



“Get the Scoop”

On Whitecourt Central School

PCSS NEWS

FEBRUARY 2018

SPECIAL POINTS OF INTEREST:

Hockey Day at Central

Community Lunch

Ask Dr. Jim

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January has quickly come to an end and we are cruising right along into February! The weather has been better lately so the students have been able to get outside and enjoy fresh air at recess times.

Go Eagles!! We are excited for our Hockey Day at Central coming up on February 14th. Our Grade 5 students are eager to challenge the Whitecourt Wolverines. We would like to thank these young hockey players, who represent Whitecourt, for not only playing against our Grade 5 students but also for the time they put into volunteering at the school with different activities. Good luck to the Wolverines as they quickly approach the play off season. Another huge thank you goes to Pembina West Co-op Cardlock, who is sponsoring a hot dog for all staff and students prior to the game. Everyone is welcome to come out and cheer on the players.

Our Central students are very talented and take part in a number of activities within our school. Sophia Danks, our radio broadcaster, has done a

Principal’s Message

wonderful job of sharing all of the events that take place at Whitecourt Central School on XM105 Radio. To our students who volunteer at Tenielle’s Hope and to those who travel to the Seniors Villa to spend an afternoon, thank you for a job well done! We are very proud of how you are representing Whitecourt Central School. Thank you for your hard work and dedication.

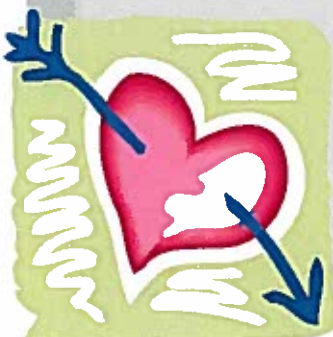
It is that time of year again when we ask all of our Grade 4 parents to respond to the Accountability Pillar surveys that have been sent out in the mail by Alberta Education. Our Grade 4 students are also completing the Accountability Pillar Survey. Responses are due back to Alberta Education by the end of February.

These surveys ask questions in several categories such as Citizenship, School Improvement, Safe and Caring, Work Preparation and Parental Involvement.

Have a great February!

Sincerely,

Tammy McKeever
Principal



Hockey Game:

On the afternoon of Wednesday, February 14/18, a Grade 5 Hockey Team will compete against the Wolverines in a hockey game. The hockey game will take place at 1:00 p.m. on the outdoor rink adjacent to our playground. Come on out and cheer everyone on. Pembina West Co-op Petroleum Card Lock will provide a hot dog for all students at lunch time on game day.



**Pembina West Co-op
Petroleum**

Serving Whitecourt, Mayerthorpe,
Barrhead & Surrounding Areas

Mini Sticks:

Due to safety precautions on school buses, students will only be able to transport mini sticks that are under 64 cm. long and can fit in their back pack, with the blade down. Any sticks that are longer than 64 cm will not be permitted on the bus.



Community Lunch Box

The Community Lunch Box continues to sponsor the Apple Program that provides apples for students in our school. If you would like to donate \$10.00 towards this program, please use SchoolCash online, or contact the Community Lunch Box directly.



Ask Dr. Jim:

Thank you to all the parents who are sending in questions for Dr. Jim to answer. He enjoys being able to provide information to our parent community that may assist in problem solving different situations that arise.

You can continue to reach him at wcs.djquestions@ngps.ca



Student Awards:

Congratulations to our Eagles of the Month for January 2018!



Grade 3:

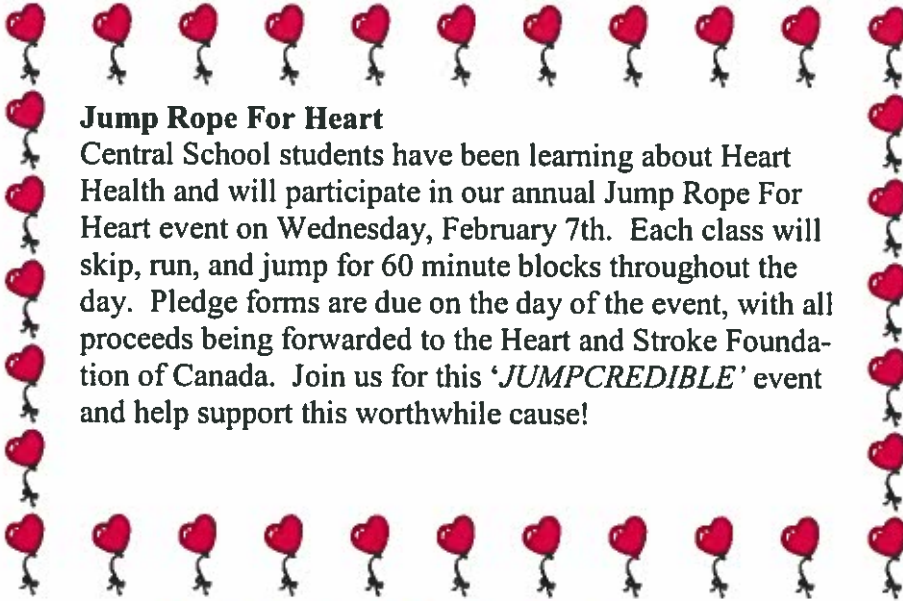
Mason Munro
Luca Trischuk
Gavin deJong
Ethan Chambers
Travis Erickson
Lucy Bennett

Grade 4:

Rane Stambaugh
Nevaeh Stubbs
Vayda Stewart
Makayla Lloyd
Beckett Holloway
Kahlen Johnson

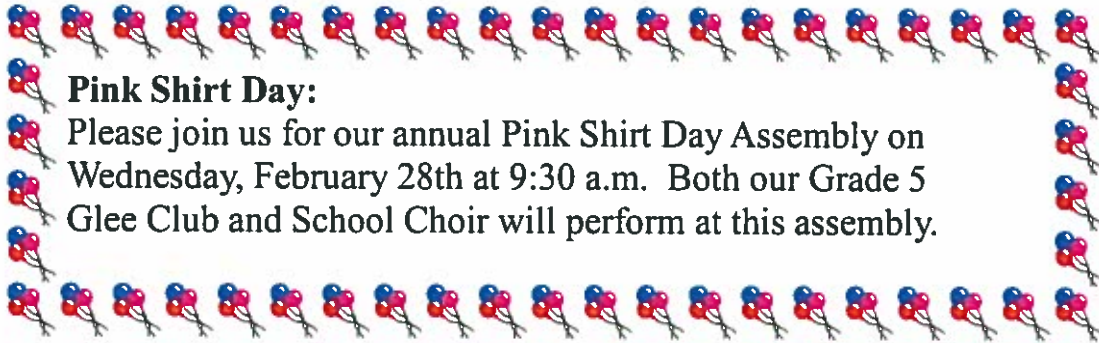
Grade 5:

Kami deJong
Brenden Baxter
Danika Gallien-Jardine
Sophia Danks
Miriam Hyun



Jump Rope For Heart

Central School students have been learning about Heart Health and will participate in our annual Jump Rope For Heart event on Wednesday, February 7th. Each class will skip, run, and jump for 60 minute blocks throughout the day. Pledge forms are due on the day of the event, with all proceeds being forwarded to the Heart and Stroke Foundation of Canada. Join us for this 'JUMPCREDIBLE' event and help support this worthwhile cause!



Pink Shirt Day:

Please join us for our annual Pink Shirt Day Assembly on Wednesday, February 28th at 9:30 a.m. Both our Grade 5 Glee Club and School Choir will perform at this assembly.

Assembly/Theme Day:

Please join us on Friday,
February 23, 2018 at 9:30 a.m. for our monthly assembly.
We will recognize our Eagles of the Month and participate
in other fun-filled activities!
The theme for this assembly day is Super Hero Day!
Come dressed as your favorite Super Hero!



Whitecourt Central School Bell Times:

9:00 a.m. — School Begins
 10:35—10:45 a.m. — Morning Recess
 11:46 a.m.—12:29 p.m. — Lunch Break/Noon Recess
 2:00—2:10 p.m. — Afternoon Recess
 3:15 p.m. — Dismissal



Teachers arrive at school by 8:45 a.m. and leave at approximately 3:30 p.m. and can be reached by phone before or after school. If teachers receive phone calls during instructional time, messages will be taken by our school secretary so that teaching is not disrupted. Parents are also invited to email the teachers, but due to supervision and other professional responsibilities, they may not check DOJO Remind, or email until the end of the day and may not be able to reply immediately. Please allow twenty four hours for responses to any questions or concerns. If you require immediate information regarding school events, please contact the office, or refer to the school website.

**Family Science Fun Night**

Please join us for an evening of fun,
 hands-on Science & Engineering
 Activities and Demonstrations.










When: Tuesday, March 6, 2018
 6:30—8:30 p.m.

Where: Whitecourt Central School

No Cost to Participate
 Delivered by The Association of
 Professional Engineers and
 Geoscientists of Alberta

February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Lunch orders due - 9:00 a.m.	6	7 Soup Day—Chili Jump Rope For Heart 	8 Teachers' Convention School Closed	9 Teachers' Convention School Closed	10
11	12	13 Pizza Day School Council - 7:00 p.m. 	14 Outdoor Hockey Game 	15	16 Hat Day (optional) for Relay for Life— \$1.00 donation 	17
18	19 Family Day Holiday School Closed 	20 Pizza Day 	21 Soup Day - Chicken & Rice 	22	23 Super Hero Day Assembly— 9:30 a.m. Lunch Day 	24
25	26	27	28 Pink Shirt Assembly 			

As the Division Social Worker, I have the honor of working in each school within Northern Gateway Public Schools. January seems to be a month where we hear about “Blue Monday” and the “Saddest Week of the Year”. Days are shorter and dark, the weather is foul, people feel stuck indoors more than they would like, there may be family stress, or worries about midterms, finals and diplomas. Whatever the reason, I think all of us can use a little reminder on how to help children be more resilient in stressful times.

5 HABITS OF RESILIENT KIDS

By SOS Magazine

July 21, 2017

Every child has the capacity for greatness. There is no gene that can determine whether they will be successful or happy. They all have the ability to do extraordinary things. Despite our best efforts, however, they will encounter difficulties on the way. There is nothing we can do to change that. All we can do is help equip them with the skills they need to remain unbroken by these trials.

We need to teach them resilience.

All children have different natural levels of resilience. They also have different ways of showing when they can no longer cope with the stress. They may express this through anger, resentment, withdrawal or emotional outbursts. Children with lower resilience will display these behaviors more often.

Don't despair! Resilience is not a fixed trait. It can grow with the child or be strengthened at any age. The way to do this is not to clear the path ahead for them, but rather, to teach them to cope with the stress and to deal with it; instead of covering it up.

1. Resilient kids need relationships.

It's not the kids that “don't need anyone” who are the most resilient; it's the kids who have a reliable presence of support. Knowing people support and care for them increases a child's positive emotions and their confidence. However, kids aren't always so great at noticing that the people around them care, so make sure to remind them on a regular basis.

2. Resilient kids know they can ask for help.

Kids will often believe that they need to figure things out for themselves – and while that is partly true, they need to know they are not alone. They need guidance. Try to help them, without carrying them.

3. Resilient kids foster optimism.

Optimism is not about having a Pollyanna-esque outlook on life, it is more about allowing feelings of sadness to exist alongside feelings of gratitude. Optimistic kids are also able to view a situation from a different viewpoint and figure out how to make the best of things.

4. Resilient kids face their fears.

There is something about conquering that will give a rush of confidence and empowerment. Self-preservation is important too, so healthy fears are OK to maintain. When children discover something that challenges them or frightens them, they often approach it in one of two ways: *a) Face it OR b) Avoid it*. What you can help them see is a third option: *Gradually move towards it with people to support you*. This can gently push them towards mastering the things that challenge them, and the morale boost that comes with it.

5. Resilient kids ask “How?” not “Why?”

“How can I fix this? Or What can I learn from this?” Not, *“Why is this happening to me?”* This kind of thinking encourages problem-solving. You can model this when your child misbehaves (i.e. colors on the wall). Don't ask your child why they colored on the wall – ask them how they will fix it.

Above all else, ***resilient kids are loved unconditionally***. This is their solid foundation that they can rely on when their world is falling apart. One of the most important factors in their resilience is their ability to believe in themselves. ***And if you believe in them, they'll believe in themselves too.***

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 encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for nearly 20 years and is a mother to 4 children, 3 of which are teenagers.

February

Team for Success

How to Contact the Team for Success:

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

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

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

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

Staff:

Project Coordinator
Teagan Arnott

Success Coaches

Pat Hardy
Tanya Smithson

Central School
Maren Skipper

Percy Baxter School
Stacey Wright

Programming

The Team for Success is proud to partner with the schools and community to deliver the message behind Pink Shirt Day on February 28th!

Follow Us!

Follow the Team for Success on Twitter: @Team4SuccessWct or on Facebook for more updates!



FACT: Youth are more likely to grow up healthy when their parents are involved in their education and school.

Three ways to be more involved with your child's education:

1. Encourage your child's teacher to meet with both you and your child so that everyone can have a say in expectations and goals.
2. Go to a museum together to look at exhibits that are related to your child's classes.
3. Make attending school events a priority. Keep track of them on a family calendar.