basketball Hot Shots Competitors!

Grade 2 Boys Champion - Cooper Milne

Grade 2 Girls Champion - Danica Popesku

Grade 3 Boys Champion - Toby Weigum

Grade 3 Girls Champion - Layla Thompson

Grade 4 Boys Champion - Alex Sampson

Grade 4 Girls Champion - Harwynn Mariak



Curriculum - what's coming up

In March students will explore Country Line Dance and Cooperative Games for Fitness. We will also break out the Lacrosse sticks and learn some Lacrosse Skills. Students may bring their Lacrosse stick if they want although I have enough for everyone. If students do bring their stick for gym classes and they want to practice at recess then they must follow these two rules;

1. Lacrosse sticks are only allowed out on the fields away from the school
2. Only a tennis ball can be used (no lacrosse balls)

I will not be giving students access to school lacrosse sticks and tennis balls for recess play.

Any issues from a Lacrosse stick will result in the stick being taken away and sent home.

Grade 4 Floor Hockey - Play-Offs are Coming!

In March we will complete our Play-Off Rounds for the Boys and Girls Divisions of our Floor Hockey League. All Teams have battled hard this winter in their League games and I have seen tremendous growth in skills and play! Players have all shown good Sportsmanship for which I am equally proud!

The Champions of each Division get to play the Staff in a Floor Hockey Exhibition in front of the school and parents. I will send notice home when these big events get closer!



YOU MATTER IS BACK for another round. There are original and new items to choose from. Diggers will have their on-line store open until Monday, March 6th at midnight. Any extra proceeds will be donated to The Alberta Mental Health Assoc. in honor of Mitchell Ormann, who passed away in 2018. Please click on the link to go directly to the Diggers on-line store:

<https://youmatterspring2023.itemorder.com>

Thank you again to everyone for their support. We can't thank you enough for the love you have shown us over the years, on the loss of our beautiful boy. Please remember that we all matter and that we all deserve to have our stories heard. Don't ever be ashamed to ask for help.

"You Matter" Mitchell

School Council

Our next virtual meeting is Wednesday, March 1st @ 12 noon. Please email chair@eoesparentcouncil.com for the virtual link to join.

Please save the date for our Special Meeting Wednesday, April 5 in person and virtual at 6:30pm in Olds. Please email to confirm your attendance and we will provide the address!

It's March and Spring is right around the corner!



The year has moved along quickly and we are so happy with all the Parent Council events we've been able to put on so far, but there is still more to come!

We have extended our Mom's Pantry Fundraiser to this Friday!

Wow, what a great selection of items to choose from in this next fundraiser! Mom's Pantry offers over 200 items from spices, tea, and superfoods to cookie dough, frozen ready-to-bake treats and snacks! The full selection can be viewed at momspantry.ca.

Orders can be submitted online until MARCH 3, 2023.

How to Order:

1. Go to www.momspantry.ca
2. Add items to your cart!
3. On checkout, enter the Order Number: 365576, Group Passcode: 28024 and Seller's Name: Ecole Olds Elementary School (most browsers will also let you search just by our name).
4. Complete your payment.
5. Wait for your goodies to arrive - approximately mid-March!

If you do not wish to submit your order online, a limited number of paper order forms and catalogues are available at the office.

Thank you!

Brandy Thompson, Chair

April Mattson, Co-Chair

Next up: Purdy's Chocolates just in time for Easter!

Order online at <https://fundraising.purdys.com/1565960-103885>. The turnaround time for this one is shorter to accommodate guaranteed delivery before Easter. Ordering will close March 19, 2023 with pick up from EOES April 4.



Thank you to all of our volunteers who came to sell candy bags for Valentine's Day. It was two SWEET days where we sold over 600 candy bags!

FUN LUNCH

We continue to thank all our fun lunch volunteers - this program runs with great success each week because of all of you.

Upcoming fun lunch dates are:

March 3 - Pizza Hut

March 17 - Ham & Cheese and Pizza Buns

March 31 - Beef Burrito

April 21 - Edo

April 28 - Boston Pizza





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

We are so very excited to announce our Family Dance: Friday, April 21, 2023. Please RSVP online at eoesfamilydance.eventbrite.ca by March 31, as we do have to adhere to the gym capacity limit

EYES PARENT COUNCIL PRESENTS:

LET'S PARTY LIKE IT'S 1999!

MIX TAPE 90'S

FRIDAY, APRIL 21, 2023
ECOLE OLDS ELEMENTARY SCHOOL
DOORS OPEN AT 5:30PM

SNACK AND DRINK CONCESSION

👉 RSVP BY MARCH 31 AT
EYESFAMILYDANCE.EVENTBRITE.CA

ENTRANCE BY DONATION

REGISTRATION IS OPEN

OldsMinorSoccer.ca

Registration closes
April 1

Mon/Wed: U11, U15, U19
Tues/Thurs: U6, U9, U13, U17

Teams will be mixed boys/girls.
U11-U19 will play 8 vs 8

Dates are subject to change pending on number of players and coaches available



Pistols

2023

Registration OPEN

Registration is now open for
the the 2023 Softball Season

U9 Teams (Tues & Thurs),
U11 Teams, U13 Teams
U15 C Team, U17 C Team & U19 Team

Registration open Until March 15, 2023

Register at: oldsminorsoftball.com

Connect Parent Group

Strengthening Parent-Child Relationships

Every Thursday starting on March 2, 2023



Join us for 9 sessions of the Connect Parent Group where we'll discuss and learn about basic attachment concepts that help promote your child's social, emotional and behavioural adjustments as they grow!

For caregivers of youth ages 13-18, this program supports caregivers of pre-teens and teens. Each session provides a new perspective on parent-teen relationships and adolescent development. We support caregivers to develop healthy relationships while setting limits.

Looking for more information?

Email us at info@mvfrn.ca or call 1877-761-0033!

REGISTRATION IS REQUIRED:
Register online at MVFRN.CA

Connect® Parent Group



What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



SUGAR SHACK

Cabane à Sucre

Hosted by Canadian Parents for French



Spoon playing

Traditional French dancing

'Jambette'

Tire sur la neige
(maple taffy on snow)

Everyone welcome!

March 10th 6pm – 9pm

Olds Evergreen Center. 5237 52nd Street

A come and go, free, family friendly event.

MARCH @



Olds Municipal Library

FAMILY MOVIE
Matinée

ALL AGES WELCOME

SATURDAY, MARCH 25
1:00 - 3:00PM

@ OLDS AIR CADET HALL

FREE ADMISSION
DONATIONS WELCOME

BRING A COMFY SLEEPING BAG/BLANKETS AND WATCH A MOVIE!

WIN PRIZES FOR READING!

BIG THANK YOU TO OUR SPONSORS

PANDORA'S BOOK
WWW.PANDORASBOOK.CA

Olds Municipal Library

YOUTH READING CHALLENGE

OML.BEANSTACK.ORG

Ages 6-12 | Grade 1-7
Read and Earn

Readers are lucky – they will never be bored or lonely."
Natalie Babbitt

Olds Municipal Library & PANAGO

READING CHALLENGE

Enjoy a FREE small 3-topping pizza compliments for reading excellence.

Ages 0 - 17

SCAN FOR MORE INFO

SIGN UP AT OML.BEANSTACK.ORG

WHAT ELSE IS HAPPENING AT OML? VISIT: OML.PRL.AB.CA/EVENTS



March 2023

SUNDAY/ DIMANCHE	MONDAY/ LUNDI	TUESDAY/ MARDI	WEDNESDAY / MERCREDI	THURSDAY/ JEUDI	FRIDAY/ VENDRED	SATURDAY/ SAMEDI
			1 Parent Council Meeting 12:00	2	3 Pre-Ordered Fun Lunch: Pizza Hut	4
5	6	7	8	9	10 No School	11
12 Spring Forward at 2:00am 	13	14	15	16	17 Pre-Ordered Fun Lunch: Buns St. Patrick's Day GREEN DAY 	18
19	20 Parent/ Teacher Interviews	21 Parent/ Teacher Interviews	22 Parent/ Teacher Interviews	23 Parent/ Teacher Interviews	24 No School	25
26	27	28	29	30	31 Pre-Ordered Fun Lunch: Beef Burrito PJ Day: Put Winter to Bed	April 1 April Fool's Day