



“Get the Scoop”

On Whitecourt Central School

PCSS NEWS

MARCH 2017

SPECIAL POINTS OF INTEREST:

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

March is proving to be a very busy month. Check out our on-line calendar as it is updated daily.

Our Grade 4 and 5 students recently completed the OURSchool (Tell Them from Me) Survey. They did a great job and the results of the survey will be discussed with them in the upcoming weeks. One area that we focused on was understanding the meaning of resiliency and corresponding actions. Students did identify that they are bullied at recess times. We will do further investigation into these concerns as what we are

Principal’s Message

finding is that students do not necessarily have the correct definition and understanding of bullying. 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 will also share this information with parents.

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. A work place has been set up in our Learning Commons area for students who need to catch up on their school 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
Principal*



Student Awards:

Congratulations to our Eagles of the Month for February 2017

Grade 3:

- Montana Fransen
- Keira Tyskerud
- Deacon Vandenhouten
- Luca Trischuk
- Seth Wesenberg

Grade 4:

- Brady Goudreau
- Karter Lang
- Tori Steiger-Sarivi
- Fallon Styba
- Danika Gallien-Jardine

Grade 5:

- Sarah Wesenberg
- Madison Richards
- Erin Zadderey
- Bo LaValley
- Grace Sanderson



Bigger Than That:

On Monday, March 6, 2017 at 1:45 p.m. we are excited to welcome Ryan Laird for a **“Bigger Than That”** Presentation. Ryan Laird is a two-time Canadian Country Music Awards Recording Artist Nominee, song-writer and philanthropist. After meeting with Taylor Swift he has also had song writing sessions with Nick Carter of the Backstreet Boys, Dierks Bentley, George Canyon, and Jason McCoy, and has toured with George Canyon, Alan Jackson, Terri Clark and Emerson Drive! In 2013 Ryan created the campaign, **“Bigger Than That!”** and has since collaborated with team members to create a bullying prevention and youth empowerment movement, with the hopes of reaching as many children as possible through a nationwide tour. Please feel free to join us for this presentation!

Book Fair:

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

Wednesday, March 22/17

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

Thursday, March 23/17

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 22nd, please use the library door located on 52nd Avenue.

Parking:

We have had parents approach us with concerns regarding some of the driving and parking habits of individuals along 53 Avenue. It is important that vehicles are not parked in the crosswalk or across the driveways. Double parking is also extremely dangerous. We have asked students to always cross at the designated area and not run out into the street. The Town’s By-Law Officer has also been contacted to help ensure the safety of our students. Thank you for your assistance in ensuring that our students are safe as they arrive and leave our school.

Bullying:

It is important to have a common understanding and use the same vocabulary when speaking about bullying.

Bullying is defined in the School Act as “repeated and hostile or demeaning behaviour by an individual in the school community where the behaviour is intended to cause harm, fear or distress to one or more other individuals in the school community, including psychological harm or harm to an individual’s reputation.”

- There is usually an imbalance of power, meaning an individual tries to control another.
- Behaviour happens repeatedly: more than once.

We will continue to provide information to the students and parents regarding bullying so that we are able to dispense misconceptions and help build resiliency.

Video Games:

We have an increasing amount of students referencing “Call of Duty” and “Grand Theft Auto” content and vocabulary out on the playground. Students are beginning to re-enact parts of the video games on the playground. Teachers have discussed with the students the inappropriateness of these games as they are rated Teen. Please take some time and speak with your children about these games and what is appropriate for school conversation. Thank you!



**Family Fun Night
Cake Walk**

If you are able to donate cakes for the Cake Walk taking place during Family Fun Night, please contact Jenny Dickson at 780-778-9795. Thank you!



After School Arrangements





Please ensure that your child knows their after school plans **BEFORE** they come to school each day. It is very disruptive to student instructional time when we have to interrupt classes for these messages.

Classes often participate in outdoor activities and it can be difficult to connect with individual students to pass along messages.

Thank you!

March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
	Bigger Than That Presentation 1:45 p.m. 			Central Night at the Wolverines— 7:30 p.m.	Staff Development Day—no school for students Family Fun Night	
12	13	14	15	16	17	18
Spring ahead 1 hour 	Swimming—4S/B Family Science Night 6:00 p.m.	Pizza Day School Council 7:00 p.m. 	Soup Day— Chicken Noodle		Swimming—3B, 3C	
19	20	21	22	23	24	25
	Swimming 3B/R, 5U	Pizza Day 	Book Fair Gr. 5 Eastlink Trip Soup Day - Beef Macaroni	Book Fair Parent Teacher Interviews—5-8 p.m.		
26	27	28	29	30	31	
		Term 2 Awards - 9:30 a.m.			Jersey Day Assembly—9:30 a.m.	

Helpful Hint from the Family Community Liaison Program (FCLP)

Emotional intelligence is a skill that must be developed, just like learning to read or ride a bike. Here are 5 easy ways to help your child build their emotional intelligence.

1. Accept and acknowledge your child's emotions. Tell them that you recognize what they are feeling. It may also help to explain that sometimes we can't choose those emotions, but we CAN choose how we handle those emotions. Talk to your child about what they feel is an appropriate way to express those emotions, and draw boundaries when necessary.
2. When in doubt, empathize. Your empathy and acceptance helps your child accept their emotions, which is what allows them to resolve their feelings and move on. Your empathy teaches them that their emotional life is not dangerous, is not shameful, and is in fact manageable.
3. Don't try to distract them from their feelings. And don't shame them when they get hurt, both physically and emotionally. Acknowledge, empathize, let them show you or tell you what happened and give them a little time to process what they are feeling. Then they will be ready to move on.
4. Repressing feelings does not work. Disapproving of their fear or anger won't stop them from having those feelings. Repressed feelings don't fade away; repressed feelings are trapped and looking for a way out, which can be often exhibited in a negative way such as violence or defiance.
5. Model emotional intelligence. What they see you do is what they will do. Do you start snapping at people when you're under stress? Have minor tantrums when things go wrong? Can you stay calm during emotionally charged discussions? Do you empathize when feelings are expressed? Children model the behaviour that they see at home, so make sure you are being a great role model for your children.

The Family Community Liaison Program (FCLP) provides individual counselling 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.

March

Team for Success

How to Contact the Team for Success:

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

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

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
Corinne Millington

Central School
Maren Skipper

Percy Baxter School
Stacey Wright

Programming

The Team for Success is shifting our focus from targeted groups (anxiety and anger management) to universal programming where we will provide programming to ALL students in our schools!

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 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