

HOOPERS SCHOOL BELL #8

ÉOES - A Happy Place to Live, to Learn, to Grow

April 2023

Principal: Ms. Margo Nygard

Vice Principal: Mrs. Alanna Sampson

FROM THE DESK OF:

MARGO NYGARD, Principal



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Welcome to Spring - a season for new starts and gratitude! We are thankful the snow is disappearing, grateful for the warmer weather and excited for longer days. As a school, we are also very grateful to have such incredible support from our community. Thank you to all who support our classrooms, volunteer in our school, and work alongside Parent Council supporting hot lunches and fundraiser events! I am excited for Parent Council's upcoming family dance - time to get our groove on!

On Friday, the announcement for our next principal was made to our staff! Please welcome Alanna Sampson to the role of Principal for the 2023/2024 school year. Alanna has been the Vice Principal of ÉOES for the past two years and is excited to step into the role of your Principal. Congratulations Mrs. Sampson!

In a few short days we will head into spring break and return to planning and thoughts of the next school year. If you are in kindergarten, and haven't already, please complete the survey regarding your child and your preference for English or French immersion for grade 1. If you have any questions, please connect with your teacher or contact the school.

Spring is also the time for surveys! When you have a moment, please complete the parent survey to help us collect insights and input from you and ensure we are headed in the right direction. The survey consists of 7 questions and is directly aligned to the school division goals of academic excellence, social-emotional well-being, and career connections. The responses collected are shared at the school level and they do make a difference in helping our school see which areas we are on the right track with and which areas require additional attention and support. If you would like to talk about any of these sections in more detail, please give me a call. Please note, the survey closes April 9th. You can find the survey here --> [Parent Survey](#).

Grade 4 parents - I know that this time of year brings about questions of transitioning to École Deer Meadow School. We, along with EDMS, will create a plan so we can ensure a smooth transition for our kiddos going to grade 5. Watch for more information in May!

Amazing things are happening at E0ES every day. Thank you, from the bottom of our hearts, for all you do.

Margo Nygard

Dual credit is a powerful program for students

- A message from Superintendent Kurt Sacher

Did you know... *A student who enrolls in a dual credit course is almost 100% guaranteed to graduate?*

As Chinook's Edge looked back over the last decade of students who participated in dual credit opportunities, our records show that almost all of these students graduated. We knew dual credit was going well, but when we discovered this data we were thrilled!

What is dual credit?

Dual credit allows high school students to enroll in a course through a post-secondary institution and receive credit for that course "dually": at the post secondary level and at high school. Dual Credit programming provides career pathway experiences as students explore various career learning through these courses. We offer:

- Various skilled trades experiences with early introduction to trades courses
- Pre-employment Certification in Welding and Heavy Equipment Technician
- Student career training in the area of animal sciences with the offering of the Veterinary Technical Assistant Certificate
- Dual credit single course experiences: exploration of careers in business, sports management, animal sciences, horticulture, health care, hospitality, and agriculture technology

The goal of dual credit is to provide students with skills and experience necessary to transition successfully to post-secondary learning for their career of choice learning. We want students to leave high school engaging in the career pathway that they are passionate about. About 490 Chinook's Edge students enrolled in dual credit this year.



Veterinary Tech - dual credit students

Why does dual credit have an impact on graduation? There are two main reasons this program is having such a positive impact:

1. We have found that students who participate in dual credit **gain motivation**. They might hear, for instance, from a post-secondary instructor that a certain mark or a specific course is needed to progress in a career. Students are telling us this direct connection to careers makes their schooling more purposeful to them. As well, students find that their overall high school achievement increases as they better understand how important the skills of math, science and communication are for them in their future career.
2. **Direct support from a caring adult**. The structure of the dual credit program means a staff member will directly support individual students through advising and coaching to ensure the experience is successful. The influence of these staff members in a 'shepherding' type of role contributes significantly to student success.

In Chinook's Edge "Career Connections" is one of our three major priorities. Dual credit is just one high leverage strategy to help students transition into future careers. Please connect with your school for more information.

To read the latest version of the Board e-News, please [click here](#).

Dropping off & Picking Up Your Child

Morning Drop Off

- Morning bell rings at 8:35am. Students can be dropped off at the school no earlier than 8:25am and head towards their classroom area.
- If you will be later than 8:35am, please have your child use the front entrance, as all other doors will be locked.

After School Pick Up

- All student will be dismissed at 3:10pm. Students will exit to their predetermined meeting spots, buses or walk home.

Our Bell Schedule

Sometimes it is hard to know when is best to pick your child up for an appointment so below, please find our current bell schedule:

8:35am Start of Class

10:10am-10:23am All grades go out

11:40am-12:10pm Lunch recess for Gr. 3-4

12:20pm-12:50pm Lunch recess for Gr. K-2

1:55pm-2:08pm All grades go out

3:10pm Dismissal

Please remember that all students need to be picked up at 3:10pm. Thank you!



PAY SCHOOL FEES ONLINE

Chinook's Edge School Division is pleased to offer the opportunity to pay student fees electronically. The online payment program provides a convenient payment option that saves time. You can make secure online payments by credit or debit card any time and receive a receipt.

Safe. Secure. Simple.

Signing up only takes a moment. Here is how it works:

1. Go to:

<https://www.studentquickpay.com/chinook/>

or find the link on the Chinook's Edge Website at www.chinooksedge.ab.ca

2. Take a few minutes to register and create an account for your child(ren).

3. Review and pay your child's fees using direct online payment.

If you are having technical issues with your parent account please email feesupport@cesd73.ca for assistance.

The fee schedule can be found on the Chinook's Edge website, www.cesd73.ca, Menu, Students and Parents, School Fees. Scroll down to Olds, and find École Olds Elementary School.

If you have any questions please call the school. Fee waivers are also found on the Chinook's Edge website, under Menu, Students and Parents, then on the left, click on the arrow beside School Fees.



Ready, Set, Go!
Welcome to Kindergarten

**Online Kindergarten
Registration for the
2023-2024 school year
begins on January 9!**



Randy Kish: Physical Education April Update:



Curriculum Focus - Lacrosse, Skipping, Fitness, Swimming

All Students have been working hard learning Lacrosse Skills in gym classes. We challenged ourselves to achieve some basic Skills by practicing hard and focussing on technique. Skills included; how to identify the parts of a Lacrosse stick, how to hold a Lacrosse stick and run with it, how to toss and catch a tennis ball, how to scoop up a ball, and basic trapping styles. Students also learned how to shoot the tennis ball at the wall, nets, and small targets and trap it on the rebound. We learned how to use the lacrosse stick to complete a Team Challenge Relay Race. Even our Kinders learned how to hold a Lacrosse stick, scoop up a ball, toss a ball and catch it, and do some “tricks”.

We were fortunate to have Lacrosse Coaching help from Spencer Carr (grade 12) and Devin Gardner (grade 10), two former Olds Elementary students who have embraced the game and gone on to play Competitive Lacrosse in Mountain View County. It was special for all the students to meet “real” Lacrosse Players and to learn Lacrosse Basics from them. A Big Thank You to Spencer and Devin for being so generous with their time and enriching our learning experience!



Skipping Skills:

All students have been learning to skip and perfect their technique! We learn the different styles of skipping including; short rope skipping and long rope “team” skipping. Our first benchmark is to use proper technique to be able to skip for one minute. Then we start increasing the challenge to skip longer. Skipping is “tricky” and for many students it might be the hardest skill they have to learn. If your child can skip well then it means they have good coordination which directly transfers to other sports. If your child struggles with skipping we try to encourage perseverance and not giving up. This Easter, think about including a skip rope in your child’s Easter basket with their candy! Seeing kids out on the driveway skipping always makes me smile!

Students in Grades 2,3, and 4 will be offered the chance to win their **Class Skipping Competition** by skipping longer than anyone else. Each year students get better and better so I am predicting this year's competition to be Amazing! The Top 4 or 5 skippers in each class move on to The Grand Finals. There is a Boys Champion and a Girls Champion in each grade 2-4. Two years ago a former student in grade 4 skipped for 41 minutes before stopping! WOW!

We are Thankful to our Parent Council for providing the funds to purchase hundreds of skipping ropes (and all kinds of other equipment) for students to use at recess. Olds Elementary probably has more sports equipment for its students to use than any other school in the Province! We will use all our skipping ropes for our Annual School Wide Skipping Party to kick off Spring sometime this month when the weather looks good. We will keep you posted.

Grade 1 Students will begin learning about Ball Skills again and how to do a Fitness Warm-up with a Video Follow-Along routine. We will also continue to learn how to skip! In grade 1 it is very hard to learn how to skip but we do a little bit every gym class. It is always awesome to see the look of JOY on a student’s face when they figure out how to skip. We are also revisiting some Physical Literacy Challenges and learning how to focus without distraction one minute at a time. We will break out the Hula Hoops as well for some hoop fun!

Kindergarten we have been learning how to focus and concentrate on ten second Physical Literacy Challenges all the way up to one minute skills challenges. We also have been learning how to play games and follow rules to make our games more fun! We will be introducing Hula Hoops to our ECS friends and learning the amazing tricks a Hula Hoop can do! Great fun.

Indoor Shoe Check In Parents, please check in with your child to see how those Indoor Shoes are holding up.

I have noticed many students with shoes that are not fitting, have no laces or velcro, are torn and toes are sticking through...etc It’s pretty hard to get through gym classes when shoes are holding your child back. Socks are slippery on our wooden gym floor which is a hazard.



Swimming:

Grade 3 classes will be completing their swimming lessons at the Pool. Grade 2's will begin April 18 after the break.

Swimming is a LIFE SKILL and I encourage all parents to make sure your kids learn how to swim. We are fortunate to have access to an excellent Program through the Olds Aquatic Center (which also offers swim lessons during evenings and weekends



Next Month:

May is the month we explore Gymnastics, Outdoor Games, and I would like to have a Bike Safety Program and Bike Riding Day at school for each grade.

Have a Great Spring Break!

R Kish



publicdomainvectors.org



Ms. Munchinsky: April 2023



The grade 2 classes will present **"The Bear Went Over the Mountain"**. at 10:45 am and 2:30 pm on Tuesday, April 4. We welcome you all to come and see this fun and insightful show. In addition to "Da Bear" you will also hear the owls, the deer, the rabbits, the squirrels and the night animals share their wisdom and demonstrate their kindness.

At 10:45 am and 2:30 pm on Thursday, May 11, the grade 4 students will get to do their year-end show. The children will present **"Why We Sing"**. Throughout this performance, they will demonstrate the various musical skills which they have learned during their time at ÉOES.



IMPORTANT

Chinook's Edge Staff are planning ahead for the upcoming year:

In Mid August Chinook's Edge will be sending home your Annual Demographic Update which will be called "Annual Re Enrollment and Consents" for the 2023-2024 year. The form will need to be completed and submitted prior to the start of the school year.

The form will ensure your registration and certain consents for the upcoming school year

We have combined forms together into one to make the start of the school year a little easier for you.

The form contains a Walking field trip, Technology, Media and FOIP consents that has to be completed every year before your child can participate in these activities,

We are wanting parents and guardians to ensure that they can sign into their PowerSchool parent portal account before the end of the year. If you are having troubles with your username or password, please contact your school before the end of May to get help.

This is for all Kindergarten to grade 12 students

If you have verified that you can signed in, please disregard this message

[PowerSchool Parent Portal](#)

School Council

Parent Council is also holding a Special Meeting this Wednesday, April 5 at 6:30pm in person and virtually via Google Meet. At this meeting we will be presenting our unaudited financial statement and hold elections for the upcoming school year so we have carryover of board members to the next school year. If you would like to become a board member, please reach out to us! Email chair@eoesparentcouncil.com to join virtually or ask for the address to join us in person in Olds!

Thank you!

Brandy Thompson, Chair

April Mattson, Co-Chair



Both the Mom's Pantry and Purdy's Chocolate fundraisers were great successes raising \$936 combined!

Pick up for Purdy's will be Tuesday April 4 from 3:30 - 5:00 at the west doors.



Thank you to all of our volunteers, who come out to help with all of our various fundraisers and Fun Lunches. We appreciate all you do!



FUN LUNCH

Thank you to our fun lunch volunteers in March, it was a busy month with our ham and pizza buns and burrito lunch days. We are looking forward to this month's fun lunches: **Edo on April 21, and Boston Pizza April 28!**

Ordering for the May/June 2023 period is now OPEN!
Order online at oldselementary.hotlunches.net. Ordering closes April 21, 2023.





We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/

Casual

Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds

PARTY LIKE IT'S 1999! FAMILY DANCE

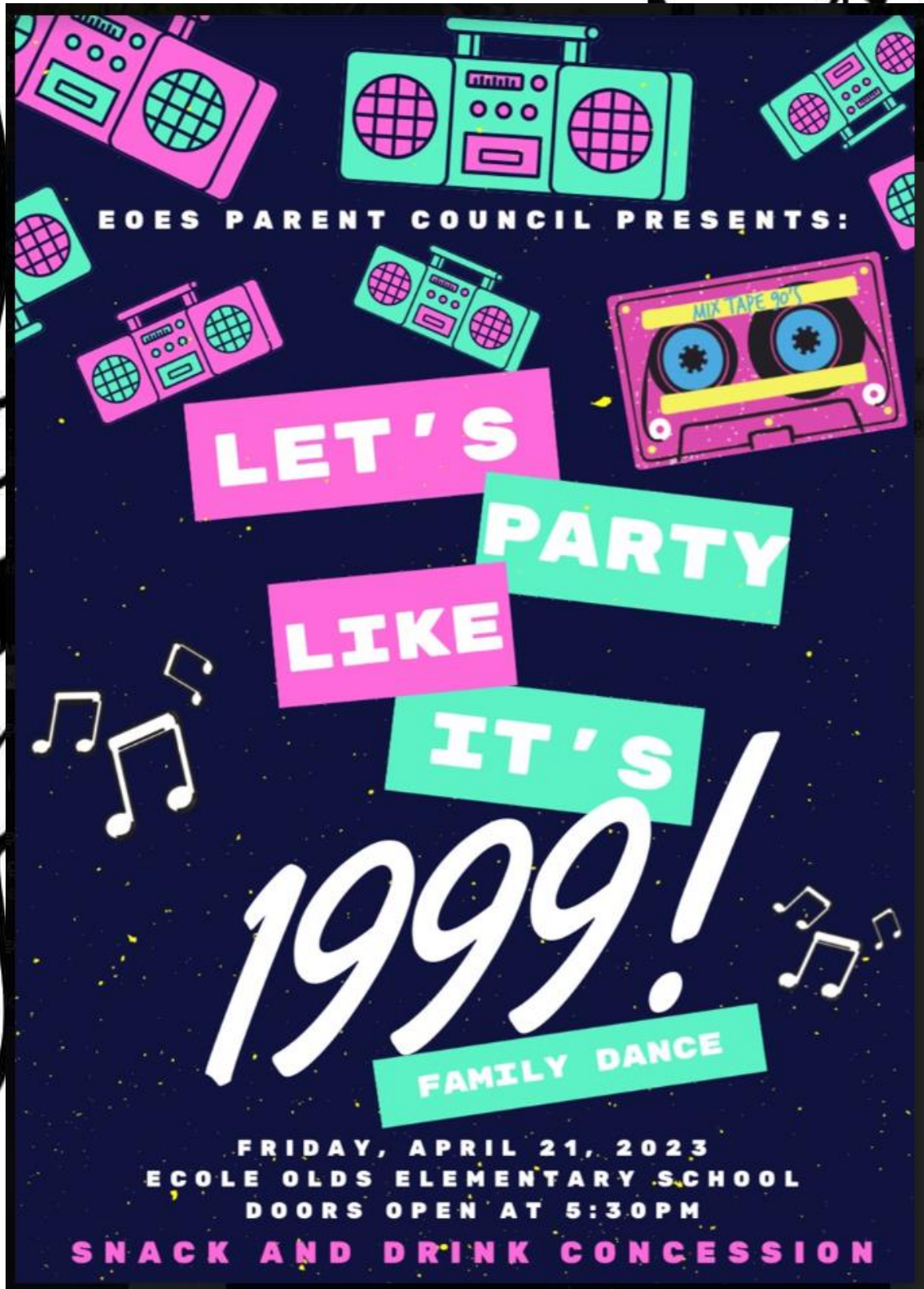
Friday, April 21 2023

5:30-8:30pm

Candy, Chips, Water, Glow Sticks and Bracelets will be for sale the whole night
(cash only!)

All kids must be accompanied by an adult.

We will need a few volunteers to work the concession, please email us if you'd like
to help!



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**SATURDAY
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12 - 4pm

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SCAN FOR MORE INFO



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WHAT ELSE IS HAPPENING AT OML? VISIT: OML.PRL.AB.CA/EVENTS



What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>



<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Information on mental health, community supports, programs and services in your area:



April 2023

SUNDAY/ DIMANCHE	MONDAY/ LUNDI	TUESDAY/ MARDI	WEDNESDAY / MERCREDI	THURSDAY / JEUDI	FRIDAY/ VENDRED	SATURDAY/ SAMEDI
						1 April Fool's Day 
2	3	4 Grade 2 Performance 10:45am and 2:30pm	5 Parent Council Meeting 6:30pm	6	7 No School Good Friday	8
9 	10	11	12	13	14	15
Spring Break						
16	17	18	19	20	21 Pre-Ordered Fun Lunch: Edo Family Dance (had to pre- register)	22
23 30	24	25	26 Welcome to Kindergarten For: 2023- 2024 Students 6:00-7:00pm	27	28 Pre-Ordered Fun Lunch: Boston Pizza	29 