



**SPECIAL
POINTS OF
INTEREST:**

**Eagles of the
Month**

Book Fair

**Interview
Request Form**



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“Get the Scoop”

On Whitecourt Central School

NOVEMBER 2017

Principal’s Message

November is here and although we soon get an extra hour of sleep, the weather is turning cooler. We do encourage students to dress warmly as they are expected to be outside at recess and lunch.

Mrs. Skipper, our Success Coach, is busy visiting our classrooms talking to the students about Zones of Regulation which parallels our resiliency program. Students are taught to recognize what triggers cause them to get upset and what strategies they can put into place to help calm themselves and problem solve. Teachers are also introducing different activities in the classroom that relate to our Resiliency themes. This month’s theme is “Tearing Off the Labels.” This theme identifies how easy it is for our students to get a reputation because of choices made. These labels may not be very nice and we soon learn how difficult it is to have others think of us differently. We will continue to work with students on these skills as they practice their problem solving skills and recognition of the part they play in different situations. Part of resiliency is also the idea that our students are capable of being prepared for class and any other activities that may arise during the week. Please remind your child or children to check class notes or the agendas for special activities that may be happening. It will be necessary for them to feel prepared for the week.

Building independence and self-reliance are necessary as you get older. Thank you to the parents who are supporting this program.

It is so wonderful to see all of the parents around the school helping with a number of different activities. Thank you to all of the parents who took on a position with our School Council. We look forward to a successful year. Anyone wanting to attend the meetings, please check the Google calendar or the calendar attached to this newsletter.

Have a wonderful November and stay warm! Only 53 days until Christmas!

T. McKeever
Mrs. T. McKeever
Principal



Remembrance Day Assembly

We will hold our annual Remembrance Day Assembly on
Tuesday, November 7th beginning at 9:30 a.m.

Students from 5R, 3S and the School Choir will present at this assembly.

Please join us as we pay an important tribute to the individuals whose
sacrifices have ensured the freedom we enjoy today!

Poppies will be available to our students for a small donation.



After School Plans:

Unless there is an absolute emergency, we are very reluctant to interrupt classes to pass along student messages.

Please ensure that your child(ren) know of any changes in their schedules and plans before they come to school each day.

Thank you!

Scholastic Book Fair

We will host our first Book Fair of the year on November 29 and 30, 2017

Classes will be scheduled to tour the Book Fair during the day. For your shopping convenience, the fair will be open from 5:00—8:00 p.m. on these two evenings. Please stop by and check out exciting new titles!

Assembly & Theme Day

Our November assembly will be held on Friday,

November 24th at 9:30 a.m.

Please join us as we recognize our students of the month for all their hard work and accomplishments.

Our Theme for this day will be Pajama Day!

Christmas Concerts

We will host our annual Christmas Concerts on the afternoons of December 19 and December 20, 2017.

Performances will begin at 1:00 p.m. each day.

Tickets are not required for these performances.





**Whitecourt Central School
Parent Teacher Interview Request Form**

Teacher(s)

Child(ren)

Please check your preferred interview day:

_____ I would like my interview(s) on Wednesday, November 29/17 between 5:00-8:00 p.m.

_____ I would like my interview(s) on Thursday, November 30/17 between 5:00-8:00 p.m.

_____ Either evening, Wednesday, or Thursday is good for me.

Please return this form to the school no later than Monday, November 13/17. Thank you!





Grade 4 Students Recorder Order Form

Dear Parents/Guardians:

All Grade 4 students attending Whitecourt Central School are required to have a recorder for music classes. I am providing the opportunity for students to purchase their own good quality recorder, student book and practice CD for \$10.00. When students have the book and practice CD, they'll practice more, sound better, and they will achieve better results on the recorder. If you wish to purchase the package that is offered through the school, use the school cash online this address:

<https://ngps.schoolcashionline.com>

This special offer is available until **Friday, November 17th**.

Musically yours,

Mrs. Saulit, Music Teacher

Download Learn and Play Recorder App for itunes/ipad.

PROTECTING YOUR KIDS ONLINE

TAKE CHARGE

Set some ground rules.

Establish basic guidelines like when your kids can go online, what sites they can visit, and how many texts they can send a month, so everyone is on the same page.

Research before you buy.

Did you know that handheld games can connect to the Internet or that many laptops have built-in webcams? Understand what technology you're bringing into your home.

Don't just sit there— REPORT!

If your kids are dealing with cyberbullies or potential predators, report them to the website, cell phone service, law enforcement, or www.cybertipline.com.

MONITOR

Supervise Internet use.

If you can see what your kids are doing, they're less likely to get in trouble.

Safeguards ≠ Safe Kids.

Installing CIA-level monitoring software on your kids' computers does not guarantee they'll be safe online. Technology can't replace your time and attention as a parent or guardian.

Don't go overboard.

It's smart to keep an eye on your kids' social networking profiles, but it's never cool when you post embarrassing messages or pictures to their page.

COMMUNICATE

Talk to your kids; they're not as mysterious as you think.

Your kids might not tell you everything, but that doesn't mean you shouldn't ask. Get involved so you're not the last to know.

Challenge them to a duel.

If you have kids who like to play video or computer games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules.

Don't pull the plug.

Taking away your kids' Internet access because they've done something wrong doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

A program of the



For more resources visit NetSmartz.org

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NetSmartz.org/TipSheets

November

Donations Accepted

Any donations of shoes, clothes, or school supplies are welcomed at any of our schools! Last year we handed out around 10 pairs of shoes to students who desperately needed them!

Team for Success

Staff:

Project Coordinator
Teagan Arnott

Success Coaches

Pat Hardy
Tanya Smithson

Central School
Maren Skipper

Percy Baxter School
Stacey Wright

Follow Us!

Follow the Team for Success on Twitter:
[@Team4SuccessWct](#)
or on Facebook for more updates!

How to Contact the Team for Success:

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

Tanya (Pat Hardy):
E-mail: tanya.smithson@ngps.ca
Call: (780)778-6266 ask for Tanya

Maren (Whitecourt Central):
E-mail: maren.skipper@ngps.ca
Call: (780)778-2136 ask for Maren

Stacey (Percy Baxter):
E-mail: stacey.wright@ngps.ca
Call: (780)778-3898 ask for Stacey

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! At Whitecourt Central we will be providing a program called Zones of Regulation. We also facilitate music/art mental health!



Simple Ideas to Promote Positive Mental Health in Your Child

Children and youth perceive that the community and adults value them when:







1. Adults take time to be with them.
2. Adults listen and take seriously what they have to say.
3. Adults seek out young people and solicit their feedback.
4. Adults let them know their presence and participation are appreciated.



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November 2017

Sun Mon Tue Wed Thu Fri Sat

			1	2	3	4
5 Daylight Savings Time Ends...Fall Back one hour	6	7 Soup Orders Due	8 Staff Planning & Development Day No School for Students	9 Day in Lieu of Parent Teacher Interviews - No school	10 Day Off	11 
12	13	14 Subway orders due Pizza Day School Council—7:00 p.m. 	15 Soup Day - Chicken Noodle 	16	17 Hat Day for Relay for Life Team Recorder orders due 	18
19	20 Pizza Day 	21 Pizza Day	22 Soup Day - Taco Soup	23	24 P.J. Day Assembly—9:30 a.m. Subway Lunch 	25
26	27	28	29 Parent Teacher Interviews—5-8 p.m. Book Fair	30 Parent Teacher Interviews—5-8 p.m. Book Fair		