



# “Get the Scoop”

## On Whitecourt Central School

PCSS NEWS

FEBRUARY 2016

### SPECIAL POINTS OF INTEREST:

SchoolCash

Student Awards

Percy Baxter Hockey Academy

School Calendar for February

### INSIDE THIS ISSUE:

Pink Shirt Day 2

School Improvement Plan 2

Assembly 4

PCSS Notes 5

January has quickly come to an end and we are cruising right along into February!

Thank you to all of our Grade 5 students who played hockey against the Wolverines Junior A Hockey Team on January 18th. We had a great time cheering on the Eagles and the Wolverines. Thank you to the Wolverines for participating in the game and for the great role models you continue to be for our students at Whitecourt Central! We also appreciate all of the parents who came out to support the players! Good luck to the Wolverines as they quickly approach the playoff season and to Whitecourt in their bid for *Kraft Hockeyville 2016!*

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. Responses are due back to Alberta Education by February 26/16. These surveys ask questions in several categories such as Citizenship, School Improvement, Safe and

### Principal’s Message

Caring, Work Preparation, and, Parental Involvement. One of our goals this year is to increase the parental involvement in the school. Parents are invited to attend the School Council Meetings every month to provide input into the topics discussed at the meeting. If any parent would like to discuss a particular topic, please contact the School Council chair, Natalie Christianson, to have it put on the agenda. If you have any questions about the survey, please call the school.

Our Grade 4 and 5 students are also completing the OurSchool (Tell Them For Me) Survey. This year we have customized the survey to include questions about safety to and from school. Some students have expressed concern about safety and we want to target where these concerns are located—on the bus, walking home, crossing busy streets, etc. This information will enable us, as a school, to create a plan of action to help our students

feel safe as they travel to and from school. We will review the survey results with the students when they become available.

As the school year progresses, our school staff are continually reviewing and reminding the students about the EAGLE behavior expectations. Reminders ensure that students stop and think about their choices before they are made. Our students are doing a fabulous job of demonstrating good citizenship and a sense of concern for fellow students and staff!

We hope you have a great month and please keep your fingers crossed that Spring is just around the corner.

Sincerely,

Tammy McKeever  
Principal



## "Get the Scoop" on School Improvement

Our Goals for 2015/2016 are:

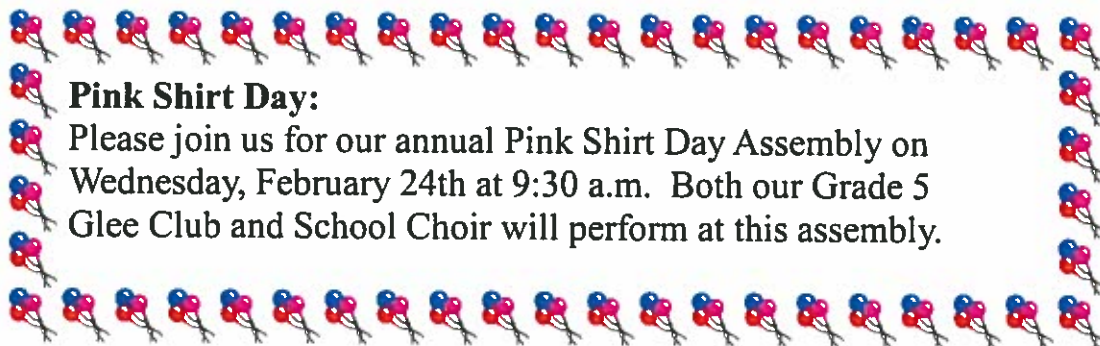
Goal #1:

Whitecourt Central School will focus on strengthening literacy and numeracy skills through creating inclusive activities that are differentiated in order to meet the learning needs of all students within the classroom and school setting.

Goal #2:

Whitecourt Central School will focus more on communicating volunteer and decision making opportunities with the parent community.

A Professional Learning community, or PLC, is an environment fostering mutual cooperation, emotional support, personal growth, and a synergy of efforts between teaching partners. Teachers, with their grade level partners, meet to discuss a number of different topics such as student achievement, assessment, and differentiation. This collaborative time enables teachers to share ideas that are proven to work in the classroom to foster success in student learning. At Whitecourt Central School, grade level teaching teams meet once a month for an afternoon to exchange ideas and discuss student success. These discussions and future actions are what enable us to achieve our school goals.



### **Pink Shirt Day:**

Please join us for our annual Pink Shirt Day Assembly on Wednesday, February 24th at 9:30 a.m. Both our Grade 5 Glee Club and School Choir will perform at this assembly.



### **School Cash:**

If you have not already done so, please consider registering with our new on line payment system, SchoolCashOnline.  
Visit <https://ngps.schoolcashionline.com> to register. A link is also available on the Northern Gateway Public Schools web site. Once registered, payment is quick and easy for items available through the school. PCSS items are not available to purchase through SchoolCashOnline.

## Student Awards:

**Congratulations to our Eagles of the Month for January 2016!**



### Grade 3:

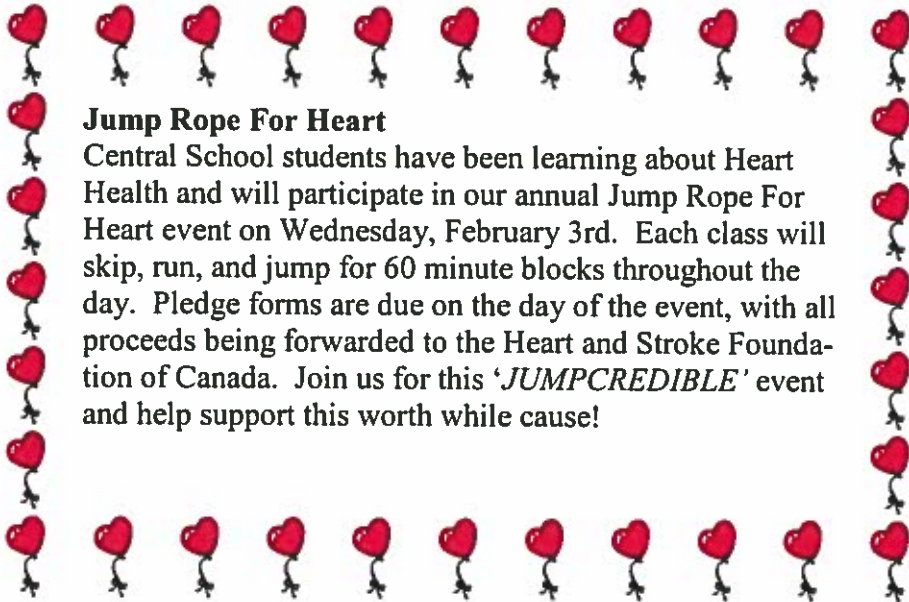
Jayda Robinson  
Gavin Primeau  
Abbygail Wilson  
Isabella Waters  
Ethan Mohler

### Grade 4:

Nevaeh Dubois  
Avery Plamondon  
Ryker Williams  
Kayleigh Kelly  
Cassidy Gervais

### Grade 5:

Jeffrey Tsang-Yong  
Madeline Blain  
Alexander Marin  
Liam Hill  
Isabel Rennie



### 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 3rd. 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 worth while cause!

### Website

New pictures and events are being added to the website each month, so please keep checking!

The website is also a great resource for the different dates, activities, and programs in our school.

Our monthly newsletter is also available on the website. Please check us out at [whitecourtcentral.ca](http://whitecourtcentral.ca)

### Effective Behaviour Supports:

Last month, we focused on Unsafe Behaviour, this month we will outline Disruptive and Defiant behaviours:

#### Disruptive/Defiant Behaviour:

##### Level 1:

- ◇ Inappropriate language
- ◇ Uncooperative behaviour
- ◇ Not following rules

##### Level 2:

- ◇ Refusing to do what is asked of them by staff member
- ◇ Disrespect
- ◇ Continued repetition of Level 1

##### Level 3:

- ◇ Defying and disrespecting adult requests repeatedly
- ◇ Opposition to authority
- ◇ Vandalism or theft
- ◇ Continued repetition of Levels 1 and 2.

**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

**Assembly/Theme Day:**

Please join us on Friday,  
February 26, 2016 at 9:30 a.m.  
for our assembly. We will  
recognize our Eagles of the  
Month and participate  
in other fun-filled activities!  
The Theme for this  
assembly day is Jersey Day!



**Important Hockey Academy Parent Meeting**

**Purpose:**

- ◆ To share with current parents and future Hockey Academy parents the current state of the Hockey Academy at Percy Baxter School.
- ◆ To discuss the future viability of the program and future plans for Hockey Academy at Percy Baxter School for the 2016/2017 school year.

**Location:** Percy Baxter School

**Date and Time:** Tuesday, February 9, 2016 at 7:00 p.m.

It is important that all current Hockey Academy parents and all prospective parents who are interested in enrolling their child in Hockey Academy at Percy Baxter for the 2016/2017 school year attend this meeting.



**School Council February News  
Special Thanks**

***Thank you to our "Light It Up" EPIC Night Out supporters!***

Thank you to the community for your continued support and partnership with our Playground Project. Thank you Damn it Jim, our live band, who "lit up" the evening! Thank you to Abbies Catering for your delicious meal. Thank you Girl Guides, Whitecourt Care, Shandel Pearce, Tim Bowman, Chris Landry, Inland Concrete, Home Hardware, Whitecourt Curling Rink and our awesome bartenders! Special thanks to all our guests who came out to have a good time and support a great cause—we are grateful for your support. Finally, thank you to our EPIC Night Out Committee and all our amazing volunteers for organizing another "epic" event!

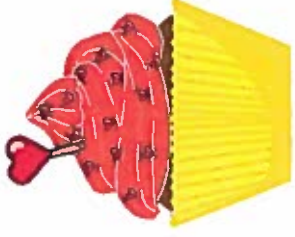
Thank you to the following community sponsors for your generous donations for our silent auction:











EHI Elite Holdings, Country Junction, Whitecourt Star, Dynamic, Western Auto and Imports, Schaffers Custom Welding, Chris Landry, United Rentals, Crystal Glass, Pam and Luc Mercier, Let-er-Buck Trucking Ltd, Divine Spa and Wellness Center, Canadian Tire, TTRC, Dairy Queen, Impressions Hair Design, Adrenaline Powersports Ltd., Evermore Artistry, Timios Liquor, Caines Jewelers, Royal Bank of Canada, Stay Gold Photography, Petra Kaufmann, Nicky Birtles AVON, Accurate Assessment Troy Birtles, Town of Whitecourt, Corry Pepper Photography, Phillip Lewis Contracting, Woodlands County, Furniture Den, Mama Gray's Kitchen, Ralcomm Ltd., Pembina Pipeline, Val Funk, Steve's Custom Tattoos, G. MacRitchie Forestry Services, Whitecourt Golf and Country Club, Natalie Christianson Young Living, and, Your Dollar Store and More.

Please watch for our February edition of the PCSS/EPIC School Council Newsletter for up to date information from our school council, important dates, and hot lunch/milk order forms.

**Thank you to all our volunteers—your help is greatly appreciated!**

# February 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Swim to Survive - 3L, 3P/R, 3C 	2	3 Jump Rope For Heart Swim to Survive— 3S, 3SP	4 Teachers' Convention No school for students	5 Teachers' Convention No school for students	6
7	8 Swim to Survive - 3L, 3P/R, 3C	9 Pizza Day 	10 Soup Day Swim to Survive - 3S, 3SP 	11	12 Skating At Rotary Park 	13
14 Happy Valentine's Day	15 Family Day Holiday 	16 Pizza Day School Council Mtg—7 p.m. 	17 Soup Day Swim to Survive - 3S, 3SP 	18	19	20
21	22 Swim to Survive— 3L, 3P/R, 3C 	23	24 Pink Shirt Day Assembly—9:30 a.m. Swim to Survive - 3S, 3SP.	25	26 Jersey Day Assembly— 9:30 a.m. 	27
28	29 Swim to Survive - 3L, 3P/R, 3C 					

January 2016

Dear School Parents, Staff and Volunteers:

**PROTECTION AGAINST MEASLES - VACCINE REMINDER FOR SCHOOL PARENTS, STAFF AND VOLUNTEERS**

Measles is an illness that can sometimes cause severe health problems, and occasionally death. It can be prevented by measles vaccine. A school exposure occurs when a person with measles is present at a school. Persons who attend, work or volunteer at that school are at risk of getting measles. **When there is a school measles exposure:**

- 1. Public Health will check all students, staff and volunteers for protection against measles.**
- 2. Students, staff and volunteers who do not have protection against measles may be excluded, meaning they are not allowed to attend, work or volunteer at school, until the risk for infection is over.**

***Two doses of measles vaccine given before a school measles exposure provides protection against measles and avoids possible exclusion.***

Please ensure your local Public Health Centre has a record of immunizations which may have been given previously in different locations in Alberta, Canada, or other countries, translated if necessary. To receive measles vaccine or check immunization records, please contact an Alberta Health Services Public Health Centre. For more information on measles vaccine, please go to [immunizealberta.ca](http://immunizealberta.ca). For more information on measles, protection, vaccine schedule, exclusion, and Public Health Centres, please see other side.

Thank you for your attention and help in this important matter.

Sincerely,

Alberta Health Services Medical Officers of Health

Dr. Albert de Villiers  
Zone Lead Medical Officer of Health  
North West Area

Dr. Chris Sikora  
Zone Lead Medical Officer of Health  
Edmonton Zone

Dr. Deena Hinshaw  
Zone Lead Medical Officer of Health  
Central Zone

Dr. Richard Musto  
Zone Lead Medical Officer of Health  
Calgary Zone

Dr. Vivien Suttorp  
Zone Lead Medical Officer of Health  
South Zone

Dr. Wadieh Yacoub  
Medical Officer of Health  
First Nations and Inuit Health Branch, Health Canada

**Measles:**

Measles is a viral illness with fever, cough, runny nose or red eyes, and a red blotchy rash. It is spread easily through the air. Symptoms usually start 8 – 12 days after exposure; it takes about 14 days for rash to appear. About one in three children with measles will suffer more severe problems, including ear infections, diarrhea, croup, pneumonia, febrile seizures and inflammation of the brain (encephalitis). Persons who may have measles should contact Health Link Alberta (811).

**Protection Against Measles:**

Persons born in 1970 or later are considered protected if they have a written record of two doses of live measles-containing vaccine. The first dose must have been given on or after the first birthday, and the second one after a minimum time has passed (differs by vaccine).

Persons born before 1970 are considered protected because most have been infected.

**Measles-Containing Vaccines:**

Children aged 1 year and 4-6 years of age, are offered measles-containing vaccine at no charge as part of the Alberta routine childhood immunization program.

**Exclusion from school due to lack of protection against measles:**

- Exclusion lasts from 5 days after the first exposure up to 21 days after the last exposure. This continues for each new case. All persons attending, working or volunteering at school will be considered exposed, whether they were present when the person with measles was at school or not.
- Excluded persons must remain at home to avoid exposure of others in the community.
- Persons who get measles must remain at home for four days after the start of the rash.

**To find a local Public Health Centre:**

- visit the Alberta Health Services website [www.albertahealthservices.ca](http://www.albertahealthservices.ca): select *Find Health Care, Find Hospitals and Facilities, Facility Type, and Public Health Centres*
- call Health Link Alberta (811)
- consult a phone book

[For information about immunization visit immunizealberta.ca](http://immunizealberta.ca)



### **Helpful Hint from the Family Community Liaison Program (FCLP)**

Are you concerned about your child's use of electronics? In today's world, both kids and adults are extremely connected to this virtual world of games and media. With the explosion of video games and social media came a whole new set of concerns for parents. Here are a few tips on how to limit technology and use it safely within your family:

1. Take responsibility for your child's use of technology. As a parent, you have some decisions to make. Which electronics do you want to let into your house? How can you teach your child to use each one responsibly? At what age will you introduce each screen to your child?
2. Walk YOUR talk. It doesn't need to be said that if you are constantly on your phone, your child will likely end up the same way. As a parent, you need to evaluate whether what you are doing on your technology is truly more important than having a conversation or spending time with your child.
3. Guide your child. Most children often exhibit 'addictive' behaviour in one way or another when using electronics, so it is important to help guide your child on how to manage a healthy relationship with electronics. Some ways in doing so include:
  - Keeping all screens in a public area for use.
  - Use timers to monitor how much time is spent using each device.
  - Monitor your child's behaviour both on and offline.
  - Be the computer administrator, and ensure it is locked and password protected when not in use.
  - Schedule technology free time.
  - No screen time until after homework, chores, etc. is finished.

**The Family Community Liaison Program (FCLP) provides individual counseling and family support. For more information about the program or the referral process, feel free to contact Kyria or Kateryna at the FCLP office at (780) 778-8755.**



Phone 780-746-3000  
 100 Roszko Lane  
 Whitecourt, Alberta  
[www.eastlinkpark.com](http://www.eastlinkpark.com)



## SKIING & SNOWBOARDING LESSONS

### OPEN

Thursday - Saturday: 10:30am - 9pm  
 Sunday: 10:30am - 4:30pm  
 Holidays & PD Days: 10:30am - 9pm



### DISCOVER SKIING OR BOARDING

Offered on Weekends & Holidays.  
 (AM & PM times available)

Skiers ages 7+

Boarders 8+

Includes 2 hour lesson, pass & rentals

**\$60**

### EASTLINK KIDS (SKIERS)

### EASTLINK RIDERS (BOARDERS)

Skiers ages 4-6

Boarders ages 6-7

Includes 1 hour lesson, pass & rentals

**\$59/lesson or \$155/set of 3**

**COME SPEND YOUR DAYS OFF WITH US!**

Eastlink Park is open when the schools are closed! This includes Family Day, Teacher's convention and all other PD Days.