

# HOOPERS SCHOOL BELL #4

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

DECEMBER 2024

Principal: *Mrs. Alanna Sampson*  
Vice Principal: *Mr. Joe Amundrud*



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## December Principal's Message:

Welcome to the holiday season! Bringing 2024 to a close brings with it reminiscing about the past year and reflection on our goals for 2025. As we embrace the holiday season and the new year we are reminded of the importance that a balanced lifestyle plays in all of our lives. Here at École Olds Elementary School, we work together to provide various opportunities for students to focus on mental and physical health and wellness.

- We are very fortunate to provide a full-time physical education teacher for our ÉOES students. The quality of **Mr. Kish's** program is exceptional. He combines his knowledge of skills and abilities at the various age groups with his experience and positive pro-social teaching. Mr. Kish's focus on fun and relationships is the reason why student-athletes of all ages and abilities persevere and tackle obstacles with enthusiasm. Students of all grades look forward to the many events hosted by Mr. Kish. Ask your child about their favorite PE activity!
- Recess time provides students with a chance to play on and around our wonderful playground structures. At any given time you will find children on the swings, slides, playing soccer, skipping, shooting hoops or running the track. Recess is also an opportunity for students to stretch their mental muscles when they use their imaginations to create various games and play environments. I am often amazed at the background stories and rules of the imaginative play of students. Recess also helps students build confidence, collaboration and conflict resolution skills that are important far beyond the walls of our school.
- Teachers schedule opportunities for students to engage in Daily Physical Activity (DPA) on days when they do not have the gym. Some of these activities make great use of internet resources like [gonoodle.com](http://gonoodle.com) and take place right in the classroom. In better weather, teachers make use of our track or playground area. As well, our classrooms engage in conversations and activities that focus on health and wellness. As a parent, you might already subscribe to the many free online newsletter subscriptions that provide tips for healthy lunches and activities that kids can participate in on their own time. Check out the [What's For Lunch](#) resource from Alberta Health for tasty recipes and tips.

- While healthy bodies are a focus, healthy minds are an equally important part of our Chinook's Edge school communities. Classroom teachings, Hooper's Code, and social-emotional skill building programs allow exploration of strategies that enhance our safe and caring school cultures and keep us mentally well.
  - Our family wellness worker, **Ms. Lynne Lafreniere (Ms. Lynne)**, offers a confidential environment with a focus on mental wellness and learning strategies for both our students and families. Ms. Lafreniere works alongside individual students and families to address many complex issues and serves as an advocate and connection to various support structures throughout central Alberta.
  - Our two amazing admin assistants, **Lisa Ormann** and **Lisa Hallett** help our students, parents/guardians and staff each and everyday. The "Lisas" support healthy minds and bodies in ways that are too many to count. Whether it be with ice packs, extra food, pep talks or just a listening ear, they provide vital social emotional guidance to our very large school community.
  - Through CESD's Youth Empowerment & Support (YES) program, we are fortunate to have **Jesse Stoddart (Mr. J)** as part of our staff. Jess engages students through targeted group work and whole class learning by designing programs that encourage positive self-esteem, confidence and coping skills. We always see him throughout the school building positive relationships and pro-social skills.

On behalf of the staff at École Olds Elementary, I would like to wish you a holiday season filled with laughter, happiness and good health!

# Merry Christmas



**Mrs. Alanna Sampson,**  
Principal

## Upcoming Events for December

**December 6th** - Mad about Plaid (students are encouraged to wear plaid)

**December 10th** - Grade 1 Christmas Concert (1:00 pm & 6:00 pm at our school gym)

**December 12th** - Wear an Ugly Christmas Sweater and/or Wear Red & Green Day

**December 13th** - Non Instructional Day

**December 17th & 18th** - Little Shoppers. Each student may purchase up to two items for \$2 for any important adult in their life. More details about this parent council event are included in this newsletter.

**December 20th** - Pajama Day + Movie in the Gym at 10:30am (Arthur Christmas, 2011 version) + Caroling in the gym at 2:15pm (parents are welcome to attend caroling)

**December 21st - January 5th** - Winter Break

## 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:

#### \*\*\*8:25am Doors open to students

8:35am Start of Class

8:42am O'Canada

10:10am-10:23am Recess for all grades

11:55am-12:25pm Lunch for all grades

12:25pm-12:50pm Recess for all grades

1:55pm-2:08pm Recess for all grades

3:10pm Dismissal

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



**Weather changes: Please send appropriate outerwear for the weather AND...WE WOULD APPRECIATE AN EXTRA SET OF CLOTHING IN EACH STUDENT'S BACKPACK. 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](http://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. You can also set up monthly payments - please call Lisa Ormann at the school

If you are having technical issues with your parent account please email [feesupport@cesd73.ca](mailto:feesupport@cesd73.ca) for assistance.

The fee schedule can be found on the Chinook's Edge website, [www.cesd73.ca](http://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.



# Physical Education Update - December 2024

Mr. Kish

## Kilometer Club Golden Shoe Results



The 8 Week Kilometer Club Noon Running Challenge has come to a conclusion. It was wonderful to see so many students out enjoying a walk or jog around the Track at noon. Students who complete laps around the Kilometer Club collect a popsicle stick marker for each lap completed which are then taken in to their Teacher for Tallying. The classroom that has collected the most sticks ( laps ) wins the Challenge for their grade group.

## **Congratulations to the following Classrooms that have achieved Golden Shoe Glory!**

- Grade 1 - Ms Brokenshire
- Grade 2 - Mrs. Prohl
- Grade 3 - Mrs Martens
- Grade 4 - Mr Proctor



**Curriculum** - Physical Education Classes will become more challenging this term as we focus on using objects (manipulatives) to learn new skills. We will pursue stick skills, floor hockey, hula hoops, basketball, juggling, and balance challenges. The activities will help improve our coordination and physical literacy skills. We will also take our fitness challenges up a notch by trying more complex exercises and for longer durations.



## **What's in a Game?**

To the casual observer, kids playing a game might seem like a simple pursuit with not much value or purpose. To the casual observer, a game may simply look like a bunch of kids running around noisily having fun but there is so much more going on than what meets the eye.

When planning “games” we have to first be mindful of the connection the game has to Curriculum Outcomes. Is the game an Activity that builds Skills? Does the game allow Participation by all players? How does the game instill a desire for students to want to be active? Does the game have a competitive component? Can every student find some success by participating? When designing games for gym classes, I always try to think of the range of abilities students have and their unique personalities. Do I need to modify the rules, or the equipment, or the method in order to ensure every child can “fit” into the game and find success? Is there a way to make the game continuous so that there is no “sitting” around or “waiting”? Can a game be made into a ‘story” or ‘movie” so that it is more fun to play?

**Cont...**

Games often involve Teamwork which gives students the opportunity to learn how to work together cooperatively, follow rules, communicate with each other, and make strategies. Sometimes I will have older students helping younger ones.

Lots of games have Math connections which include; counting, grouping, and patterns. Games are directly linked to Science because movement involves Force, speed, gravity, power, time, energy, and effort. By playing games we learn how to treat each other with respect and "think of the other person" which is part of our Hoopers Code of Conduct.

Games teach emotional resilience and problem-solving skills. When a game pushes us to our limits we learn how to respond appropriately.

Games help kids build physical skills like coordination, gross motor skills, and balance.

I often use games as Warm Ups to get the body moving prior to a Lesson. Sometimes Or the game can be played as a showcase or wrap up to a series of lessons. Games can also become the whole lesson if they are awesome enough. Games contribute to your child's physical, emotional, and social development and are a really important part of Gym Classes especially when students are having FUN without even knowing all the underlying benefits. I hope your child has a favourite game that they have enjoyed!

### Looking For Used Gym Equipment - either by donation or cheap price

*Make a Difference!*  
**DONATE**

If your child has outgrown their passion for hockey stuff... I am looking for any used goalie Street Hockey Pads and old Street Hockey Nets.

Mr J is also looking for some Mini Sticks for his Mini Stick League. Just give us a call if you might want to clear out some stuff that you no longer require. Thanks in Advance!

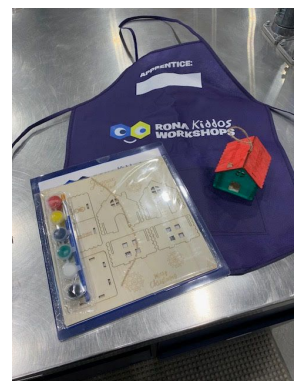
## OLDS RONA Garth Dagg

This is RONA Olds first trial of a Kids Workshop. There are a total of 50 kits available which will be on a "first come first serve" basis. The included picture shows what the kit and apron look like as well as an example of a "finished" decoration.

\* Clint's Kitchen: Operating at 5022 52 Street in Olds, Clint's Kitchen is open every Wednesday from 5:30 to 7:00 pm. We serve warm and FREE suppers in a friendly and welcoming atmosphere.

@clints.kitchen.olds

- Activity: Kids Workshop
- Date: Saturday December 7<sup>th</sup>
- Location: RONA Olds
- Time: Workshop #1: 10 am ; Workshop #2: 2 pm
- Kids paint and build a Cottage Christmas Tree Decoration
- Each child receives a Christmas Tree Decoration Kit and a Workshop Apron
- Olds High School students and RONA staff will supervise and assist with the build but parents are more than welcome to help out as well.
- Workshop is expected to take between 30 minutes to an hour
- Cost: \$5 donation (or more) with all proceeds going to Clint's Kitchen\*



# From the Music Room for December 2024:

Mrs. Koch



Dear Families,

It's a holly-jolly time of year- and we are feeling every twinkle and every jingle in the music room!

The choir has been busy spreading Christmas cheer by singing loud for all to hear and we are preparing to take our show on the road. This month we will be splitting into two groups (as it's difficult to move 100 kids at a time!) to sing for the seniors at the Mount View Lodge.

This month all students at École Olds Elementary will be learning some classic Christmas carols to sing during our annual **Christmas sing-a-long on Friday December 20th at 2:00 pm**.

Families are welcome to join us for this spectacular (and spectacularly LOUD) festive occasion.

Speaking of festivities, the grade one team has been busy working hard getting ready for our Grade One Christmas Concert. This year we will be performing, "**Melton, the Warm-Hearted Snowman**" on **December 10 at 1:00 pm and 6:00 pm**. **All grade one students are part of the performance and expected to participate in both shows**. Please join us for this beautiful event and prepare to have your heart warmed.

I have also just sent out a newsletter for all grade four students about ordering a new recorder or bringing one from home. Please look for this note in your student's backpack as all order forms or recorders from home need to be brought into the music room (or paid online) by December 20th.

**Please Note: if you already have a recorder and do not wish to buy another one, please call the office and they will remove the fee from your account.**



# Second Annual Gingerbread House & Log Cabin Showcase



**It's that time of year again. How did we get here so quickly?**

Last year our students had the opportunity to participate in a Gingerbread House and Log Cabin Showcase. We had 103 houses show up and it was amazing to see the creativity and hear the stories of how they build their houses. Since it was such a success, we are going to do it again this year. Here are the guidelines for the build:

- All students are welcome to participate
- Participation is completely optional
- Students can build independently or together with family or friends
- This is not a school project, houses are to be built at home
- Please keep the houses to the size of a shoe box
- Please only use **non-edible** items to build and decorate your house with (ex. cardboard, paper, pipe cleaners, pom-poms, popsicle sticks etc...) **NO FOOD PLEASE!**

The showcase runs from December 2nd to the 20th. Please don't send the houses to school until December 2. The houses will be sent home on the last day of school before Christmas/Winter break.

Thanks so much and I can't wait to see that the kids build this year!

**Sincerely  
Mrs. Clifford**





## Welcome to December!

Parent Council is looking forward to all of the festivities and fundraising events happening this month!

### FUN LUNCH:

The ordering period for January Fun Lunch will be December 3-17.

Order online at <https://oldselementary.hotlunches.net/>. If you haven't already done so this year, you will need to re-register. The access code is OLDS. Please pay attention to the Fridays your kindergarten student is and is NOT at school as no refunds can be offered.

### Candy/Chip Sales will be Thursday, December 12 over lunchtime!

\$1 each, while supplies last.

Please email [chair@eoesparentcouncil.com](mailto:chair@eoesparentcouncil.com) if you would like to help make this happen!





# Little Shoppers Christmas Store is Coming Back!!!



## What is Little Shoppers?

It is a temporary Christmas store set up at the school for students to come and purchase gifts for their parents/guardians. All items for them to pick from are priced at \$2 and will come home wrapped to put under the tree. The program relies on donations of new or gently used items for the gifts, as well as gift bags and tissue paper from families and community members. All proceeds from the Little Shoppers store goes towards buying supplies for classrooms or funding events for students. A fun activity for students to take part in and a fundraiser for the school!

What we need to make this possible:

**We are now accepting donations of new and gently used items, gift bags, tissue paper, and gift tags/stickers. Please consider dropping off to the school soon so we can count items as they come in.**

Please drop off at the office during school hours or send to school with your child with a note stating for Little Shoppers. Should you prefer to make a cash donation, it can be dropped off at the office and will go towards the purchase of wrapping or additional gifts for students to pick from. We are incredibly grateful for any and all donations you are able to provide.

Some examples of gifts: bath products, candles, tools, non-sized clothing (i.e., scarves, gloves, toques, hats, socks, sunglasses), jewelry, home décor, kitchen tools, gadgets, picture frames, games, books, gift certificates, sealed chocolates or treats, purses/bags, sports items, etc.

We also need volunteers to make this program a success. We will need volunteers the day before to help sort and setup, volunteers to wrap gifts during the shopping days, and some to help clean up at the end of the event.

**The Little Shoppers store will be open for students to shop on December 17 and 18, 2024.**

We are still looking for volunteers! Sign up here:

<https://docs.google.com/document/d/1gKtYlaJo1HPbYCYZT2wKiSn1aY7qC9cE7boxLAR3nqU/edit?usp=sharing>

We thank you in advance for your donations and support!

## PARENT COUNCIL AND FUNDRAISING SOCIETY MEETINGS:



Looking to get involved? The Parent Council and Fundraising Society meets the first Wednesday of each month. Our next meeting is December 4, 2024 at 7:00pm at the EOES Library or you can attend virtually. All parents/guardians are welcome!

Please email [chair@eoesparentcouncil.com](mailto:chair@eoesparentcouncil.com) if you would like the virtual meeting link.

Follow us on our EOES Parent Council facebook page for updates, and sign up for our volunteer opportunities @eoesparentcouncil

**Brandy Thompson, Chair**

It's back at OES!

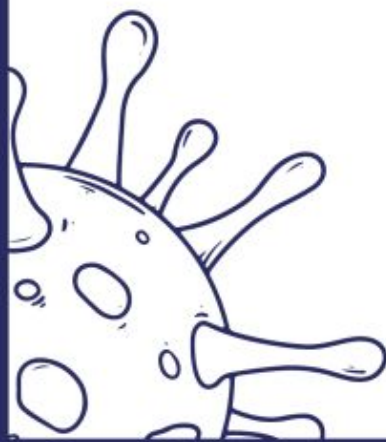
# SCIENCE FAIR

If your child is interested in participating in the school Science Fair, have them pick up an information package at the office.

**TUESDAY,  
FEBRUARY 4  
2025**

**At 08:00 AM -  
03.00 PM**

**École Olds  
Elementary  
School Gym**





The Olds Curling Club offers a relaxed environment for experienced and beginner curlers.

A full season is only \$70.00, and runs Tuesdays from 3:30 to 5pm, October through to March.

The club has some used equipment, so you can try without buying. When you commit to the season, equipment requirements are very reasonable.

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More information at: <http://oldscurlingclub.ca/index.html>

Or Contact

Morley Kjargaard

403-507-5238

Rick Phillips

oldscurlingclubgm@gmail.com



Spring 2024

Bowden + Olds, Alberta.

*'Horse Inspired Self-Discovery'*

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

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



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

"EARN 16 High School credits with Olds College, Green Certificate- training available!"

Looking to improve your communication skills, find your voice, increase social connections, confidence and self-awareness...we can partner with horses!  
Curious about enhancing personal insights, managing stress, setting S.M.A.R.T. Goals?  
Seeking positive changes in your daily habits and are drawn to nature and animals?

Consider... *'Horse Inspired Self-Discovery'*...

for 2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!

I am deeply passionate about developing opportunities for youth and adults to experience personal empowerment, promoting wellness and enriching our learning 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 through Horses" sessions!

\* Retreats/Camps- half or full day programs spring/summer 2024.

\* EFW sessions run: M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 9:00- 5:00 pm.

Individual sessions (2-3 hours) or small groups of 4 available.

\* No school days, Home School/After School program sessions- M-F 9-12, 1-4 + 3:30- 5:30



**A powerful introduction to the 'intuitive power' of horses...** By participating in **dismounted** equine activities we can delve into fun and challenging exercises that blend **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 Herd' 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! Great way to become confident and connected for riding lessons too!

**Horizon Equine EFW also can be a great introduction if you are wanting to learn how to ride horses through building your confidence and personal awareness.**

**We offer individual/group sessions or a series of weekly, 2-3 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, personal boundaries and 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 cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!

**Contact:** Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW, RR#3, Site 12, Box 26, Olds, Alberta. **[403-556-5504](tel:403-556-5504)**

Check out our website at; ([www.horzonequineefw.com/](http://www.horzonequineefw.com/) OR [info@horzonequineefw.com](mailto:info@horzonequineefw.com))

***\*GIFT CERTIFICATES AVAILABLE\****

# December 2024

Happy Holidays!

SUNDAY/ DIMANCHE	MONDAY/ LUNDI	TUESDAY/ MARDI	WEDNESDAY/ MERCREDI	THURSDAY/ JEUDI	FRIDAY/ VENDREDI	SATURDAY/ SAMEDI
1	2	3 Fun Lunch Ordering Starts Today For January	4 Parent Council Meeting 7:00pm	5	6 Mad About Plaid Day (Wear any color of plaid)  Pre-Paid Chinese Food Fun Lunch	7 Kids Workshop at RONA \$5.00 First 50 Accepted
8	9	10 Grade 1 Christmas Concert 1:00 & 6:00	11	12 Ugly Sweater Day  Candy Sales At Noon for \$1.00 each	13 No School	14
15	16 Fun Lunch Ordering ends for January	17 Little Shoppers Students can bring a Toonie to buy something for Parents and Guardians: 2 gifts each	18	19	20 PJ Day Christmas Carols at 2:15pm  Pre-Paid Pizza Hut Fun Lunch  Last Day of School for December	21 
22	23	24	25	26	27	28
						
29	30	31 	Jan 1 	2	3	4
			<p>2025</p>		<p>First Day of School is Jan 6/24</p>	