

# BISON TALES




## Calendar of Events

<b>February 4-5</b>	Teachers' Convention – No School
<b>February 9</b>	School Council Meeting 6:30-7:30 p.m. AEPSA Meeting to Follow
<b>February 10</b>	Win-Win Day
<b>February 12</b>	School Closure Day
<b>February 15</b>	Family Day – No School
<b>February 18</b>	Ski Trip – Grades 4-6
<b>February 24</b>	Student Led Conferences 4:30–7:30 p.m. Jump Rope for Heart – Skipping Day <b>PINK Shirt Day</b>
<b>February 25</b>	Student Led Conferences 4:30–7:30 p.m.
<b>February 26</b>	Carnaval 12:30-3:00 p.m.
<b>March 2</b>	Early Dismissal Staff Meeting 2:10 p.m.
<b>March 3</b>	Newsletter Emailed
<b>March 4</b>	School Based PD Day – No School
<b>March 8</b>	School Council Meeting 10:30-11:30 a.m. AEPSA Meeting to Follow
<b>March 11</b>	Grade 6 Dance 12:30-2:00 p.m.
<b>March 14-18</b>	Les Rendez-vous de la francophonie (Celebration of bilingualism in Canada)
<b>March 17</b>	St. Patrick's Day – <b>Wear Green</b> ☺
<b>March 18</b>	Habit 5 Assembly (Grade 3) 9:30 a.m.
<b>March 23</b>	Report Cards Available Online <b>Jersey Day</b>
<b>March 24</b>	Day in Lieu – No School

## February 2016 Message

February is a short and busy month with Valentine's Day, Family Day, Habit 4 – Think Win-Win student led assembly and student-led conferences. Students and staff will also be practicing their skipping skills as we prepare for the Jump Rope for Heart fundraising event that takes place throughout the day of February 24<sup>th</sup> in support of the Alberta Heart and Stroke Foundation. Parents are invited to share their skipping skills with the students ☺. Students will also be learning about the benefits of healthy eating, daily exercise and lifestyle choices this month. Thank you for your continued support of this important cause.

February 10<sup>th</sup> is Win-Win day. All students will have the opportunity to give a Win-Win sticker to classmates as they catch each other "doing good things". It is a day when we intentionally celebrate kindness and acknowledge being helpful with one another benefits everyone.



Great happens here!

**SUCCESS FOR ALL ~ LE SUCCÈS À LA PORTÉE DE TOUS**

## Kindergarten Registration Now Open!

Do you have, or know, a child starting Kindergarten in the fall of 2016? If so, registration for the 2016–2017 school year is now open ☺

To help families prepare, EIPS has compiled a wealth of information on its website ([www.eips.ca/kindergarten](http://www.eips.ca/kindergarten)). There you will find details regarding how to register, eligibility, dates to remember, how to find your designated school, programming options, what to expect, transportation and more. Additional information regarding **Ecole Ardrossan Elementary's** Kindergarten program can be found on the school website at: <http://ardrossanelementary.ca/council/registration>.

When registering your child, please remember to bring with you proof of residence, your child's name, and date of birth and citizenship.

To assist in planning for next year, we encourage families to register their new Kindergarteners, and make busing arrangements, if needed, by April 30, 2016.

**NOTE:** To be eligible for the 2016–2017 Kindergarten program, children must be five years old on, or before, Dec. 31, 2016.

## Have you considered ECS French Immersion? Frequently Asked Questions...

### What is French Immersion?

- The French Immersion Program provides students with fluency in speaking, reading, writing, listening and communicating in French by the end of Grade 12.
- French is the language of instruction, beginning in Kindergarten continuing to Grade 3 when English is introduced.
- Check out Alberta Education's <https://archive.education.alberta.ca/media/6766889/handbookfrimmkindergarten.pdf>

### Why Should I Consider French Immersion for my Child?

Learning French offers students significant linguistic, academic and cognitive benefits:

- strengthens English literacy skills and listening skills;
- enhances problem-solving abilities;
- strengthens concentration, math, and the ability to filter out non-important information;

- provides students with more flexible, divergent, and creative thinking skills;
- delays dementia and Alzheimer's disease later on in life;
- provides graduates with more choices for advanced education and career options;
- gives graduates a competitive edge in the job market anywhere;
- broadens students' cultural life through access to literature, art, music and theatre;
- helps students to better understand the history, development and government of their country;
- builds cultural awareness and empathy;
- increases a student's feeling of self-esteem and pride; and
- makes learning additional languages easier.

### But, We Don't Speak French at Home! How does that work?

- You are not alone. Most parents of French Immersion students do not speak French! In fact, it was non-French speaking parents who established French Immersion in the first place! Your child will do just fine whether or not you speak French at home.
- Check out **Yes, You Can Help!** (<https://archive.education.alberta.ca/parents/resources/youcanhelp/>)

### I Need More Information

If you would like more information on what French Immersion looks like at Ecole Ardrossan Élémentaire, contact Mme Helene Hewitt or Mrs. Judy Whetstone to set up a time to meet. We are happy to answer any questions you might have.

### Resource Links

- [Canadian Parents For French](#)
- [Bilingual People Are Like Brain Bodybuilders](#)
- [How a Second Language Trains Your Brain for Math](#)
- [Bilingualism Delays Age at Onset of Dementia, Independent of Education and Immigration Status](#)
- [Bilingual Benefits: How Learning Another Language Keeps Your Mind Sharp No Matter Your Age](#)
- [How the Brain Benefits from Being Bilingual](#)



## Boundary Exemption Request Process is Now Open

Elk Island Public Schools (EIPS) boundary exemption request process for the 2016–2017 school year is now open.

Students from Kindergarten to Grade 12 wanting to attend a non-designated school in the upcoming school year can now apply to do so. All interested families must fill out a Boundary Exemption Request Form and submit it directly to their requested school. The application deadline is April 14, 2016. Boundary exemption requests received after April 14, 2016 will be declined. There is no late or secondary process.

Additional information about the boundary exemption request process including the Boundary Exemption Request Form, schools with closed boundaries, and frequently asked questions can be found by visiting: [www.eips.ca/schools/boundaries/boundary-exemption-request-process](http://www.eips.ca/schools/boundaries/boundary-exemption-request-process).

Final decisions will be made by April 22, 2016.

**NOTE:** Students already accepted into their non-designated school do not need to reapply.

## School Council

Please join us Tuesday, February 9, 2016 from 6:30 – 7:30 p.m. in the Library. An important item on the agenda is discussion of The *School Act* (June 2015) which outlines increased responsibilities for boards, schools, parents and students to ensure that schools are welcoming, caring, respectful and safe learning and working environments that respect diversity and foster a sense of belonging.

## Canadian Parents for French

Hello and Happy New Year! Carnival is fast approaching and we are looking for parent volunteers to help out. A volunteer sheet was sent out last week. Please fill it out and return it to the school as soon as possible. Our next CPF meeting is on **February 22 at 5:30 pm** in the library at Ardrossan Jr/Sr High School. We look forward to seeing you there and at Carnival on February 26<sup>th</sup>.

JP Grebenc  
President CPF

*We love volunteers! Please consider joining the School Council, Canadian Parents for French (CPF), or Ardrossan Parent Support Association (AEPSA) – our fundraiser group!*

## Carnaval

**Friday, February 26  
12:30 – 3:00 p.m.**



Planning for the Sixth Annual Carnival is underway. Please see the attachment included in this email-newsletter. Your assistance is much needed and greatly appreciated. Merci beaucoup!

Activities for this year include:

- Le chocolat chaud et le feu de réchauffement – Hot Chocolate and a warm fire by Station #3 Fire Fighters
- La lutte à la corde – Tug of War
- Le traineau - Horse and Sleigh Rides
- La tire - Maple Syrup on Snow
- Les forts de neige - Snow Fort Building
- Les courses de ski - Ski Races

And, of course, a visit from BONHOMME!! Stay tuned for Special Guest Appearances!

In case of inclement weather, the event will proceed as best as we can indoors! A huge thanks to Canadian Parents for French, and their many volunteers, who make this event very special for the entire school!

## 2015–2016 Parent Survey

Elk Island Public Schools (EIPS) is committed to ensuring all parents and guardians of students within the Division have a chance to share their thoughts on the overall performance of their school and the Division. One of the ways EIPS ensures parent voices are heard is by conducting regular surveys. In November, the Division invited parents and guardians to participate in an online parent survey. They were asked 15 questions about the quality of teaching, school leadership, parent engagement, and more. Overall, the online parent survey received an impressive 19 per cent response rate, with more than 3,170 responses from parents and guardians across the Division. Throughout the coming months, EIPS will use the results of the parent survey to help inform school and Division planning. The complete results report for the Division, including summaries of participation and responses by question, is available by visiting: [www.eips.ca/about-us/planning-and-results/2015-2016-parent-survey-results-report](http://www.eips.ca/about-us/planning-and-results/2015-2016-parent-survey-results-report). You can also review Ecole

Ardrossan Elementary individual results by visiting:  
<http://ardrossanelementary.ca/>

## North Central Teachers' Convention Association – February 4-5, 2016



Teachers' conventions are an annual winter tradition throughout Alberta. North Central Teachers' Convention, which includes Elk Island Public Schools, provides approximately 6 800 teachers the opportunity to reflect on and learn about new and innovative pedagogical practices and theories to better support student learning experiences in their classrooms. Some of the diverse topics that teachers will learn additional information about include:

- Social Emotional Learning
- Primary Literacy Games
- Math Fact Fluency
- Digital Learning Resources
- Teaching the Research Process
- Technology as a Math Learning Tool
- Assessment Ideas for Math and Science
- Global Citizenship and Inspiring Education
- Life of a Student Living With a Disability
- Understanding Self Harm in Children and Teens with Borderline and Bipolar Disorder

Your child's teachers will be pleased to share with you some of the exciting topics and interesting learning they have gained during these two days of professional development.

### Attention Grade 4 Parents!

## The Accountability Pillar Survey

Parents, please return the survey to Alberta Education in the enclosed postage-paid envelope by

## February 26, 2016



You are encouraged to add your voice to public education by completing the Accountability Pillar Survey. Information gathered allows schools, school authorities and the provincial government to gauge the quality of education your child is receiving; to see what is working and what needs to be improved. Parent surveys will be mailed out to parents of students in Grades 4 to 6 in January. In February, Grades 4 to 6 students will be completing the online Accountability Survey.

We all have a part to play in the important work of educating the next generation of Albertans to be engaged, ethical and entrepreneurial citizens who will contribute to building Alberta. Thank you in advance for taking the time to complete this survey.



### Tidbits from the LunchBox...

January has come and gone...And we even had some rain....January showers, bring February flowers??!!

Mark your calendars... March HotLunch will be available to order from Feb. 8th to 18th. **No late orders or payments will be accepted.** Watch our Dilly Bar sale on March 11th for all students. KMR will receive theirs on March 14th... **\$2.50 each.** ALL PROCEEDS WILL GO TOWARDS EQUIPPING THE NEW AES LUNCHBOX KITCHEN.

**We would like to thank everyone that participated in our Stawnichy and Purdy's Chocolate Santa Lollies Sale. We raised a total of \$2115.30!!! Thank you for all your support.**

If bus service is cancelled for any reason (snow day, icy roads, fog, mornings only, etc...) HotLunch service will be cancelled and any perishables will be donated to a charity of our choice. Please be advised that we will continue to accommodate parents who come after the lunch rush to pick up their absent child's lunch order.

Ever wonder what HotLunch is all about? What it takes to make this program a success? Come and join us at one of our meetings! If you are interested in attending a meeting, please contact [info@aeslunchbox.com](mailto:info@aeslunchbox.com) Support issues will

be addressed within 24 hours and should be directed to [support@aeslunchbox.com](mailto:support@aeslunchbox.com)

### Booking for Student Led Conferences – February 24 & 25, 2016

We are looking forward to celebrating your child's success with you on February 24 and 25<sup>th</sup> from 4:30-7:30 p.m. Online registration opens on February 11<sup>th</sup> and closes on February 23 at 9 a.m. To register visit [www.schoolinterviews.ca](http://www.schoolinterviews.ca) school code: **ES88T**. Further details will be provided in an information sheet that will be coming home in your child's backpack during the week of February 8 to 12.

### Reminder: Student Report Cards

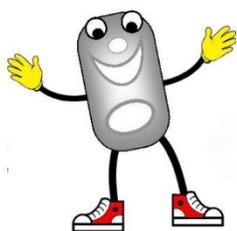
As decided at the November School council meeting, Communicating Student Learning **report cards will be available online on March 23, 2016**. If permission was not granted to post your child's report card, a printed copy will be sent home. Should you decide that you want a printed copy (regardless of whether you granted permission to post online) contact your child's teacher. Please note that families are able to print their own report from their home computers. It is exciting to be able to access items such as this online anywhere!

### Campbell's Labels

We are still collecting *Campbell's Labels for Education*<sup>™</sup>. If you would like to help with our Labels for Education collection drive, please contact our parent program coordinators, Mrs. Terri-Ann Trohubiak and Roxanne Dunham at [ttrohubiak@yahoo.ca](mailto:ttrohubiak@yahoo.ca). Please visit [www.labelsforeducation.ca](http://www.labelsforeducation.ca) for more information about the program.

### Pull Tabs

**Calling all families with pull tabs!** Are you collecting pull tabs but don't know where to put them or how to use them? Mr. Frederickson has been collecting them for the last 12 years, for different organizations, and is now



collecting them on behalf of **Ronald McDonald House<sup>®</sup> Northern Alberta**. The tabs are sent to Maple Leaf Metals where they are recycled. If you would like to help **Ronald McDonald House<sup>®</sup> Northern Alberta**, please drop off

pop tabs at the school. Thank you very much for your time and effort.

### Lost and Found Items

**Lost and Found items will be on display in the hallway outside the gym** during Student Led Conferences on February 24 and 25<sup>th</sup>. Please claim lost items. Remaining items will be donated to local charity prior to Spring Break.

### Strong Critical Thinking Skills Help Students Solve Problems

Your child is feeling overwhelmed by a big history project. Or they have gotten stuck while trying to figure out a math problem. What do you do?

Helping children understand how they think and solve problems is some of the best help a parent can provide. Strong critical thinking skills will help your child in school—and give them the ability to solve problems in the real world.

Help your child:

- Become aware of how they think. Educators call this metacognition, or the ability to think about the thinking process. Good thinkers have a plan before they take action. They know if they need more information in order to make a decision. And if they get new information later, they adapt their plan. Before your child starts a project, say things like, "Let's think this through." Also help your child see their strengths and weaknesses as a problem solver. "Remember that sometimes you tend to rush in before you make a plan."
- Draw on past knowledge to address current problems. They may not have had to do an assignment just like this history project, but they have done other big projects. What did your child learn about how they work best?
- Focus on effort. "It's not that I'm so smart," Albert Einstein once said, "it's that I stick with a problem longer." So when your child gets discouraged, encourage them. Help them see the progress they have already made, and let them know they can reach their goal.

Reprinted with permission from the February 2016 issue of *Parents make the difference!*<sup>®</sup> (Elementary School Edition) newsletter. Copyright © 2016 The Parent Institute<sup>®</sup>, a division of NIS, Inc. Source: A.L. Costa, *Developing Minds: A Resource Book for Teaching Thinking*, Association for Supervision and Curriculum Development.

### Dress for the Weather

Thank you for making sure that your child has the necessary winter gear to keep warm. Students participate in outdoor recesses except in the most extreme cold weather. Hat, mitts and a warm coat are necessary during

outdoor play. We generally have indoor recess when temperatures reach -21 degrees Celsius or lower.

## Absences

Thank you for explaining your child's absence when you call to report that your child is away. This helps with tracking absences as we report absences that may be in excess of 10% of the school population (i.e., flu symptoms).



## Tackle Social Problems Before They Affect School Performance

"I thought she was my friend!" Unfortunately, the classmate who seemed so friendly only wanted to copy your child's homework.

Learning how to deal with "friends" who turn out not to be friends is a tough lesson. And it's one that can affect your child's performance in school and distract them from learning.

Talk to your child about the qualities that make a true friend and encourage them to stay away from classmates who seem:

- Selfish. Does the person seem to think and talk mostly about themselves? Is the person using your child in order to get something?
- Phony. Does the person say one thing ... and then do another?
- Dishonest. Someone who is friends with your child only because they want to cheat on a test is not really a friend at all.
- Unreliable. Did the person say they'd walk home with your child after school, but then headed off to someone else's house instead?

Remind your child that the person is worthy of real friends and should stay clear of those who are not.

Reprinted with permission from the February 2016 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2016 The Parent Institute®, a division of NIS, Inc. Source: R.M. Kidder, *Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing*, Jossey-Bass.

## Leadership Ledger

The February Focus is **Habit 4: Think Win-Win!**

**Student leaders believe:**

- I balance courage for getting what I want with consideration for what others want;
- I make deposits in others' Emotional Bank Accounts; and
- When conflicts arise, I look for third alternatives.
- For more information about Win-Win, please visit:
- <http://ardrossanelementary.ca/download/41447>

Our kick off for Jump Rope for Heart and Think Win-Win assembly was held this morning. We had such fun skipping.

## When Parents Talk Less, Their Children Actually Listen More!

When your child was younger, it was important for them to hear you talk a lot. It's the way they learned the language that describes the world around them.

Now that your child is older, they need a lot less narration. Yet many parents of elementary schoolers find themselves talking on and on ... even while their children are listening less and less.

Of course you still want to talk with your child about their day. You want to have conversations about what they did in school and what their thinking about. But if you're like most parents, you'd like to spend less time talking about whether it's time to feed the pets or why their clothes are still scattered all over the bedroom floor.

Here are three effective ways to communicate with your child:

1. Make infrequent requests. As much as possible, help your child develop a routine for things like homework and daily chores.
2. Keep the volume down. Your child doesn't hear you any more clearly if you yell.
3. Keep it short. When you do have to give your child directions, see if you can limit them to five words. So instead of saying, "Jack, I need you to get to the car. Don't forget your backpack. Do you have your homework?" try saying, "Jack. Homework. Backpack. Car."

Reprinted with permission from the February 2016 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2016 The Parent Institute®, a division of NIS, Inc.

## Our Little Friends/Les Petits Amis Playschool

Come and join a fun learning atmosphere where children sing, dance, and play their way through the alphabet, counting, colors, shapes, sharing and so much more! Registrations for the 2016-2017 school year will begin this month.

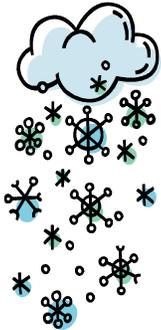
For more information please call Kari at 780.922.4447 or visit our website at: [www.ardrossanfrenchplayschool.ca](http://www.ardrossanfrenchplayschool.ca)

## Library Tales

Congratulations to our January winner of our library treasure chest draw Celeste B. from room 3X. Way to go Bisons! Sir Booksalot visited the following classes: KAB, 2P, KMR, 3F, 5C and 1-O twice.

A Scholastic Book Fair will take place on Feb. 24<sup>th</sup> and 25<sup>th</sup> during our demonstration of student learning. Please see the Book Fair attachment for more details on this event. It's snow cool to read!

## Inclement Weather



Be prepared is our motto! Always dress appropriately!

Should inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise parents of bus cancellations using various communications tools, including automated telephone messages, details posted on the division home page ([www.eips.ca](http://www.eips.ca)), in the *Bus Status* section of our division and school websites, on our main switchboard (780.464.3477) and community hotline (780.417.8122), on Twitter, and through local radio stations. We strive to share all information by 6:30 a.m.

EIPS *Administrative Procedures 164, Inclement Weather* states bus service may be suspended when the temperature reaches -40°C **including** wind chill factor as measured by Environment Canada at 5:00 a.m. and/or due to adverse weather or road conditions. Bus service may be suspended on a region-by-region or route-by-route basis. When school bus services are suspended, schools shall remain open to students.

EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather. Parents must use discretion when sending children to school during inclement weather, even when buses are running and schools are open.

For more information, please contact Student Transportation at 780.417.8151

## Counselor Corner

In recognition of February 1-5 being proclaimed “Canadian School Counselling Week”, and that 7 Habits is practiced daily at École Élémentaire Ardrossan Elementary School, I would like to share a story with you about **persistence**.

There once was an insightful quote on a student’s Superman shirt, “Wearing of this garment does not enable you to fly.” This message suggest you can’t put on a different set of clothes, or act a certain way that betrays who you are deep inside, and expect to be successful.

The path to success involves persistence. Christopher Reeve, the man who played Superman in the movies, was left paralyzed from the neck down years ago in a horseback riding accident. But that didn’t stop him from living his life. By being persistent, he raised funds that will help others with spinal cord injuries live full and complete lives. He directed movies, acted and made speeches across the country.

Christopher Reeve talked once about the value of persistence. He said, “So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

Our hope for all of our students, is that they are persistent in facing challenges as though they are opportunities, exploring the places their talents take them, and living a life of continual learning. Best wishes to each of you throughout your life journey...  
Mme Mitchell

## Are You Teaching Your Child How To Be Resilient?

All students face obstacles. Encouraging resilience helps kids overcome them. Resilient students deal with challenges in positive ways—at home and at school. Answer yes or no to the questions below to see if you are helping your child develop resilience:

- \_\_\_1. Do you give your child opportunities to make decisions? It’s a skill that improves with practice.
- \_\_\_2. Do you talk to your child about how you find a solution when you are faced with a problem?
- \_\_\_3. Do you talk to your child about their strengths? Children draw on their strengths when facing challenges.
- \_\_\_4. Do you remind your child when they are struggling how they have handled tough situations in the past?
- \_\_\_5. Do you listen to your child when they are trying to make a decision without solving the problem for them?

### How well are you doing?

Mostly yes answers mean you are helping your child become more resilient. For no answers, try those ideas from the quiz.

Reprinted with permission from the February 2016 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2016 The Parent Institute®, a division of NIS, Inc.

## Community News: Text4Mood

In support of mental health and wellness, Alberta Health Services has unveiled a program that sends supportive text messages to those who sign up. Just text the word “Mood” to 760.670.3130 and you will begin receiving supportive text messages once a day. For more information visit: <http://vf.to/2Dtwml6Hs4X>.