

October 2020 Newsletter - <https://cronning.brsd.ab.ca/about/newsletter>

## A Message from Mr. Lansing

Incredibly, we are already through two months of the school year and our first quarter is nearing its conclusion. We have, by most accounts, had a strong start to the school year. Our staff has worked very hard to make our re-entry plans work smoothly, we appreciate the flexibility and understanding shown by parents and guardians and, most importantly, the students are doing great! It is so wonderful to see their resiliency every day and it is so obvious that they are glad to be back in class, learning with their peers!

Transitional times, however, have a way of making things a bit hectic in schools and we are certainly entering one of those transitional times right now. The end of the first quarter means that report cards are on the horizon, which brings assessments and, in some cases, additional meetings. The switch from Quarter 1 to Quarter 2 also means that there may be some students switching between in-class and at-home programming as families continue to make individual decisions for their safety and well-being during the ongoing pandemic. Autumn is quickly turning into winter, which means adjusting routines to accommodate for snow pants and extra layers, not to mention the ongoing replacement school construction. It's true - there is never a dull moment! Thank you for your ongoing communication with our teachers and support staff and with our office, it really is helpful to have open lines of communication, especially during busier moments like those that are approaching. Please don't hesitate to reach out if you have any questions or concerns.

If you participate in Halloween activities, I wish you a very safe but spooky evening on Saturday the 31st (and I will admit that teachers everywhere are doing not-so-subtle fist pumps that the late night sugar-fest is falling on a non-school night this year)! Also, please remember that Remembrance Day will mark the start of our Fall Break this year. There will be no school Nov. 11-17, which will provide everyone with a welcome bit of a rest after the busy weeks ahead!

Yours in education,  
Reid Lansing  
Principal

## Cold Weather

We want to remind you about the importance of dressing appropriately as the weather cools. It's always great for students to have opportunities to enjoy the fresh air and, considering the ongoing pandemic, we also know that open-air activities are safer than indoor gatherings. With that in mind, students need to be prepared to spend time outside each day. Please ensure that students have hats and mittens/gloves and that they have layers that will allow them to comfortably participate in outdoor activities.

## Quarter 2 Programming Changes:

The deadline to switch between at-home or in-class programming for the second quarter, is Monday, November 2. If you are considering changing programs, please call the school office as soon as possible and we will be happy to help!

## Safety Patrol

We were so pleased to kick off our safety patrol program this month. Our patrollers are eager to keep CRS students and families safe. If you could please encourage your child to use the crosswalk during mornings and afterschool that would be greatly appreciated. Please also remind your child to ensure they are waiting for the patrollers to say "PROCEED" to cross. This ensures that they have had time to double check that the road is clear for crossing. Thank you for your patience as we navigate patrolling in this cold weather. Miss Walker

## Upcoming November Dates:

- 1- Daylight Savings Time
- 2 – Deadline to let the school know if you will be making a change to or from the At-Home Learning Program.
- 5 – Early dismissal – 2:05/2:10pm - theme – Wacky Hair Day!
- 6 – KMW has Friday class.
- 12 – 17 – School is closed for the Fall Break and Days-in-Lieu.
- 18 – Back to school after the break!
- 20 – KTT has Friday class.
- 27 – KMW has class.

## December:

- 3 – Early Dismissal
- 4 – KTT has Friday class.
- 11 – KMW has Friday class.
- 18 – KTT has Friday class. Last day of classes before Christmas Break.
- 20 - Jan3 – School is closed.

<https://cronning.brsd.ab.ca/about/calendar>



125 water bottles donated by CRS parent and Tupperware Consultant, Katie Cossey, thanks to the generosity of her clients!

## Daylight Savings Time:

Don't forget to Fall Back an hour on Sunday, November 1<sup>st</sup>... we will want everyone at school on time for Nov.2!

## Halloween

Halloween activities will take place in the afternoon on Thursday, October 29 (There is no school on Friday, October 30, due to a school PD day)

-Classroom cohorts will host their own Halloween festivities - there will be no school-wide activities due to cohort guideline and physical distancing

-Teachers may hand out commercially produced, pre-packaged treats to students

-Students will be permitted to wear age-appropriate costumes that they can independently wear throughout the day (Parents will not have access to help put on costumes, put on face paint, etc. and teachers will not be responsible for helping with costumes or decorations.)

-Students in Gr. 4 and 5 must still be able to wear a non-medical mask when in the hallways, washrooms and when working in proximity to others

<b>Please Do...</b>	<b>Please Do Not...</b>
Do keep costumes simple and comfortable, so that they can be worn throughout the entire day Do send students to school in their costumes on Thursday, rather than planning on having them change Do send a personal treat for your child if he/she has any dietary concerns Do watch for communications from homeroom teachers, which may provide additional information about your child's Halloween festivities	Do not send students in costumes that will make participation in regular school activities difficult (I.e., wings must be easily removable, no inflatable or oversized costumes - unless the student is able to independently change into it for the classroom party <u>only</u> , etc.) Do not send weapons or other accessories as part of the costume Do not send treats for other students

## Traffic in the CRS Parking Lot

Please remember that our parking lot shares the alley with residential parking spaces. Although families of our Kindergarten and Grade 1 students may be accessing our parking lot in the mornings and afternoons, it is very important that vehicles do not block any of the residential parking spaces on the east side of the alley during drop-offs and pick-ups. If you need to park, please use one of our visitor parking stalls. Parents can also make use the loop in our overflow parking to lengthen the lineup of vehicles during drop-offs and pick-ups.

## Thank you for your patience during the 43rd Avenue Road Construction

Things went relatively smoothly during the October 20-21 transportation disruptions caused by the road construction on 43rd Avenue. We really appreciate the patience of our parents and guardians, not to mention our community members living nearby. Your patience and care kept our students safe and kept things moving efficiently. Thank you very much!

## Terry Fox

It's not too late to donate for Chester Ronning School's Terry Fox school event. So far we've raised \$225.00 in celebration of the 40th Anniversary of Terry's Marathon of Hope. Let's go the distance, just like Terry did!

Donate **today**

at: <http://www.terryfox.ca/ChesterRonning> Receipts are emailed immediately and there is no

minimum donation! Every dollar counts!

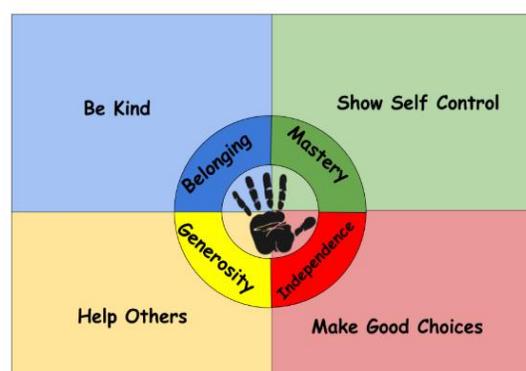
#terryfoxschoolrun @terryfoxfoundation

## Replacement School Information on our Website

A new page has been added to the CRS website, which will be periodically updated to provide up-to-date information about the replacement school construction. (<https://cronning.brsd.ab.ca/replacement-school>)

## Behavior Matrix

Last year we simplified our Behaviour Matrix and based it on the four core values of our Circle of Courage. The matrix identifies behaviours we expect everyone to display in school.



## Student Accident Insurance

<https://www.brsd.ab.ca/families/student-insurance>

BRSD provides Blanket Student Accident Insurance, plus the Enhanced Option, for our students. Our schools participate in a program which provides accident insurance to eligible students who are residents of Canada, at no cost to parents. Full-time students are automatically covered. All eligible students are covered for injuries sustained while attending classes plus during school sanctioned trips and activities. Medical and/or dental expenses incurred as a result of injury can be reimbursed after all other sources of insurance (such as provincial health and the parents' employer insurance) are exhausted.

**Stigma and COVID-19**

The COVID-19 pandemic has sparked a rise in social stigma.

Social stigma is when society expresses negative judgment towards others. This often takes the form of fear, blame, and unfair treatment.

**Why is the COVID-19 pandemic creating stigma?**

Lack of understanding and stress causes fear, anger, and intolerance.

**How can stigma impact the well-being of your family?**

Stigma is associated with poor social, physical and mental health.

Stigma can make people feel guilty or bad about themselves and may lead to isolation and disconnection.

Feelings of guilt and lack of control increases stress, anxiety and fear.

Judging others does not encourage kindness, compassion or understanding.

**What can you do to reduce stigma?**

Words matter, so choose your words carefully to show support and empathy.

Model acceptance and compassion.

Bust myths and misunderstanding by sharing the facts from credible sources.

Practice the recommendations for staying safe and preventing the spread of COVID-19.

Kindly correct others who use words or actions that are hurtful to others.

**Tips to help your child or family if you experience stigma**

Reach out to someone you trust and talk about how you are feeling.

Practice self compassion. Don't blame yourself if you have the virus.

Take a break from social media and use that time to practice self-care together.

Check in and pay attention to how you and your children are doing. Take time to have a conversation to help build coping skills and increase understanding.

**MORE RESOURCES**

- [Mental Health & Covid](#)
- [Covid Testing & Stigma](#)
- [Talking With Your Children About Covid 19](#)
- [Help in Tough Times](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



# Community News

## Canadian Parents for French

If you are interested in joining Canadian Parents for French, CPF Membership Fees 2020-2021 are free to March 31<sup>st</sup>, 2021. CPF provides information and access to resources and youth opportunities for learning and using French as a Second Language. Find out more information by visiting the CPF website: <https://cpf.ca/>

## After School Care spaces available for children in kindergarten to grade 5 at the following schools:

- Chester Ronning
- Jack Stuart
- Sifton
- Sparling



## OSCAR Child Care Society - After School Care Program

780-672-0141. Website [www.camrosefcss.ca](http://www.camrosefcss.ca) FaceBook: OSCAR Child Care Society

This special screening of the Screenagers movie is proudly sponsored by



### Screenagers, Growing Up In the Digital Age

Are you watching kids scroll through life, with their rapid fire thumbs and six second attention span?

Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time – friction she knew all too well.

In SCREENAGERS, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics, and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

\*Recommended viewing age: 10 years and older

\*Once you have registered to watch Screenagers, the movie will be available for you to watch at your convenience from November 16-30, 2020. Registration opens Monday November 2. Watch our Facebook page for the details and registration link.

You are also invited to join us on November 25<sup>th</sup> at 6pm for a Screenagers Movie Discussion group, hosted through Zoom, to chat about the information we learned from the screening and to provide further information on resources and community supports available in Camrose and Area. The following people will be joining the Discussion:

- Krista Lantz from the Camrose Family Resource Centre
- Brianne Lockhat, Lead Navigator, Camrose Open Door
- Carley Dolan, Navigator, Camrose Open Door
- Nadia Herman, Therapist at the Camrose Open Door
- Const. John Fernhout, School Resource Officer, Camrose Police Service

Please register for the Screenagers Discussion Group when you register to watch the movie.

For more information please contact Krista Lantz at 780-672-0141 or [k.lantz@camrosefrc.com](mailto:k.lantz@camrosefrc.com)

## CAMROSE PUBLIC LIBRARY

### NOVEMBER happenings



#### CHILDREN'S PROGRAMS

- Crafternoon
- Ghibli Geeks Club
- Photography Club - November's theme is Portraits!
- Virtually Artistic: a Teen Craft Meetup



#### FAMILY PROGRAMS

- A Book and a Bounce
- Family Book Club
- Wednesday Night Story Time with Feena
- Quarantea Time



#### ADULT PROGRAMS

- After Hours Study Hall for post-secondary students
- Craft and Connect
- German Conversation Circle
- Got Ukulele?
- The Plot Matures Bookclub
- Spanish Conversation Circle
- Tech 1 on 1 appointments
- Upcycled Crafts



#### SPECIAL PROGRAMS

- Subject Matters : A Year of Weird and Wonderful Learning for Everyone - November theme is WRITING!
- Bookmatch : Personalized Book Recommendations

#### 🔍 FIND OUT MORE!

Everyone's safety is most important to us. Keep up to date with changes! You can

- Follow our blog: <https://camrosepubliclibrary.blogspot.com/>
- Subscribe to our newsletter: <https://bit.ly/30UFJMV>
- Follow us on Facebook @CamroseLibrary
- Follow us on Instagram @CamrosePublicLibrary
- Check out our YouTube channel too!

#### HOURS OF OPERATION

Monday to Thursday, 10-8  
Fridays 10-6  
Saturdays, 11-5  
Sundays, Closed

[cpl.prl.ab.ca](http://cpl.prl.ab.ca)

For dates and times of programs please call 780.672.4214 or visit [cpl.prl.ab.ca](http://cpl.prl.ab.ca)



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