



“Get the Scoop”

On Whitecourt Central School

MAY 2017

SPECIAL POINTS OF INTEREST:

Eagles of the Month

Grade 6 Orientation

Symptoms of Video Game Addiction

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Spring has arrived and with it, unpredictable weather. Our playground can get quite wet, so packing additional socks and pants may come in handy until we have drier conditions.

Welcome back to Mrs. Bills and Mrs. Clarke who have returned from maternity leaves. Mrs. Clarke has moved into Mrs. Uttley's class (5U) and Mrs. Bills into Mrs. Cho's (3C) room. Please contact those teachers if you have any questions regarding your child's progress.

As we head into our last two months of school, planning for the 2017/2018 school year has begun. Budgeting, inclusive education, staffing, and goals are just a few of the topics that are being discussed. Visits from our next year's Grade 3 students will be scheduled as well as our Grade 5 visit to

Principal's Message

Percy Baxter. We will keep parents up to date as we get further into the planning process.

Congratulations to our choir on their excellent performance at the Rotary Music Festival. We are proud of your dedication and hard work! Thank you to Mrs. Saulit, who runs this program and spends a great deal of time practicing and planning.

We would also like to extend congratulations to our students who participated in the Mini Handball Jamboree in Mayerthorpe in April. We had several positive comments from parents, teachers and organizers about our students. We had no doubt that they would wow everyone with their Eagle behavior and represent Whitecourt Central so well!

Thank you to Mrs. Mytrunec and Mrs. Jensen who ran the practices and to all of the other volunteers who coached and supervised this activity.

Education Week is May 1 through 5, 2017. The staff and students have many different activities planned. We hope to see you out and about in our school.

The end of school is quickly approaching. The students will be working hard on the final assignments and performance tasks of the year.

Thank you to all the parents who continually make contributions to our school! Please be sure to join us on Monday, May 1/17 at 2:00 p.m. for our Volunteer Assembly and Tea!

JM Keever

Principal



EDUCATION WEEK

Whitecourt Central will celebrate Education Week from May 1-5, 2017. Here's what we have planned:

Monday, May 1:

Music Monday

Join us for the "Thanks A Latte" volunteer appreciation tea at 2:00 p.m.

Tuesday, May 2:

Book Swap

Ned Show at 2:10 p.m.

Wednesday, May 3:

Grade 3 Book Fair in the morning

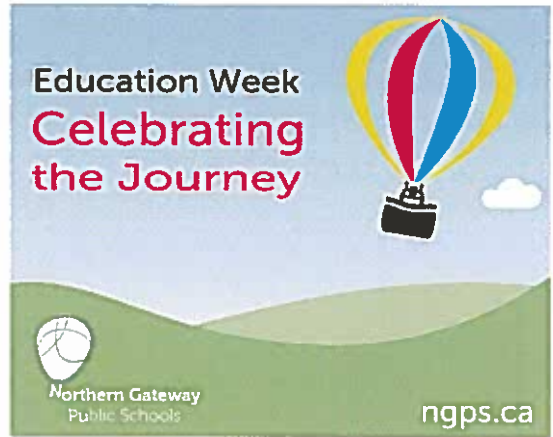
Thursday, May 4:

Grade 4 "How To" projects

Grade 5 Showcase—10:45—11:45 a.m.

Friday, May 5:

Wear your Eagle shirt today for a school wide photo.



Grade 6 Orientation:

There will be a Grade Six Parent Orientation at Percy Baxter School on June 6, 2017 at 7:00 p.m.









BOOK FAIR:

The Scholastic Half Price Book Fair will be held on June 6 and June 7, 2017! The fair will be open to students during the day. For your shopping convenience we will also be open from 5:00—8:00 p.m. each day. Please come and check out the exciting new titles!





May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Education Week Music Monday Volunteer Tea 2:00 p.m.	2 Book Swap The NED Show 2 p.m. 	3 Grade 3 Book Fair 	4 Gr. 4 "How To" Projects Gr. 5—Showcase 10:45—11:45 a.m.	5 Eagle Shirt Day - School-Wide photo	6
7	8	9	10 Dairy Queen Lunch Orders Due	11 Green Shirt Day	12 Hatsquerade— 1:00 p.m. 	13
14 HAPPY MOTHER'S DAY! 	15	16 Pizza Day School Council Meeting—7 p.m. 	17 Orange Shirt Day Soup—Beef Stew 	18 Staff Development Day—No School For students	19 Day in lieu of March interviews No School 	20
21	22 Victoria Day Holiday—No School	23 Pizza Day 	24 Gr. 4 Trip to Telus World of Science Soup—Dill Pickle	25	26 Assembly—9:30 a.m. Dairy Queen Lunch Gr. 3—Children's Festival	27
28	29	30	31 Grade Four - Tree Planting			

6 Symptoms of Video Game Addiction

by SOS Safety Magazine
published March 30, 2017

Parents today are faced with a dilemma that their parents never had to deal with. Video games. Today, when their child gets home from school they will most likely immediately turn on their video gaming console. This will launch an inevitable internal struggle in the parent's mind. Should they tell the child to stop? Play outside first? Tell the child to do their homework? Or let them play for a bit?

More studies are highlighting the negative effects of gaming, and this causes concern about whether frequent and lengthy playing sessions can lead to an addiction.

Professionals in the field of mental health have differing opinions and this subject still requires much more research. However, most medical and mental health professionals agree that pathological video game use is a problem.

A study done in 2009 estimated that around 12% of boys who play video games exhibited pathological play and only 8% of girls.

This study also observed that those who were pathological gamers had double the chance of having ADD or ADHD. This may be because children who have these disorders - or are somewhere on the autism spectrum - are drawn to the more structured environment. In life, people are unpredictable, but in video games, reactions and events are programmed. It provides clear and consistent rules for interaction, in contrast to the chaos and uncertainty that is everyday life.

Other people who are at risk of video game addiction are people who have conditions like Asperger's, depression, anxiety, or PTSD. These conditions make life harder, whereas it is far easier to be successful and get recognition in a video game. People can turn to the world of video games and feel respected and admired for their achievements in the game, this recognition can take the place of the real-world respect that these individuals do not feel they are getting.

A young person who is not well connected has a poor relationship with their family, and has a mental illness on top of it all is very vulnerable and susceptible to this kind of addiction.

Another added risk factor is early exposure. In a report published in 2010, elementary aged students averaged 7.5 hours on electronic time DAILY. These children's brains are rapidly developing, and they are developing a dependency on these devices, rather than human interaction.

IS IT THE VIDEO GAMES FAULT?

From the paragraphs above, it is easy to deduce that some kids are prone to pathological video game usage. However, there is cause to wonder if video games themselves are causing the problem. They certainly do play a part. Addictions are related to the pleasure centre of the brain, and video games provide levels of pleasure. On the very first level, there is intermittent reinforcement - which is the unpredictability of reward. This is the basis of a gambling addiction as well.

Video games are designed to 'hook' the player using a well-established psychological technique - presenting a challenge that the player can master. When a player masters the first goal they are rewarded with dopamine, and so on for every mastered challenge after that. Video game designers carefully plan how to make the game just difficult enough to reward the player upon mastery, but not so difficult that they get frustrated and give up. Addictive qualities are built into the game so the gamer seeks out that mastery and reward.

SYMPTOMS OF A VIDEO GAME ADDICTION IN A CHILD:

- Lack of respect for boundaries set up by parents around console usage, screen time, etc.
- Lies or deceives a parent or guardian in order to gain more playing time
- Is no longer interested in other activities - other than computer or console usage
- Suffers a drop in school grades and participation
- Is sleep deprived because of unhealthy sleep habits
- Forgets to eat

Like in all other aspects of life, balance is key. No two children react the same way to screen stimulus and helping your child live a healthy life, independent from screens, may take some trial and error.

Some mental health professionals caution that you should keep electronics away from your child until they are 13 years old. The reasoning behind this is that children have rapidly developing brains that need to be learning complex physical and social tasks, and being constantly distracted by a screen will prevent them from doing so to the best of their abilities.

However, some parents reading this may realize that keeping your children away from screens for the first 13 years of their life is virtually impossible. Other mental health professionals of a much more manageable opinion. They suggest that technology should be introduced as the child is old enough to make use of the educational properties of whatever device they are using. For example, setting your child up with a reading game

on the iPad when they are starting to learn to read can be a fun, and more effective method for them to learn to read. Another thing to factor in is when your child can distinguish fiction from reality, most kids can't make this distinction until about 8, so up until then parents should be very careful about the content their children is consuming.

If your child is letting video games get in the way of them living a healthy a productive life, they might need to seek help. There are many mental health professionals who are equipped to help young people navigate this kind of addiction and there are rehabilitation programs available as well.

This article was submitted by Tammy Charko BA, BSW, RSW, with permission given by sossafetymagazine.com. Tammy is Northern Gateway Public School's Division Social Worker. She is a support for schools, students, parents and caregivers to ensure success in school. Tammy advocates for students and provides a link between the student and other supports within the community. She is a mom to 4 kids (3 of which are teenagers!) and loves to compete in mud obstacle races.



Team for Success is now on Facebook! Please like and share our page for regular updates and fun pictures! Follow @Team4SuccessWct on Twitter as well!



Mental Health Awareness Month

May is mental health awareness month. May 11th is green shirt day. In the 1800's, green was the colour used to label people who were considered "insane". The child and youth mental health community decided to continue to use this colour, but to give it a completely different meaning. Today, the green ribbon represents new growth and new beginnings. Join us May 12th at 1:00PM for the Hatsquerade Parade! Students are encouraged to wear a fun hat!



How to Contact the Team for Success:

Project Coordinator:
E-mail: teagan.arnott@ngps.ca or
Call: (780)262-0466.

Corinne (Pat Hardy):
Call: (780)778-6266 ask for Corinne

Maren (Whitecourt Central):
Call: (780)778-2136 ask for Maren

Stacey (Percy Baxter):
Call: (780)778-3898 ask for Stacey



May Mental Health Tip

Three ways to nurture interpersonal competence in your child:

- 1. Build empathy in your child by modeling and talking about your emotions appropriately.**
- 2. Go to a public place and guess what kind of mood people are in by the way they walk and look.**
- 3. Welcome your child's friends into your home. Spend time talking with and getting to know them.**



Hey Parents!

THE NED SHOW™

CHARACTER EDUCATION ASSEMBLY

SHOW DATE _____

DATE OFF _____

The NED Show is a character education program that centres around three important messages that have life long relevance:

Never give up ★ **Encourage others** ★ **Do your best**®

During the assembly, students will learn about NED's three messages while also enjoying storytelling, magic, humour and yo-top tricks.

Meet NED in a Video!



www.theNEDshow.com/PARENTS

Access 55 mins of yo-top instruction for tons of Old-Fashioned Fun after the show!



www.theNEDshow.com/KIDZ

use NED at Home

- Share a story about **never giving up** on something that was important to you as a child.
- Be your child's #1 **encourager!** Recognize something that your child is trying to be awesome at and applaud their efforts.
- If your child is excelling in a particular area, identify new challenges that will keep them **doing their best!**

I'm a champion!



THE NED SHOW PROVIDES...

45

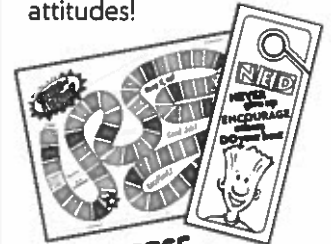
free printables for using at home

23

kid-friendly learning videos

1

unforgettable program that creates champion attitudes!



FREE DOWNLOADS for home!

The pay-it-forward Sale

NED gear is available for purchase for 5 days after the show at our school.

Our school gets The NED Show for free because we're hosting a **Pay-It-Forward** sale. When you purchase a NED item, you help send this assembly on to the next school.



Replacement String Pack \$4



Yo-Top Holster \$5



Prices include tax (where applicable).

NED® YO

Glow-in-the-dark

\$8



BOOMERANG™

Auto-return feature

\$10



EXCELERATOR™

Professional ball bearing yo

\$15



Send order form and payment to school with your child.

Student: _____

Grade: _____ Teacher: _____

	QTY.	PRICE
NED Yo	_____	_____
Boomerang	_____	_____
EXCELeRator	_____	_____
String Pack	_____	_____
Yo-Top Holster	_____	_____
Total	_____	_____

Make checks payable to our school.