



**SPECIAL  
POINTS OF  
INTEREST:**

**Sports Day**

**Year End  
awards**

**Field Trips**

**Book Fair**

**INSIDE THIS  
ISSUE:**

**After School  
Plans 2**

**Assembly 2**

**Get the  
Scoop! 2**

**May Eagles 3**

**Breakfast  
Program 3**

# “Get the Scoop”

## On Whitecourt Central School

JUNE 2017

### Principal’s Message

Wow! Where has this school year gone!! Now that June has arrived, we are beginning our final month and with it preparation for the 2017/2018 school year.

June will prove to be very busy with many activities planned for the enjoyment and education of our student population. In addition to the year end activities that each grade level has planned, the school has swimming times booked, a Gr. 5 Wax Museum that will be attended by our school trustees and a school wide visit to the Athabasca River Boat Launch on June 27th from 11:00 a.m. to 1:00 p.m. to watch a re-enactment of the Voyageurs arriving. More information and a permission form will be sent home in the near future. This month is also a time that we reflect upon our accomplishments and celebrate the journey that we have been on for the last ten months. We will hold our annual Sports Day on June 23. If you are able to volunteer for that event, please contact your child’s teacher. All classes will also be celebrating student accomplishments during our

awards ceremonies in the last week of June.

In addition to all of our exciting year end activities it is of course, a very busy month in terms of student learning and assessment. We ask that parents continue to work with us to ensure that your children are in attendance during the final month and that they are well rested and prepared to do their very best.

During this month, we also begin preparations for the 2017-2018 school year. On August 31 from 5:30—7:00 p.m., we will host our Get the Scoop night. Parents and students are invited to come and find their classrooms and meet their teachers and enjoy ice cream! If you are unable to make it that evening, teachers will have student names posted outside their classrooms on the first day of school.

It has been a wonderful year and we look forward to welcoming everyone back and our new families in August! Enjoy your summer!

### Administration Update:

It is with very mixed emotions that I announce the resignation of Mr. Tim Bowman as Assistant Principal of Whitecourt Central. Mr. Bowman is leaving Whitecourt and continuing with his Administrative journey as a School Principal of Ponoka Elementary in Ponoka, Alberta.

Mr. Bowman has worked at Whitecourt Central for the past four years and we deeply appreciate all that he has brought to our school community, including his expertise in technology, music, and the organization of student led clubs.

We wish Mr. Bowman and his family all the best in their new adventure!

We will be hiring a new Assistant Principal in the next few weeks.

Sincerely,

Mrs. Tammy McKeever  
Principal



**After School Plans:**

Please ensure that your child(ren) know of all after school plans before they come to school each morning as we are reluctant to interrupt teaching time with messages. Additionally, classes are often outside at this time of year, making it difficult to relay those messages. Thank you!

**Sports Day:**

Students will participate in our annual Sports Day on Friday, June 23. Please come out and cheer our students on! Our rain out day is scheduled for Monday, June 26.

A BBQ Lunch will be held in conjunction with Sports Day. The BBQ lunch will proceed on Friday, June 23 regardless of sports day weather.



**Year End Awards**

Our Year End Awards Ceremonies will take place on the following dates:

Grade 3 Awards will take place on Tuesday, June 27 at 9:30 a.m.

Grade 4 Awards will convene at Wednesday, June 28 at 1:00 p.m.

Grade 5 Awards will begin Wednesday, June 28 at 9:30 a.m.

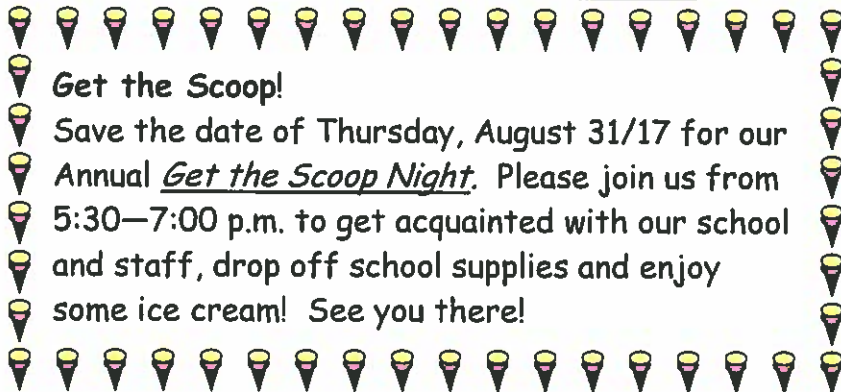
We look forward to seeing you at our Awards Assemblies as we celebrate the achievements of our students!



**ASSEMBLY**

We will recognize our June Eagles of the Month at an assembly on Thursday, June 29 beginning at 9:30 a.m.

To end the year off, we will also celebrate with Beach Day. Students may come dressed in their beach attire, but no swimming suits, please.



**Get the Scoop!**

Save the date of Thursday, August 31/17 for our Annual Get the Scoop Night. Please join us from 5:30—7:00 p.m. to get acquainted with our school and staff, drop off school supplies and enjoy some ice cream! See you there!

**Field Trips:**

In commemoration of Canada's 150th Birthday, our Grade 3 and 4 students have a unique opportunity to participate in a re-enactment of the voyageur arrival on the Athabasca River.

Our Grade 5 Student patrollers will be participating a year end celebration activity on June 27/17, so will be unable to participate in the Boat Launch trip.

Our Grade 5 students will travel to the West Edmonton Mall Waterpark on Friday, June 9/17.

## Scholastic Half Price Book Fair:

We're excited to host the Scholastic Half Price Book Fair on Tuesday, June 6/17 and Wednesday, June 7/17 from 9:00 a.m.—3:30 p.m. and 5:00 p.m.—8:00 p.m. each day.



## Eagles of the Month

Congratulations to our Eagles of the month for May 2017!

### Grade 3:

Devon Peterson  
Vayda Stewart  
Payten Lysak-Duncan  
Treyton Phillip  
Lilliana Pearce

### Grade 4:

Matthew Hill  
Gavin Primeau  
Trinity Cairns  
Jeffer Mayar  
Donovan Peterson

### Grade 5:

Kaelan Bray  
Ryker Williams  
Emma Layton  
Jamie Rhynold  
Kaitlyn Stecyk



### Breakfast Program:

The last day for our Breakfast Program for this school year will be Friday, June 23, 2017. Thank you to each of our Breakfast Volunteers—without you, our Breakfast Program would not be possible!!



### Class Lists:

Class lists are in the process of being created by our grade level teams. Each year, teachers spend a significant amount of time creating class lists that will ensure balance within all classrooms. In achieving this balance, teaching staff consider intellectual, social, and emotional needs, as well as classroom dynamics. This is a challenging process, but is essential to ensure that each and every child who attends our school is placed within a classroom that engages them in learning. This being said, we will not be accepting any class requests. If you are not planning to attend Central School next year, or Percy Baxter, for our Grade 5 students, please let us know so we can move forward with our planning.

### Upcoming School Year

As we finish the 2016/2017 school year, we begin to look forward to the new school year. Two items to consider for your convenience are: **SchoolCashOnline** and **Back to School Solutions**.

Both of these programs are designed to save you time and are easily accessed online.

**SchoolCash** is an easy and effective way to pay for all school related fees. Please visit <https://ngps.schoolcashionline.com> to register.

**Back to School Solutions** is offered to you as an option to purchase your child's school supplies for the 2017/2018 school year. Simply visit [orders.backtoschoolsolutions.ca](http://orders.backtoschoolsolutions.ca) before August 4, 2017 and your child's supplies will be shipped directly to the school.

Our school's online order code is **145WHTS**  
**You only need to order the supplies you require.**

# June 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
		Gr. 5 Orientation to Percy Baxter	Gr. 5 Wax Museum	8 Swimming—5U Choir performs at Westward Hall 11:00	Gr. 5 Trip to Edmonton 9—7 p.m. Alco Energy Presentation 11:00	
11	12	13	14	15	16	17
		Pizza Day 			Hat Day—\$1.00 (Relay for Life) Gr. 5 Talent Show 12:45 	
18	19	20	21	22	23	24
	Swimming—4M and 4ML	Pizza Day Swimming—3B & 3C Swimming—4J & 4D 	Swimming—5V & 5C Aboriginal Day Celebration at Rotary Park 11 am—1 pm	Swimming—5B & 5L Swimming—3S, 3D/C	Sports Day BBQ Lunch Day 	
25	26	27	28	29	30	
	It's Awards Week! 	Gr. 3 Awards—9:30 Voyageur Arrival Trip Safety Patrol Movie	Gr. 5 Awards—9:30 Gr. 4 Awards—1 p.m. 	Beach Day Parking Lot Dance Party—8:30 a.m. Assembly—9:30 a.m. Last Student Day	Staff Planning Day 	Happy Birthday Canada! 



# TEACHING YOUR CHILD TO SELF-REGULATE

SOS Magazine  
Published April 18, 2017

Self-regulation is a set of skills that children develop as they mature that help them direct their emotions to a goal – despite what other people do, or how they feel in the moment.

Parents and the childless alike are all familiar with tantrums. If it is a two-year-old melting down in the store, it seems normal. However, school-aged children are expected to be better behaved. If your kid is still exhibiting frequent tantrums beyond the average age, they may have difficulties with emotional self-regulation.

Self-regulation is one's ability to control their emotions and behaviors. Toddlers are expected to have low self-regulation, but the older a child gets the more they should develop in this area. Most parent training programs aim to help kids develop these skills at the appropriate age.

## EMOTIONAL DYSREGULATION

A child who struggles with self-regulation will manifest in a couple different ways. For some children, their extreme emotions will be instantaneous and uncontrollable. So there will be no lead-up, just a sudden explosion. Other children will let their frustrations build up, and once they can take it no more, they also explode. You can usually see the outburst coming, but you may have no idea how to stop it.

Both types of children need to learn how to funnel their emotions into a more effective response. Emotional self-regulation issues are often born out of a mix of natural disposition and learned behavior. Some children naturally struggle with self-soothing, and their innate difficulties in this area may lead to emotional dysregulation later on.

However, the environment still plays a role. Parents who hover and bend-over-backwards to help soothe their distressed child may be doing more harm than good. In these types of situations, the child begins to rely on the parent as an external self-regulator. This reliance gets in the way of children developing the skills to soothe and calm themselves.

## TEACHING SELF-REGULATION

Children who act out are just ineffectually responding to negative stimuli. Parents and teachers need to work with the child to calm them and slow them down. You should approach the teaching of self-regulation, just as you would approach a subject like math or music. The skill needs to be identified and practiced. It may be helpful to switch your thinking on the matter to a skill to be taught rather than correcting bad behavior. This will change your attitude and your effectiveness in dealing with the child.

When teaching a child to self-regulate, the goal is not to avoid situations where they will struggle – but rather to coach them through those situations. Set up a set process whereby you can assist the child – without taking over – until the child is ready to handle those situations on their own. For example: If you assist them with their homework, perhaps you only help them with one problem and then you tell them to work through the rest on their own. If they begin to feel frustrated, they can get up for a short walk or a drink of water. They could use a timer to give themselves breaks. All the while, you would only check in periodically and offer encouragement and praise for their endeavors

## **PRACTICE, PRACTICE, PRACTICE**

Another way to help your child work through their struggles is to slowly introduce them to stressful situations. For example: If your child frequently breaks down in the middle of the grocery store, you might take them for a short trip when you don't have any urgent errands or shopping needs. Have the child practice walking next to you and keeping their hands to themselves. For every time they are successful, you could offer points towards a reward.

Consistency is key. Don't get frustrated the first time you practice the skill and it doesn't go well. If things continue to go poorly, you could try simplifying the activity so it is easier for the child to complete. It is important that the level of difficulty is well suited for the needs of your child; if it is too hard, you and your child will quickly become discouraged and give up. Start small, and slowly give your child more independence when handling those tasks. As they begin to master the smaller things you can expand to the next step.

## **REFLECT**

If a child has a sudden outburst, it is beneficial if parents and teachers give them time to calm down and think of a better response to the situation. Kids need non-judgmental and soothing feedback on where and why things went wrong, and how they can avoid that in the future. Kids can learn to make better decisions when they are in an environment that is contemplative and deliberate. We also need to model this kind of behavior to our children. It is extremely beneficial for them to see it in action, and it helps us too!

Mindfulness and meditation are practices that benefit everyone, however, they can be especially helpful for children with emotional dysregulation. There are training programs available for parents, as well as classes. Older children can also benefit from dialectal behavior therapy (DBT) which focuses on tolerance of distress and emotional self-regulation.

When all is said and done, the home environment is the most integral part of a child's ability to learn these important skills. Keep things calm, cool, and reflective, and they will be too.

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





## *Be Kind to your Mind!*

*The Team for Success welcomes students back to school by engaging children in crafts, games, and all around fun. Children who stress about their first day back to school benefit from meeting other students and getting a tour of the school.*

August 29th 10:00 AM—3:30 PM

at Whitecourt Central School.

Please pack a water bottle, morning snack,  
and a lunch (snack will be provided in the afternoon).

To register your child please call or e-mail Teagan Arnott, Team for  
Success Project Coordinator by **June 16, 2017**.

Tel: 780-262-0466

E-mail: [teagan.arnott@ngps.ca](mailto:teagan.arnott@ngps.ca)



**TD**  
**Summer**  
**Reading**  
**Club**  
**2017**

Celebrating  
**CANADA**  
**150** 

*FREE breakfast*  
*FREE Summer*  
*Reading Program*

**Summer Reading Program**  
**Kick-off Pancake Breakfast**

Sunday, June 24<sup>th</sup>  
10:00 am - 12:00 pm  
Library Parking Lot



**Ages 3-5**

Mondays 10:30-11:30 am  
July 3, 10, 17, 24, 31, August 14

**Ages 6-9**

Wednesdays 1:00-2:00 pm  
July 5, 12, 19, 26, August 2 & 9

**Teens 10-16**

Thursdays 6:00-7:30 pm  
July 6, 13, 20, 27, August 3 & 10

**Adults**

Wednesdays 6:00-7:00 pm July 5,  
12, 19, 26, August 2 & 9

[www.whitecourtlibrary.ab.ca](http://www.whitecourtlibrary.ab.ca)

5201 - 49 Street 780-778-2900



**CAMP CAROLINE IS  
COMING TO THE CITY!**

WHITECOURT BAPTIST CHURCH 6240 47 Street, Whitecourt

# CITY CAMP

**AUG. 14-18, 2017**

**9:00 AM - 4:00 PM Daily**  
*(With optional aftercare until 5:30 PM)*

**\$275**

*With an additional  
\$50 for optional  
aftercare.*



That same life-changing, fun, safe, Bible-centered camp experience that parents have come to expect from Camp Caroline is now conveniently available at City Camp, a day-camp program run right here in Whitecourt.

For kids in grades 1 through 6, City Camp provides an unforgettable experience that will do more than occupy their time in the summer: it will shape their hearts and minds, and will create memories that last a lifetime.

Visit our website for more information and to register.

[campcaroline.ab.ca](http://campcaroline.ab.ca)



**camp  
caroline**

EXPERIENCE  
UNFORGETTABLE  
2017 CAMPING DESTINATIONS

#ExperienceUnforgettable

