



CHESTER RONNING SCHOOL NEWSLETTER



December / January Newsletter

A Message from Mr. Lansing

Merry Christmas, Chester Ronning School Community!

Once again, we have made it to the holidays and the unofficial end of the first half of the school year! These first four months have been quite an adventure and, although I say this every year, our staff greatly appreciates the patience and responsibility that our families continue to demonstrate on a daily basis. From the postponements of our move to the new school building to the ongoing need to observe recommended health measures, we are so appreciative of your teamwork and support.

And now we all get a chance to take a break - to enjoy friends and families and our traditions. We have been enjoying a number of school traditions over the last few weeks, including a Christmas Food Drive in support of the local food bank, daily caroling, all the holiday arts and crafts and, of course, preparing a Christmas production for our school community. Our entire staff is hopeful that this will be the last time we need to use a virtual format for our Christmas Concert but, nevertheless, we are very happy to share a little holiday cheer with you! I know that some of you have already discovered this presentation on our website and I hope that you will all take some time to check it out, using this link: <https://bit.ly/CRSconcert> Even though we would love to have the students performing for you live, in our gymnasium, I think you are going to find that the students' efforts are just as precious (and often hilarious) in this format! I hope you enjoy it!

However you celebrate the holidays, the entire CRS staff wishes you a very safe and happy time to rest and enjoy your loved ones. See you back on January 3rd!

Merry Christmas

Reid Lansing

Principal

THANK YOU

Lamb Ford for generously donating to our school so we could provide Halloween treats to all students!

Camrose Co-op for donating 5 huge cases of Hey Clay to our students!

You – our families for all the Food Bank donations! We are so grateful for our community supporting our students and staff and being able to pay it forward to other families!

FACEBOOK PAGE

Our School / School Council operates a Facebook page – Search Chester Ronning School. Currently our latest lost and found items have been posted there!

WELLNESS

Our 2nd term, school-wide Wellness focus is on the importance of breath. Whether you are exercising, really upset, cannot contain your excitement, or trying to fall asleep, taking deep, intentional, calming breaths is incredibly helpful. Every system in our body relies on oxygen, from digestion to cognition. Effective breathing can provide you with a greater sense of

mental clarity, reduces stress levels, improves your immune system, and the list goes on. Try to make deep, calm breathing a new healthy habit.

CALM DOWN WITH TAKE 5 BREATHING

Breathe in, slide up
Breathe out, slide down

Breathe in, slide up
Breathe out, slide down

Breathe in, slide up
Breathe out, slide down

Breathe in, slide up
Breathe out, slide down

Breathe in, slide up
Breathe out, slide down

Breathe in, slide up
Breathe out, slide down

How do you feel now?
Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

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.

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. 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.

CALENDAR DATES

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

Dec. 16/17 – Regular school days
 Dec. 17 – Last day of Class before the Holiday break
 Dec. 18 – Jan. 2 – Holiday Break.
 Jan. 3 – First day back to class!
 Jan. 6 – Early Dismissal at 2:11pm.
 Jan. 14 – Staff Collaboration Day – No School for Students.

Jan. 31 – Semester Break – School is closed.
 Feb. 3 – Early Dismissal at 2:11pm.
 Feb. 17-18 – School is closed for Teachers' Convention
 March 3 – Early Dismissal at 2:11pm.

Battle River School Division

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

August 2021						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2022						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- Holidays (Schools Closed)
- Day-in-Lieu of Parent/Teacher Interviews (Schools Closed)
- Non-Instructional Planning Day (No School for Students)
- Teachers' Convention (Schools Closed)
- Professional Learning (No School for Students)
- Schools Closed
- Semester Break (Schools Closed)
- Staff Meeting (Early Dismissal)
- First and Last Day of School for Students
- Staff Collaboration (No School for Students)
- Last Operational Day (No School for Students)

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.

The Parent-Child Connection

Connection is our ability to understand what matters to another, respond to their needs, and express our own.

A strong parent-child connection can help lead to better outcomes for children. It takes hard work and persistence, but builds the foundation for every interaction you have.

Connecting with your child motivates positive behavior and helps regulate "big" emotions.

How To Creatively Build Connections in your Family

Grow your relationship and get to know each other better!

Have more conversations and use new ideas to start them.

Visit the Search Institute for free downloadable cards:

<https://keepconnected.searchinstitute.org/free-downloads/>

Connect During the Holidays

Curl up together as a family and watch a favorite holiday movie.

Make holiday crafts together.

Talk about family traditions.

Plan and cook a meal together as a family.

Every Day Ways to Connect with your kids

Even the simple stuff counts!

Go for a walk one-on-one with your child.

Join in their play and let them lead.

Have your child read you a story.

Tell each other jokes.

MORE RESOURCES

<https://parentingnow.ca/articles/connection-matters/>

[Keep Connected \(searchinstitute.org\)](https://keepconnected.searchinstitute.org/)

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

