



March 2020

**Parent Teacher Interviews**

Interviews will be held on Thursday, March 19, 2020 from 5 - 8 pm and are scheduled by teacher or parent request. If you would like to have an interview with your child's teacher, please contact the school office at 780-778-2136. We will be happy to help!

**Book Fair**

Our Library will host the Spring Book Fair on the following dates and times:

**March 17-19**

- Gr 3's: classroom visit on Mar 17th in the pm
- Gr 4's: classroom visit on Mar 18th in the pm
- Gr 5's: classroom visit on Mar 19th in the pm

**Open to the public:**

March 18th and 19th: 5pm to 8pm

**Achievement and Attendance**

In order for students to fully understand and achieve success with the curricular outcomes, it is essential that their attendance is consistent. We are seeing more and more students missing school on a regular basis, arriving late and leaving early. These absences impact learning and social relationships. When students miss a great deal of school, they often become frustrated with the amount of work that must be completed to get caught up and the gaps in their learning from missing crucial instruction. Teachers are not able to go back and reteach concepts that students have missed. It is the responsibility of the student and parents to ensure that any homework is completed and sent back to school. Teachers will provide support but it may mean students missing out on other activities. Absences will be indicated in Powerschool when missing assignments are entered. Overall achievement can be impacted by poor attendance.



**Technology Fees**

NGPS has implemented a \$30 Tech fee for all students K to 12. These fees can be paid online or directly to the school. If families require a payment plan, please call the office and arrangements can be made. In order for students to participate in extracurricular activities such as the second round of swimming, skiing and year end field trips, these fees must be paid.

**February Eagles**

- 3N-Emmerson H
- 3PR-Jayden z
- 3M-Morgan M
- 3C-Hayden P
- 3S-Mikayla N
- 3L-Rylan P

- 4CH-Fritz T
- 4M-Clover GR
- 4J-Jorgia P
- 4D-Lacey T
- 4C-Mark R

- 5C-Regina SL
- 5B-Liz S
- 5L-Nevaeh P
- 5CL-Anson H
- 5U-Aidyn S
- 5W-Destiny E



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School

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### Digital Citizenship

At the heart of digital citizenship are the underlying characteristics of citizenship we tend to be familiar with: being vested with the rights, privileges, and duties as a member of society. Educating about digital citizenship while modelling appropriate technology usage will ensure students are **informed, critical, responsible and aware** of their duties and rights, provide a framework which promotes the **social, moral and cultural development** of students, and enable students to become more **self-confident and responsible**, both in and beyond the classroom. Parents please make a point to monitor the your child's use of technology.

### Swim to Survive

Every year our Grade 3 students participate in a swimming program called Swim to Survive. This program focuses on basic skills to survive a fall into deep water. These sessions have been scheduled for the month of March. Specific dates and times will be shared with our Grade 3 parents.

### Please come prepared.....

Please remember to check: student agendas, school and class newsletters, Remind, Facebook and our website for all that is happening in our school. This will help to ensure that you child (ren) comes prepared for the day's events.

### Student Messages

We encourage parents to make after school plans for their children in the mornings. To ensure that your child follows through, a note in the agenda is recommended as a visual reminder. The school staff is then also aware of after school plans and can guide if necessary. If after school plans change for students, calling the school and leaving a message with the school secretary is recommended. Parent calls cannot be transferred to the classrooms, so messages will need to be left with the secretary.



# March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Swimming 4C/4M	3	4	5	6 Swimming 5CL/5B	7
8	9	10 Pizza Day School Council @7:00pm	11	12 Grade 3 Swim to Survive	13 Grade 5 Trip to Eastlink	14
15	16	17 Pizza Day Book Fair	18 Book Fair	19 Hat Day Book Fair Grade 3 Swim to Survive Parent-Teacher Interviews 5-8pm	20 PD Day - No School for students	21
22	23 Class Photos	24 Term 2 Awards @ 9:30am	25	26 Hot Lunch - Subway	27 Recognition Assembly @ 9:30 Class Color Day	28
29	30	31 Grade 3 Swim to Survive Gr 4 Farm Safety Presentation				

## Tether Yourself: Advice for Youth (and adults too!) on Devices

Being a kid is tough no matter the era, and it is no surprise that our kids today are facing challenging experiences these days. Smartphones, iPads, tablets, etc are everywhere and along with them is a constant bombardment of marketing tactics and psychological tricks. Between Instagram sending messages to wear the right clothes and look a specific way, social media algorithms that have our brains craving more comments, followers and likes, and the constant comparison of other people's lives, it's tough to be a young person right now.

*It's also tough to be a parent these days!*

This type of technology and social media is relatively new for all of us, and there's a pretty intimidating learning curve for parents everywhere. Because the previous generation did not have the internet exposure we have now, parents today have nowhere to turn to for help. We are relying on each other for tips on how to protect their children from issues with mental health, self-image, relationships, on-line predators and more that stem from the age of technology.

*Rachel Macy Stafford* is a best-selling author, public speaker, and parent. As part of her commitment to conscious parenting, she decided to tell the world about a unique turning point she had with her 14-year-old daughter. She (like many of us) felt an uneasiness about her child and her screen time consumption, particularly after finding a number of articles on youth suicide related to online bullying and social media use.

Rachel started a conversation with her daughter that she realized several weeks later would actually help her be noticeably *more relaxed, more interested in family time, more physically active, and more diligent with homework and chores* almost instantly.

Rachel explained to her daughter her own fears as a parent; with bullying, online pressures, etc. She told her what science actually says about kids and technology (that children's brains aren't fully developed, and so are especially susceptible to isolation, hopelessness, and more). And then she gave her a special letter. Here are just a few powerful snippets that encompass this mother's love for her child:

*"Each time the phone notifies you, you stop what you are doing—whether it's homework or a job you have to do. What might take you one hour to do, will take you several, and it won't be completed as well. The inability to focus will reflect in your grades and impact the job*

*opportunities you have as you grow. Spending quality time with friends and family will be impacted by the need to check the phone, making you believe what is most important is on your phone when it is really the person in front of you.*

*"Awareness is your weapon against the hidden influences and damaging behaviors. While you are online, your mind, your thoughts, your core values are drifting to wherever tech companies want you to go. The remedy is to limit the time you spend drifting in the online world and **tether yourself to real life.**"*

***"Tether yourself;** To real people, real conversations, and real scenery.*

***Tether yourself;** To furry animals, interesting books, good music, the great outdoors.*

***Tether yourself;** To spatulas, hammers, cameras, paintbrushes, and yoga mats."*

*"When you feel your worth is in question, when you feel lost and alone, when you feel sad and you can't explain why, **TETHER YOURSELF TO REAL LIFE AND REAL PEOPLE.**"*

**ESTABLISH GROUND RULES FOR SCREEN TIME** Rachel followed up with a few ground rules (*which she recommends for parents too!*), I have added a few of my own:

- Don't charge your phone in your room overnight
- Let your friends know you won't respond to texts after 9pm
- Use a real alarm clock instead of your phone
- Hourly limits to cell phone time at home
- Dare your friends to have a sleepover with no screen time
- Set a timer for when they are on a device
- For younger kids, put all the devices away: out of sight, out of mind
- Use screen time as a reward: 30 minutes extra for completed chores and homework (without arguing!)
- Chose a day (or evening) a week with **NO SCREEN** time for the household
- Utilize parental controls on your Wi-Fi, modem, and devices
- Be a good role model, put down your devices and tether yourself

*(Rachel's parenting tips and advice for life can be found in her book **Hands-Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters.**)*

*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 to 4 teenagers*