



“Get the Scoop”

On Whitecourt Central School

MAY 2018

SPECIAL POINTS OF INTEREST:

Eagles of the Month

Assembly/Theme Day

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It looks like spring has finally arrived. The sun is shining and the snow has quickly vanished. Our playground is still quite wet so it is advisable to pack additional socks and pants for your child.

As we head into our last 2 months of school, planning for the 2018/2019 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 Percy Baxter. We will keep parents up to date as we get further into the planning process.

We had a very busy School Council meeting in April. There were many items on the agenda. We have provided an overview for our parent community:

- School supplies may be purchased through Staples this year. They will offer a basic package and a deluxe package based off of our school supply lists.

Principal's Message

Orders may be placed online and they will be delivered to the school at the end of August.

- A technology fee of \$30.00 will be implemented next year to offset the cost of ever-greening the technology devices used by the student population.
- Our Get the Scoop night will be scheduled again. Handouts will be given to our parents with information about the school and email addresses so if meetings are required, parents will be able to contact teachers.
- Next year will be our last year of providing new Eagle shirts for everyone. We will purchase new shirts for the 2018/2019 school year and then purchase for new students each year, such as the grade 3's and any new registrants. We will have additional shirts on hand that parents may purchase if an original shirt is lost.
- We are looking at working with Dr. Jim Canniff, our School Psychologist, on an Anxiety Group for Gr. 3, 4 and 5 students.

In addition to student working with Dr. Canniff, there would be a parent component as well to assist parents in implementing strategies at home.

- Electric cars will be available for parents to purchase for their Gr. 5 students at the end of the electricity unit. This is an optional extra-curricular activity. Please watch for further information.
- Education Week is April 30th to May 4th. The staff and students have many different activities planned this week.

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; therefore, it is essential that attendance is consistent.

Thank you to all the parents who are continually making contributions to our school!!

Sincerely,

Principal

EDUCATION WEEK

Whitecourt Central will celebrate Education Week from April 30—May 4, 2018.
Here's what we have planned:

Monday, April 30:

Wear your Eagle Shirt today for a school wide photo

Tuesday, May 1:

Book Exchange

Wednesday, May 2:

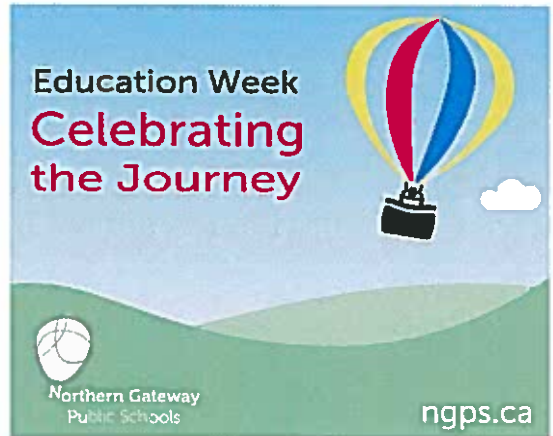
Grade 3 Book Fair—1:00—2:00 p.m.

Thursday, May 3:

Grade 4 Science Fair—1:00—2:00 p.m.

Friday, May 4:

Grade 5 Wax Museum—10:45—11:45 a.m.



BOOK FAIR:

The Scholastic Half Price Book Fair will be held on June 6 and 7, 2018. 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

2018

Title

Subtitle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Education Week	Book Swap	Gr. 3 Book Display 1-2 p.m.	Science Fair – Gr. 4 1-2 p.m.	Wax Museum – Gr. 5 10:45 – 11:45 a.m.	5
6	Class Photos Music Monday Orange Shirt Orders due	Pizza Day 	Soup Day 	Volunteer Appreciation 1:00 p.m.	11	12
13	14 Victoria Day Holiday No school	Pizza Day School Council 7 p.m. 	Soup Day 	17 Staff Professional Day No school for students	18 No School Today – Day in lieu of parent teacher interviews	19
20	21	22	23	24	25 Salad Dressing Day Assembly – 9:30 am. Family Movie Night	26
27	28	29	30	31		



May



VENUE CHANGE!!!
The "Mask You Live In" screening venue has changed from the Forest Interpretive Centre to the Seniors Circle on May 4 at 4:00 PM.



Mental Health Awareness Month

May is mental health awareness month. May 10th 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 11th 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.

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

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.



Dear parents/guardians,

Central School is pleased to announce that we will once again be taking part in the Orange Shirt Day in recognition of residential school survivors and families and to show that Every Child Matters.

Whitecourt Central School will be celebrating Orange Shirt Day on June 18th. We are asking all students to wear an orange shirt to school. They may either wear one they already own or they may purchase the actual Orange Day shirt (pictured above) to show their support. If you would like to purchase an orange shirt, please fill out the order form at the bottom of the page.

Order Forms must returned by May 7, 2018

Name: _____

Class/Grade: _____

Size: _____

\$ enclosed: _____

Please circle

Cash

Cheque

(Cheques payable to Whitecourt Central School)

Please check the size below:

\$12.60 (GST included)

Youth Small _____

Adult Small _____

Youth Medium _____

Adult Medium _____

Youth Large _____

Adult Large _____

Youth X-Large _____

Adult X-large _____

\$14.95 (GST included)

Adult Double X-Large _____

\$16.55 (GST include)

Adult Triple X-Large _____

Adult 4XL _____

Adult 5XL _____

HIGH PROFILE TRAUMA

The bus accident involving the well-beloved Humboldt Broncos on April 6, 2018 has shaken our north central school division and the world at large. Northern Gateway Public Schools is made up of little towns; we work here and play here; most of us know our neighbors and the people working in the grocery store. We wave to people driving through town. Hockey is also a big part of many of our lives. This backdrop is similar to the community of Humboldt.

On a personal note I am raising 4 hockey players. I have been giving this tragedy a lot of thought. If you are like me, perhaps you are spending more time on social media, watching and reading the news, looking for updates on the injured, watching memorial services, and all the while looking for answers.

I received the following article from J. Kevin Cameron, Board Certified Expert in Traumatic Stress with the Canadian Centre for Threat Assessment and Trauma Response. With his permission, I have taken his highlighted points and am sharing it with you. Though it is a long read, I hope it eases your concerns when you consider your own response to such high profile trauma and in speaking to your children.

LISTEN, LEARN, SUPPORT

As a standard, we say that “high profile trauma” intensifies already existing symptoms in individuals struggling with their own trauma histories but we have also seen how it can rekindle historical trauma in families, schools, communities and even Nations. A related dynamic is that the more individuals can relate to the details reported by Mainstream Media, the more it will intensify trauma symptoms as well. Additionally, **Social Media is a double-edged sword**, as some posts can lower anxiety and be helpful, while the next post may elevate anxiety and fuel hurt and anger. Professionals, parents (caregivers) and adult mentors (coaches etc.) must be mindful of what our children and youth are posting. We consistently find in the age 30 and under category, our youth will verbally say to adults “I’m fine” and then post their true fears, anger, pain, and confusion online.

TAKE ACTION

Become familiar with your young people’s use of Twitter, Snapchat and Instagram as these are the most common areas where the more private side of a youth’s life is manifested and publicized to their peers. The rest of communication will likely occur through private messages and group chats.

Ask your children and youth:

1. *“Did (so and so) Tweet about the ...?”*
2. *“What are people saying on Twitter?”*
3. *“What are people posting on Snapchat?”*
4. *“What are people posting on their Snapchat Story?”*
5. *“Is anyone posting on Instagram?”*
6. *“What are you seeing on Instagram?”*
7. *“How are you feeling about what is being posted?”*

8. *"Have you posted anything, or responded to any postings?"*

Facebook is not completely irrelevant to young people but their use of it tends to be more for the sense of self they want to portray to parents and caregivers: it is, in essence, a "Family App".

For those throughout the Country feeling the weight of this tragedy, we encourage you to reach out to trusted family members, friends, spiritual leaders, and professionals.

EVERYONE MATTERS! If personal supports are unavailable and you are experiencing an acute emotional response please contact your local:

- Crisis Hotline 1-877-303-2642
- Kid's Help Line 1-800-668-6868
- Health Link 811
- Distress Hotline 1-800-232-7288
- Emergencies 911

It is not essential that everyone talks right now! But it is essential that everyone feels supported and in proximity to those they feel safe with. Due to the national impact of this tragedy Provincial Health Regions, School Districts and other helping agencies should be publicly reminding community members of local resources for individuals in distress including 24-hour hotlines.

1. The first principle of Crisis/Trauma Response is *"model calmness."*
2. A standard of Psychological First Aid is that traumatized individuals will often seek us out if we present ourselves as safe to approach and available.
3. Some individuals may not seek out services and yet, are in need of intervention and may need professionals to "over function" on their behalf by identifying them and making the first contact.
4. Trauma Response Continuum – ensure that everyone understands that the response to trauma is on a continuum from some individuals who may not be impacted at all, to those with profound symptoms and every possible response in between. As well, some may have acute symptoms, only while others may have chronic symptoms.
5. It is very common to have either delayed or denied responses to trauma. A delayed response comes from individuals who are either required by their profession, or by nature in their families or friendship groups, to be a formal or natural leader. If traumatized, many of these individuals do not exhibit symptoms until weeks, months or a year later (after the first anniversary has gone by) and when those they were helping are now okay.
6. Everyone has a "right" to be as impacted as they need to be. Sadly, after many high profile tragedies many people will ridicule another saying they don't have a right to be traumatized because "they hardly even knew the deceased/victim(s)". Especially during a high profile trauma, people's personal histories of grief, loss, and trauma from the past have a way of converging as the current loss feels like the reliving of the past. **BE COMPASSIONATE.**
7. Communication. Staff needs to be communicated with openly so they understand all of the key circumstances that may affect them and their students, as well as know how they can help and be helped. Parent/Caregiver meetings also need to occur to educate parents how to determine if their children are doing okay and if not,

what to do and where to go. Professionals need to assist some parents with how to talk to their children by modeling through how we talk to parents. Parents/Caregivers also need our support, as during Traumatic Events we consistently see dramatic symptom development in parents, especially if they feel they do NOT have a right to be traumatized and yet are bearing the weight of the symptoms. **BE COMPASSIONATE.**

8. School district leadership, police, city/town councils, cultural leaders, mental health, social services, health regions and others need to be publicly seen together from time to time for press conference updates and privately seen together for parent/community meetings, staff meetings etc. One of the most powerful ways to “model calmness” for the entire community is for these agencies to truly collaborate together. We can “feel” if we are in good hands. **BE COMPASSIONATE.**

This article was written by J. Kevin Cameron, M.Sc., R.S.W., B.C.E.T.S., B.C.S.C.R. Board Certified Expert in Traumatic Stress, Diplomate, American Academy of Experts in Traumatic Stress, Executive Director, Canadian Centre for Threat Assessment and Trauma Response AND Theresa Campbell, M.A. President, Safer Schools Together Ltd.

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.