



# “Get the Scoop”

## On Whitecourt Central School

PCSS NEWS

MARCH 2018

### SPECIAL POINTS OF INTEREST:

Eagles of the Month

Book Fair

Choir News

### INSIDE THIS ISSUE:

Science Night 2

PowerSchool 3

Assembly 3

Come Prepared 3

### Principal’s Message

As the months fly by, we are often found asking ourselves, “where has the time gone?” The weather has been chilly but the students are finally enjoying some time outside. Hopefully, it continues but we are not holding our breath!

March will be a very busy month at Whitecourt Central. Please check out our on-line calendar as it is updated daily.

Our Grade 4 students have recently completed the Accountability Pillar Survey. They did a great job and once we receive the results of the survey we will discuss them with the students. One area that we focused on was understanding the meaning of bullying and corresponding actions. When students come to us with concerns, we are finding that students do not necessarily know the correct definition and

understanding of bullying. Students often equate someone who is being mean one day as bullying, when we know that the definition of bullying states that the actions are repeated over a period of time. As a result of this information, we are going to be working with all students to ensure that they understand what bullying is, how to identify it, and what steps can be taken to help. We want to help build a sense of resiliency so students are able to function in uncomfortable situations and use these strategies as they mature.

Students are busy working on projects and assignments that align with the current curriculum. If you are interested in reading through the curricular objectives for the different subjects, they can be found on the Alberta Education web site under Programs of Study. We want to ensure that all students are developing

an understanding of the concepts required in preparation for next year. When students miss instructional time in the mornings or at the end of the day due to arriving late or leaving early, it is expected that they will catch up on any missing work.

We thank all the volunteers who are helping out in the school. We appreciate the time and energy that you contribute to every task. The staff and students appreciate all that you do!

*Tammy McKeever*



### Student Awards:

Congratulations to our Eagles of the Month for February 2018



**Grade 3:**

- Taliyah Whittleton
- Juvin Hyun
- Matthew Tartal
- Kiersten Boudreault
- Avery Johnson
- Elizabeth Stark

**Grade 4:**

- Oliver Trenchard
- Ali Deveau
- Hayden Robertson
- Avery Duchesne
- Emma Harrison
- Axton Haug

**Grade 5:**

- Makayla Beaner
- Talon Veillette
- Jackson Penney
- Ryann Van Der Meer
- Tazanna Hughes

### PowerSchool:

Parents are able to access student achievement on PowerSchool on an on-going basis. Interviews will be held on the evening of Thursday, March 15/18 from 5:00—8:00 p.m. Interviews are by teacher or parent request. If your child’s teacher has requested an interview, the scheduled time will be sent home by Monday, March 12/18. If you would like to have an interview with your child’s teacher, please contact the school office at 780-778-2136 and we will be happy to schedule a time for you!

### Choir News:

As part of the Whitecourt Rotary Music Festival, the school choir will perform at 11:30 a.m. on Wednesday, March 14. The performance and adjudication will be approximately twenty minutes in length. If you plan to attend the choir’s performance, please be present at the school 10-15 minutes prior to their performance time as no entry is allowed during performances. Choir members should wear their black Eagle T-Shirt for this performance.



### Book Fair:

Our Library will host the Spring Book Fair on the following dates and times:

Wednesday, March 14/18

9:00 a.m.—3:30 p.m. and 5:00—8:00 p.m.

Thursday, March 15/18

9:00 a.m. —3:30 p.m. and 5:00—8:00 p.m.

Your child will visit the book fair with their class.







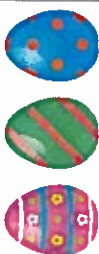
Please stop by and check out the new and exciting titles available.

If you are planning on visiting the Book Fair on the evening of Wednesday, March 15 please use the library door located on 52nd Avenue.





# March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Science Night at Central—6:30—8:30 p.m. 	7	8	9	10
11 Daylight Savings Time Begins - Spring ahead 1 hour!	12	13 Pizza Day Hockey Pep Rally 9:30 a.m. 	14 Music Festival Soup Day  	15 Hat Day for \$1.00 for Relay for Life School Team Interviews 5-8 p.m.	16 Staff Professional Development Day - No school for students	17
18	19	20 Term 2 Awards Assembly—9:30 a.m. Pizza Day School Council @ 7 p.m. 	21 Soup Day 	22	23	24
25	26	27	28	29 Assembly—9:30 a.m. Backwards Day	30 First Day of Easter Vacation 	31



# March

## Team for Success

### How to Contact the Team for Success:

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

### In the Community

**What:** A screening of the movie *The Mask You Live In*. → *The Mask You Live In* follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.

**Where:** Forest Interpretive Center

**When:** May 4<sup>th</sup> at 4:00 PM

### Follow Us!

Follow the Team for  
Success on Twitter:  
[@Team4SuccessWct](https://twitter.com/Team4SuccessWct)  
or on Facebook for  
more updates!



**FACT: Youth are more likely to grow up healthy when they are able to tell the truth, even when it is not easy.**

Three ways to help your child value honesty:

1. Encourage each family member to make a personal commitment to tell the truth. Honestly acknowledge feelings. Honestly admit to successes and mistakes.
2. Don't overreact when your child lies to you. Children will lie if they fear your reaction.
3. Work together to come up with family rules about honesty and the consequences for dishonesty

## BACK TO THE BASICS IN PARENTING

As a mother of four and a Social Worker for Northern Gateway Public Schools, I am constantly reading, learning, listening and researching the best information to help me be a better parent and more effective social worker. I have pulled together from a few different articles on basic parenting advice that is simple and easy to follow.

### 1. LET YOUR KIDS FAIL

To learn self-sufficiency, kids need to occasionally dust themselves off (literally and figuratively) without your help. "Most parents know what their children are capable of but step in to make things easier for them," says Sheri Noga, the author of *Have the Guts to Do It Right: Raising Grateful and Responsible Children in an Era of Indulgence*. Remember: Long-term benefits trumps momentary discomfort. For example, teaching your child how to wash, dry and fold clothes is stressful, but a teenager who knows how to do their own laundry is a great thing! Before you rush in to help with any physical task, ask yourself: "Is my child in real danger?" Then apply that question to other challenges (the social studies poster due tomorrow) Does your child have the necessary skills (like dexterity and balance) or simple necessities like adequate sleep and a snack. Yes? Time to back off and see what happens.

### 2. ABIDE BY THE THREE RULES OF HOMEWORK

**Rule #1:** "Do the hardest thing first," says Ted Theodorou, a middle-school social studies teacher in Fairfax County, Virginia.

**Rule #2:** Put away the phone. Homework time can't always be totally tech free, but it can at least be free of text messages, Snapchat and Instagram!

**Rule #3:** As soon as assignments are finished, load up the backpack for tomorrow and place it by the door. This is a clear three-step process that kids can internalize, so there's less nagging from you (Yes!).

### 3. MEMORIZE THE ACRONYM H.A.L.T.

Think: is your child Hungry, Agitated, Lonely or Tired? I don't know about your children, but if mine are any of these things, or worse, ALL of them, I am in for a battle!

### 4. BE STRICT ON BEDTIME

Lack of sleep is often the culprit for difficulty listening to detailed instructions, focusing on planned activities or being slow to react to a question. It also inhibits time management and task prioritization, Dr. Judith Owens M.D. says, coauthor of "Take Charge of Your Child's Sleep". Because of this, a child might miss out on information learned at school.

### 5. LET THEM READ WHAT THEY WANT

Don't worry so much about what your child is reading, if comic books or what you may think is a "silly" series is what gets your child hooked on reading, it's okay! Read to your child, even if they are older. Let them see you read. Make reading part of your daily routine. Visit your public library.

### 6. MODEL BRAVE BEHAVIOUR

Want confident kids? They will be less likely to be easily flustered if they see you taking healthy

risks. "A lot of adults won't go to a movie solo because they would be embarrassed to be seen sitting alone. So do it, then talk to your kids about it," says David Allyn, the author of *I Can't Believe I Just Did That*. Recently, I walked into the men's public bathroom, when a gentleman was using the urinal! When I told my teenager what I did, she was mortified! "Weren't you embarrassed, mom??" I answered, "Not really, I thought it was a funny mistake. No point in being embarrassed!" Maybe she will be able to giggle, instead of feeling embarrassed, when it happens to her.

#### **7. SELECTIVE EATING BOOTCAMP**

Tired of finicky food preferences? Try a few of these suggestions:

- 1) Take 3 bites before you say you don't like something.
- 2) Let your child choose their own portions, to give them some control.
- 3) Let your child help plan the menu.
- 4) Let your child help you in the kitchen, as safely as possible!
- 5) Eat together as a family, without any electronics.
- 6) Make ONE meal, not separate meals, but with several choices.

#### **8. PAY ATTENTION ESPECIALLY TO THE ADOLESCENCE**

According to a study published in *Developmental Psychology*, **14 years old** is when many kids start to resist peer influence and flex the think-for-myself muscle, rather than simply following the leader. Do you want to help strengthen that muscle at any age? Put screens aside, look your child in the eye and ask, "What's new with your friends?" This will (hopefully) give you a chance to decode what's happening behind the scenes and offer support.

#### **9. THE CHORE CONFLICT: IS IT WORTH THE STRUGGLE?**

Even though it is more difficult at the time to persist in having children do chores, kids benefit from the experience. Research indicates that children who have a set of chores have higher self-esteem, are more responsible, are better able to deal with frustration and delay gratification, all of which contribute to greater success in school. Furthermore, research by Marty Rossman, from the University of Minnesota, shows that involving children in household tasks at an early age can have a positive impact later in life. In fact, says Rossman, "the best predictor of young adults' success in their mid-20's was that they participated in household tasks when they were three or four."

*This article was submitted by Tammy Charko BA, BSW, RSW. 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.*

Sources: [www.parenting-ed.org](http://www.parenting-ed.org); [www.realsimple.com](http://www.realsimple.com); [www.parents.com](http://www.parents.com); [www.ahaparenting.com](http://www.ahaparenting.com); [www.healthstandnutrician.com](http://www.healthstandnutrician.com); [www.centerforparentingeducation.org](http://www.centerforparentingeducation.org)