

February 2020

Spectacular Students

Our Central students are wonderful and take part in a number of activities within our school. We have a radio announcer who has done an awesome job of sharing all of the events that take place at Whitecourt Central School on XM 105 Radio. Our Wolverine reporters put a great deal of effort into planning their interviews and do a great job gathering information about the hockey players. To our students who volunteer in the school office, at Tenielle's Hope and to those who travel to the Seniors Villa to spend an afternoon, thank you for a job well done! We are very proud of how you are representing Whitecourt Central School. Thank you for your hard work and dedication.



Accountability Pillar Surveys

It is that time of year again when we ask all of our Grade 4 parents to respond to the Accountability Pillar surveys that have been sent out in the mail by Alberta Education. This year the surveys can be completed on paper or online. One survey will be sent out per household. Our Grade 4 students are also completing the Accountability Pillar Survey. Responses are due back to Alberta Education by February 21, 2020.



Hockey Day @ Central

Go Eagles! We are excited for our Hockey Day at Central coming up on February 12th. Our Grade 5 students are eager to challenge the Whitecourt Wolverines. We would like to thank these young men, who represent Whitecourt, for not only playing against our Grade 5 students but also for the time they put into volunteering at the school with different activities. Good luck to the Wolverines as they quickly approach the play off season. Another huge thank you goes out to Pembina West Co-op Cardlock, who is sponsoring a hot dog lunch for all staff and students prior to the game. Everyone is welcome to come out and cheer on the players at 1 pm.

January Eagles

3N- Allysa K
3PR-Madysen M
3M-Caden J
3C-Kenley P
3S-Brianna K
3L-Rhea K

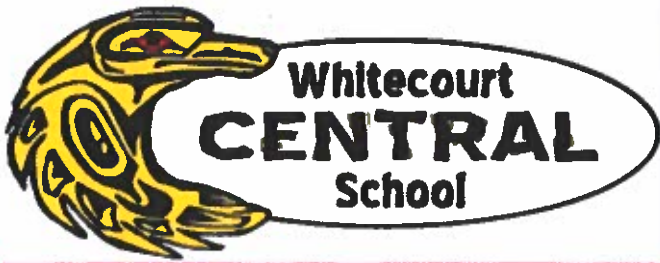
4CH-Shairah D
4M-Russell L
4J-Josie M
4D-Daxton H
4C-Emma W

5C-Sanad D
5B-Kiersten B
5L-Cassius C
5CL-Ryleigh D
5U-Addison W
5W-Zachary F

Website:
<http://whitecourt.ca>
Twitter: @ngpswcs
Facebook:
www.facebook.com/WhitecourtCentral



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February 2020

Ask Dr. Jim

Thank you to all of the parents who are sending in questions for Dr. Jim to answer. He enjoys being able to provide information to our parent community that may assist in problem solving different situations that arise. You can continue to reach him at wcs.djquestions@ngps.ca



Jump Rope for Heart

Central School students have been learning about Heart Health and will participate in our annual Jump Rope For HEart event on Wednesday, February 6th. Each class will skip, run, and jump for 60 minute blocks throughout the day. Pledge forms are due on the day of the event, with all proceeds being forwarded to the Heart and Stroke Foundation of Canada.

Join us for the "JUMPCREDIBLE" event and help support this worthwhile cause!



Pink Shirt Day:

Please join us for our annual Pink Shirt Day Assembly on Wednesday, February 26th at 9:30 a.m. School Choir will perform at this assembly.



Resiliency

Recognition Assembly

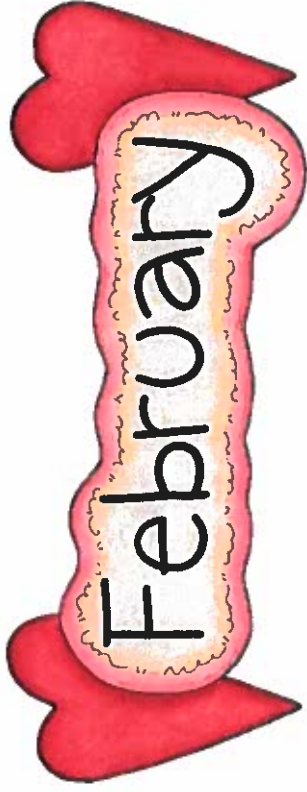
Feb 28, 2020 at
9:30 am
Superhero Day



Messages

Thank you to the parents who ensure that their children know their after school plans. We encourage plans be made at home in the evening to ensure the safety of our students. Messages that come in at or after the 3:15 pm bell are difficult to deliver.

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Jump Rope for Heart	6 Teachers Convention - No School for Students	7 Teachers Convention - No School for Students	8
9	10	11 Pizza Day School Council @ 7:00pm Swimming - 4CH	12 Hockey Day at Central - Jersey Day	13	14 Grade 4 Trip to Eastlink	15
16	17 Family Day - No School	18 Pizza Day	19	20 Hot Lunch - Booster Juice	21 Relay for Life Gum Day	22
23	24 Swimming - 5W/5L	25	26 Pink Shirt Day	27	28 Recognition Assembly @ 9:30am Swimming - 5U/5C	29

EMPATHY IN GLOBAL UNCERTAINTY

January 2020

A simple glance at the news headlines shows a world that is scary, angry and negative. Scrolling through social media, there are similar messages. Reading all of this leaves me feeling bitter and pessimistic. I wonder how my kids feel, with fewer life experiences, they have a more innocent perspectives and are naive global topics. In times like this, I want to build a wall around my home to keep the pain away, keep my children safely tucked under my wing like a mother hen protecting her chicks. While we can't stop the presence of anger, hatred and judgment on the news, in music, on television, social media, even in our communities, we can make a conscious decision to limit the time and energy we give to it. In turn, we can decide to spread kindness and lift each other up instead.

Pink Shirt Day is a movement celebrated across the globe to spread kindness and symbolize intolerance to bullying. At Northern Gateway Public Schools, we work to create an environment of tolerance, kindness and acceptance all year, and we set aside February 27, 2020 to wear **PINK**.

Kind (adjective) 1. *A good or benevolent nature or disposition;* 2. *Indulgent, considerate or helpful; humane.*

Empathy (noun) 1. *The psychological identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another.*

Like many attributes, *kindness* and *empathy* are traits first learned at home. How to ensure you are teaching kindness? If a child is treated as though they are kind and empathetic, they will live up to those expectations...and the opposite is also true.

- Let your children catch you being considerate to those around you, such as the elderly neighbor, the server at the restaurant, the secretary at school, the custodian at the mall.
- Be respectful to your child, look at them when they are speaking to you. Listen to what they are saying and answer graciously.
- Point out attributes in others that represent kindness and empathy such as a welcoming smile, a contagious laugh and a thoughtful act.
- Demonstrate to your child how to give back to others through actions like donating outgrown toys or clothes, visiting someone in the hospital or nursing home, or bringing a meal to a family going through a difficult time.

"It is not our job to toughen our children up to face a cruel and heartless world. It is our job to raise children who will make the world a little less cruel and heartless."

~ L.R. Knost

We are not helpless amidst the negative news around us. We *can* make a difference in our homes, schools and communities. How? By *being* the change: focus on the good, look for the helpers, be the heroes, recognize the beauty and gentleness, model humanity.

Each time you open your arms, pick your battles, breathe through the meltdowns, spot the silver lining, carry the weight though it feels too heavy to be carried: You are being the change - You are making a difference.

Leave your child with a kind word before they go to school and ask them to look for the beauty today. After school, ask them what they saw that was beautiful, what made them laugh, and how they made someone smile. Start and end each day with words of gratitude.

Not every day is a good day, but there is always something good in every day. Seek it out like a treasure in the sand.

I recently read this phrase that resonated with me (author unknown):

As the world fights to figure everything out, I'll be holding doors for strangers, letting people cut in front of me in traffic, saying good morning, keeping babies entertained in grocery store lines, stopping to talk to someone who is lonely, being patient with sales clerks, smiling at a passerby.

WHY?

*Because I will not stand idly by and live in a world where love is invisible.
Join me in showing kindness, understanding, and judging less.*

And Remember to Wear Pink on February 27!

This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and parents, providing a link to other supports within the community. Tammy has been a social worker for over 20 years and is a mother of 4 teenagers.