



CHESTER RONNING SCHOOL NEWSLETTER



October 2021 Newsletter

A Message from Mr. Lansing

The end of October always feels like an important marker in a school year. At this point, the year is generally rolling along nicely, with students settled into their classes and routines established, communication with families is underway and early conversations have taken place. Indeed, this is often the time when students and teachers can really make some significant progress toward learning goals! The 2021-2022 school year feels much the same in these regards and it's great to see the students engaged in their learning and enjoying their peers each day. At the same time, I know that our entire school community is working at settling into this year. We have already dealt with a number of staffing and assignment changes, the province-wide Public Health State of Emergency required a number of enhanced safety measures, and we are still preparing for a move to the replacement school, which has recently been delayed until December! These are just some of the challenges that have been faced with perseverance and hard work by both the staff and the students on a daily basis and the patience and grace demonstrated by our entire school community has been tremendous. Thank you for your continued support!

This time of the year also marks the end of the first reporting term and report cards will be sent home on Friday, November 19. For the first term this year, teachers will only be reporting marks and feedback for literacy and numeracy. These are key areas of learning, particularly for young students such as ours and we have consciously prioritized literacy and numeracy for this year and especially during our startup. Of course, students are continuing to learn the entire curriculum and they are engaged in and assessed on the full variety of subjects on a daily basis. Specific details and feedback for other subject areas can be shared through conversations with your child's teacher after the first term reports come out. 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 Sunday the 31st. Thank you in advance for balancing the fun and excitement of Halloween festivities with the need for students to be rested and ready for learning on Monday morning! Please also remember that Remembrance Day once again marks the start of our Fall Break this year. There will be no school Nov. 11-16, which will provide everyone with a welcome bit of a rest after the busy weeks ahead!

Yours in education,

Reid Lansing
Principal

COMMUNICATION

Communication between school and home is so important! Please ensure that the office has your most current email and that you have opted in to receive school texts and emails by **texting "yes" to 978338**. Standard text message and data rates may apply. If you have signed up but haven't received a text/email from the school yet this year, please email jmackay@brsd.ab.ca so we can get this sorted out!

SCHOOL FEES

Fees can be paid online by credit card, Visa Debit or Mastercard by going to the BRSD website at www.brsd.ab.ca.

Click on "Menu", then "Families", then "Online Payments and Ordering"

All field trip/Activity fees will be added to the students account as these events come up and will be paid in the same method.

SCHOOL PICTURE RETAKES

Retake day is scheduled for November 4.

REPORT CARDS/POWERSCHOOL

We have a new student information system this year called PowerSchool. This will result in a couple of changes to mention. One being the report card will look very different this year. It will be a much simpler looking report card than in past years. For this term teachers in grade 1-5 will only be reporting on Literacy and Numeracy.

Secondly, Battle River schools will be using a new online platform through PowerSchool for communicating student learning progress. Stay tuned for more information later in November about accessing student information through a smart phone app or website.

Daylight Savings Time:

Don't forget to Fall Back an hour on Sunday, November 7th.

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 may bring a special treat for themselves, but there will be no sharing among classmates.

-Students will be permitted to wear age-appropriate costumes (no weapons) that they can independently wear throughout the afternoon (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 grade 4 and 5 must still be able to wear a non-medical mask when in the hallways, washrooms etc.

GENERAL INFORMATION

Our [website](#) is the best source of information – our [newsletter page](#) has new items posted and grouped together by month, new announcements and updates are posted in blogs on our homepage, Mr. Lansing, posts on our [Principal's page](#). If you are looking for [2021-2022 information](#) such as the BRSD calendar, [supply lists](#), [bell schedule](#) or other details you can find it all linked. We have a blog post called [Health Updates](#) for forms and information. Additionally [BRSD](#) and our school office communicates messages through School Messenger. You can sign up by texting “yes” to 978-338. (*standard text message and data rates may apply.*) Each homeroom teacher may also have a communication method they will share with you.

HEALTH INFORMATION

Please continue to use the Daily Checklist and let us know the reason your child is away.

[Daily Checklist](#) – please review this daily with your child. Page 3&4 is for children under 18.

[AHS Assessment Tool](#) – Use this if your child is unwell and you aren't sure what to do.

[Medical Baseline](#) - If your child has asthma or allergies that present as similar symptoms to Covid-19, please use this form along with a doctor's note.

We post these forms and updates on our website under the blog post: [Health Updates](#).

SAFETY PATROL

Please remind your child(ren) 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.

HOT LUNCH – UPDATE

We are hoping to get the school hot lunch program up and running, but we need some help!

Looking for volunteers to help with:

- Compiling orders into excel spreadsheet
- Placing order with restaurant
- Pickup of odds & ends (juice/milk)
- Sorting and handout of orders

At this time, volunteers need to have proof of vaccination or a negative test result and are required to wear a mask at all times while in the school.

If you are interested in helping out, please reach out to our Admin Assistant via email at jmackay@brsd.ab.ca

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.

CALENDAR DATES

[The full year BRSD calendar is linked here.](#)

- October 29 – Staff Collaboration Day – no school
- November 4 – School Picture Retakes
- November 4 – Staff Meeting/Early Dismissal at 2:11pm
- November 7 – Daylight Saving Time ends – turn clocks back 1 hour
- November 11 – Remembrance Day – no school
- November 12 to 16– No School
- November 19 – Report Cards Gr. 1-5
- November 24 – School Council Meeting - 6pm
- December 2 - Staff Meeting/Early Dismissal at 2:11pm
- December 16/17 – No School for Students; Staff are moving to the new school!

Battle River School Division

2021-2022 School Calendar - Approved by BRSD Board January 28, 2021

August 2021						
Su	M	Tu	W	Th	F	Sa
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September 2021						
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October 2021						
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November 2021						
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December 2021						
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January 2022						
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February 2022						
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March 2022						
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April 2022						
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May 2022						
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June 2022						
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July 2022						
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<ul style="list-style-type: none"> Holidays (Schools Closed) Non-Instructional Planning Day (No School for Students) Professional Learning (No School for Students) First and Last Day of School for Students 	<ul style="list-style-type: none"> Day-in-Lieu of Parent/Teacher Interviews (Schools Closed) Teachers' Convention (Schools Closed) Schools Closed Staff Collaboration (No School for Students) 	<ul style="list-style-type: none"> Semester Break (Schools Closed) Staff Meeting (Early Dismissal) Last Operational Day (No School for Students)
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Rationale
Professional Learning and Staff Collaboration Days - As an organization that learns, we are ensuring sacred time for staff professional development and skill enhancement, using research-based practice and opportunities for collaboration to support mastery of our Critical 2 priorities.
Staff Meeting Days - We have incorporated an early dismissal of 60 minutes on the first operational Thursday of each month beginning in October.

Revised Jan 28 2021

Understanding Emotions

Emotions are a normal and important part of life. Emotions aren't right or wrong or good or bad, they only tell you how you feel. You can control your actions and behaviours, even when your emotions feel strong.

Help your child identify and manage strong emotions with these calming strategies.

Notice and name emotions. Help kids learn how to deal with and talk about their feelings. Use the Emotion Wheel link below to help name emotions. Ask your child how their body feels when they are angry, sad, happy etc. This is a helpful way to make the emotions less intense and improves their ability to respond rather than react during stressful moments. Teens may enjoy journaling about feelings or expressing their feelings through art or music.

Tense and release

Tensing and releasing all the muscles of your body, one body part at a time can help reduce tension in your body and calm the mind. This is a great way to end the day with your child.

- Find a quiet comfortable place to sit or lie down.
- Focus on your feet and legs. Take a slow, deep breath in as you tighten those muscles, hold for 5 seconds, and exhale and release those muscles.
- Inhale, squeeze your fingers, shrug your shoulders to your ears and tighten the muscles in your abdomen, hold for five seconds. Exhale and release those muscles.
- Scrunch up your face as you inhale, hold for 5 seconds and exhale to release.
- Take a breath in, tighten the muscles of your whole body and as you exhale, let your whole body relax.
- Notice how you feel now. Repeat as needed.

Self-care

As a parent, being a positive role model all the time can be hard.

Find healthy ways to express your own emotions and cope with stress. Be sure to take time for yourself to recharge. Some ideas include:

- Going outside for a walk
- Learning something new
- Listening to music
- Talking with a friend or family member
- Watching a funny show
- The ideas are only limited to your imagination!

What do you like to do to recharge?

Gratitude

Being grateful improves our ability to cope with stress and improves our overall mood.

- Take a few minutes to talk about what you're grateful for each day.
- Savor the small everyday experiences by noticing how they made you feel
- Say "thank you" when someone does something nice for you.
- Use a journal to write down things you're grateful for each day or write them on a slip of paper and add them to a gratitude jar and watch it fill up. Each month read together all of the things your family has been grateful for.
- The key is to practice daily!

MORE RESOURCES

- <http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc-coping-strategies-v3-4.pdf>
- <https://feelingswheel.com/>

Information on mental health, community



Addiction
1-866-332-
Mental He
1-877-303-

Talk to your kids about alcohol

While the legal age to consume alcohol is 18, the average age adolescents in Alberta have their first drink of alcohol that is more than a sip, is 13. This is important because the earlier in life a person starts to drink, the greater the risk of drinking problems in the future.

You can have a positive impact by having open conversations with your child, setting healthy boundaries and clear expectations.

You are the role model

Children tend to mimic the behavior of those they love and admire, especially that of their parents.

Peer pressure is a factor in adolescent drinking but often youth drink for the same reason as adults including sociability, relaxation, and fun.

People may also drink alcohol to avoid problems, relieve anxiety or stress, or to get drunk. Talk with your children about other strategies to manage difficult times or strong emotions.

Refusal Skills

Practice strategies with your child so they feel comfortable saying no when they are offered alcohol or other substances:

"No thanks, I don't want to". Teach them to repeat as many times as needed when being pressured; simply repeat in a friendly, neutral manner.

"Sorry, I have to leave". This may be the best way to get out of a tricky situation. Let your children know they can always say no to something that makes them uncomfortable. This will relieve them of a lot of the pressure.

How to have a conversation about alcohol

Be brief and neutral when explaining the facts about alcohol to your child; discuss the pros and cons. Explain the difference between drinking in moderation and alcohol misuse.

Encourage questions and expect that you'll be asked about your own drinking and experiences. Listen with full attention so your kids will talk.

Try to understand your child's point of view and avoid lecturing to keep the conversation going.

- MORE RESOURCES**
- [Alcohol and Health Talk to Your Children About Alcohol \(albertahealthservices.ca\)](#)
 - [Parent Information Series | Alberta Health Services](#)
 - [Teen Health \(alberta.ca\)](#)

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

