



# September 2021

Welcome to the 2021-2022 school year! We are excited to see everyone. Check out all the important information on our webpage.



## Student Arrival/Departure

- \*\*We ask that parents wait in the designated areas for their child or children before and after school.
- \*\*The bell for bus student dismissal is 3:10 pm. Students, who are walking or being picked up, will be dismissed at 3:15 pm.

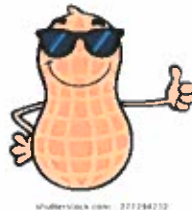
## Important Info:

- \*Please complete the Daily Screening checklist every morning before sending your child or children to school.
- \*Students are able to play out on the playground in the mornings at this time.
- \*We have kept the split lunch times in order to have less students on the playground for the longer period of time.
- \*Please notify the school in the mornings before 9:00 am if your child is going to be late or absent.
- \*We are a peanut aware school.

## School and Staff Hours



- School office opens at 8:15 am and closes at 4:00 pm.
- Teachers are available for phone calls:
  - 8:30 am to 9:00 am and 3:15 pm to 3:45 pm
- Teachers can also be reached by email. Please allow for a 24 hour response time as teachers are very busy throughout the day. Emails are not recommended for urgent matters. Please call the office for emergencies.



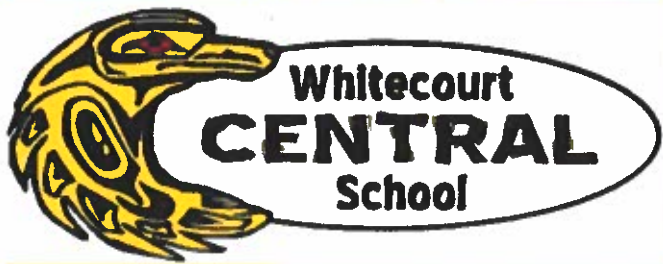
## School Fees

- \*There is a \$31.50 Technology fee which enables schools to keep current hardware for the students to use. Students will be assigned a chromebook once their tech fees are paid.

## School Entry

- Our doors will remain locked again this year. We ask that if parents need to make an appointment to meet with your child's teacher or to drop off items, please call the front office and Mrs. Pierce will help you.





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## Contact and Emergency Information

We ask that all parents complete and return the verification forms with updated contacts and emergency numbers. If a child is sick, we will call home and require the student to be picked up in a timely fashion. Please make alternate arrangements for pick up if you are unavailable. We appreciate your help with ensuring that all students and staff stay as healthy as possible.

## After School Reminder

When our students are dismissed at 3:15 pm, they are required to head straight home. We do not allow students to remain on the playground unless accompanied by a parent. This is to prevent parents from worrying about the whereabouts of their children and to ensure everyone is accounted for after school.

## June Eagles

3L - Maggie W  
3PR - Piper B  
3M - Sam V  
3S - Bree B  
3W - Elleigha M

4CH - Cameron T  
4M - Anqi M  
4J - Ocean Y  
4D - Brandon B  
4C - Cruz H

5C - Boston S  
5B - Jordyn E  
5L - Ashtyn R  
5CL - Ryan P  
5U - Alyssa W



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## Technology

The school provides each student with a chromebook for educational purposes. All personal devices must remain in backpacks throughout the day. Please read more about this in our Parent Handbook.

## School Council Meeting

We will be holding our Annual General School Council Meeting on Sept 28th @ 5:30 pm. If you are interested in attending, please send an email to [central@ngps.ca](mailto:central@ngps.ca). The format of the meeting will be decided closer to the date and align with the COVID guidelines outlined by NGPS.



## Breakfast Program

Breakfast baskets will be placed in the classrooms beginning September 13th.

## School Assemblies

As of right now, we are able to bring our students together for school assemblies again this year. They will still be scheduled the last Friday or the month with only one exception for February. Unfortunately our families will not be able to join us in person however we are looking at livestreaming the event. More information to come.

Website: <http://whitecourt.ca>

Twitter: @ngpswc

Facebook:

[www.facebook.com/WhitecourtCentral](http://www.facebook.com/WhitecourtCentral)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grade 3 Entry	2 Grade 4 Entry	3 Grade 5 Entry	4
5	6 No School	7 All Students Begin	8	9	10	11
12	13	14	15	16	17 Terry Fox Walk	18
19	20	21	22	23	24 Recognition Assembly @ 9:30 Tie Dye Day	25
26	27 School Photos	28 School Council Meeting @ 5:30	29	30 Orange Shirt Day		

## More Good Days

With the start of another school year, worry of what the year will bring is heavy on us all: parents, caregivers, teachers and students. Many of the messages I shared last year are still relevant at the start of the 2021-22 school year and are a great reminder to bring us strength:

- ❖ *We need EVERYONE to be healthier than they have ever been:* staff, student and families (that means physically, mentally, relationally)
- ❖ As caregivers, *we have the most influence on resilience and the psychological wellness of our children.* It is critical that we manage our own angst of the school year, because our children will pick up on our feelings. *We are strong, brave and adaptable, and so are our children!*
- ❖ *Regardless of the boat we are in, we are all in this COVID-19 storm together.*
- ❖ Let us navigate with *respect, empathy, courage and responsibility.* Throw a lifeline to the ones who are struggling, accept a lifeline if someone reaches out to help.
- ❖ From the words of Dr. Jody Carrington: *We are fighting a virus, not each other.*
- ❖ Focus, point out and grasp onto the brief moments of *normalcy, joy and delight* like our lives depend on it. Share the message to our children: *all hard times come to an end, and will give way to the promise of better days ahead.*

Michael Franklin with CTV News published an article on August 27, 2021 that I feel all families in Northern Gateway can benefit. The Alberta Blue Cross recently partnered with two other organizations, Kickstand ([mykickstand.ca](http://mykickstand.ca)) and the Mental Health Foundation ([mentalhealthfoundation.ca](http://mentalhealthfoundation.ca)) to launch a messaging service that will help inspire young people throughout the school year.

The service, called *MoreGoodDays*, delivers advice and uplifting messages to mobile phones that are subscribed to its service. "Youth across Alberta can text 'MoreGoodDays' to **393939** to receive these daily text messages for free," the company said in a release. All of the messages sent out from the service are written by youth, for youth.

*"I think something you should know is that you are green with great, pink with perfect, aqua with awesome, blue with brave. You are a rainbow of qualities. Remember that!" - MoreGoodDays Message written by a young person in Alberta*

*"Hi Friend! I noticed you're a bit stressed... let's unclench our jaw, drop our shoulders, relax our face and take a deep breath. In & Out. There we go! Much better. Have a great day :)" - MoreGoodDays Message written by a young person in Alberta*

*"Don't forget that rest is okay. We don't always have to be working in order to feel productive. Rest can be productive too." - More Good Days message from Albertan young person*

"Children are very resilient," said Brian Geslinger, vice-president of corporate relations at Alberta Blue Cross and a father of three school-aged children, in a statement. "But, like all of us, the pandemic has brought massive change in our lives – and even as we see the light at the end of the pandemic tunnel, we need to be aware that many children are still deeply affected by the stress and uncertainty."

Sadly, we are still living in uncertainty, but that does not mean we cannot look forward to the school year and embrace it with optimism. Despite the challenges we have before us, do not forget everything we have overcome. We will get through this too - TOGETHER, because together, we can have More Good Days.

**For more information or support, AHS offers resources that can be [accessed online](#) ([albertaservices.ca](http://albertaservices.ca), Help in Tough Times). Blue Cross offers [a series of mental health tips](#) ([ab.bluecross.ca](http://ab.bluecross.ca)) to help support children, youth and their families. Or call the Mental Health Helpline **1-877-303-2642** or Kids Help Phone **1-800-668-6868****

*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families, providing a link to the community programs. Tammy has been a registered social worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.*