

HOOPERS SCHOOL BELL #6

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

February 2024

Principal: Mrs. Alanna Sampson
Vice Principal: Mr. Joe Amundrud



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February Principal's Message:

When we think back to our schooling, the academics, while important, are usually not what we remember. What floods back are the feelings of school - both good and bad. One of the most important roles that a school system plays is that of caregiver. We want our children to feel a sense of belonging and hope - an understanding that they are safe and cared for during good and during difficult times. A student who does not feel safe, hope or cared for cannot learn. Young children tend to be pretty positive beings. They usually come to school with a smile on their face and carry the smile home with them at the end of the day. But sometimes, just like adults, children experience unhappiness, frustration and loneliness. At school, these feelings tend to disappear following a heart-to-heart talk with a teacher or a friend, some physical activity, a little fresh air, or simply a break from the daily routine.

A lot of what we focus on at school is mindset. A fixed mindset leads us to believe that we were dealt a certain hand when we were born and that we have no perceived control in truly changing our character, intelligence, athleticism or creative abilities. For instance, we were either born able to do things - such as math and sports - or we were born without them. We encourage students and adults to develop a growth mindset. A growth mindset thrives on challenges and sees our struggles and failures as opportunities for exploration and growth, not as a reason to stop working at something. Feeling proud of ourselves and in control of what we will become as contributing citizens in our world is empowering. Building the belief in oneself along with cultivating passions and lifelong learning will positively change our world. When children or families look for additional support, Ms. Lynne Lafreniere, our Family School Wellness Worker, is happy to help. Each day, Ms. Lafreniere helps children regain their sense of belonging and hope through a wide variety of hands-on strategies.

ÉOES and CESD are also proud to sponsor a unique initiative called the Youth Empowerment and Support (YES) program. The YES program provides ÉOES with a mentor who facilitates fun activities for kids (during and after school) while coaching children in the areas of decision-making and resiliency. You may have heard of our mentor, Jessica Messervey, under the supervision of Raelynn Notley, who makes a big difference at our school! We are so fortunate to have both family school wellness and YES support in our building. Caring for our kids is also a community responsibility. Here at ÉOES we have deemed the month of February as KINDNESS month paying particular attention to our Hooper's code of being helpful, not hurtful and doing the right thing. You may hear your child talk about "Pink Shirt Day" on February 28th. Join us in wearing pink in support of spreading kindness in our world and helping all our children (and adults) feel safe and cared for every day.

If you have a student here with us in grade 4, please remember to fill out the Alberta Education Survey once you've received your random access code in the mail. This is the survey link...

<https://public.education.alberta.ca/APOS/>

I ask that you please take a couple of minutes to fill out a survey as Chinook's Edge School Division is collecting feedback. If you have time, please fill out the following questions on this link.

<https://forms.gle/wn2hC7YreBx56ffP9>

Thank you each and everyday for your support and for helping make our school a great place to learn and grow!

Alanna Sampson, Principal

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

8:42am O'Canada

10:10am-10:23am Recess for all grades

11:55am-12:25pm Lunch for all grades

12:25pm-12:50pm Recess for all grades

1:55pm-2:08pm Recess for all grades

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. You can also set up monthly payments - please call Lisa Ormann at the school

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.



Winter has arrived. Please, please, please dress your student appropriately: snow pants, winter coat, toque, mitts, scarf and boots. Thank you!

Physical Education - Update February 2024

Randy Kish



Grade 2, 3 and 4:

We are wrapping up our Floor Hockey (stick and ball) activities and will now move on to learning about paddle skills. Using a paddle for the first time can be quite challenging and exciting. We learn how to hold the paddle and use soft balls to start and sustain a rally against the wall. We will challenge ourselves to achieve some basic Skills by practicing hard and focussing on technique and rhythm. It is my hope that your star child becomes the Ping Pong Champion in your house!

We will also begin using lacrosse sticks. 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”.

Grade 4 Floor Hockey League:

The grade 4 Annual Floor Hockey Lunch League continues Mondays, Tuesdays, and Wednesdays. There has been some exciting action during the games and students have displayed terrific Sportsmanship throughout! At the end of the League Play there is a Play-off Round which will eventually lead to the Championship games for the Boys and the Girls Leagues. Stay tuned for the updates!

Grade 4 Swimming Lessons:



Heads Up! The grade 4 students will begin their swimming lessons at the end of February. The lessons are held at The Olds Aquatic Center. Please contact your child’s teacher or the Aquatic Center if you have any questions. Heads Up! Grade 3 students will do their swimming lessons starting at the end of March so there is plenty of time to dig out those swim progress reports which will be requested by the pool.

Kindergarten and Grade 1 Students:



The grade 1 and Kinder students will be learning about Ball Skills and how to do a Fitness Warm-up with a Video Follow-Along routine. We will also learn how to use the paddles with bean bags and balls for some fun challenges. Soon we will learn about lacrosse sticks! Great fun and challenging too! It is always awesome to see the look of JOY on a student’s face when they figure out a new skill!!!

Shoe check for all students:

Please help me out by checking your child’s indoor shoes regularly. Students should not be wearing boots, slippers, or crocs for safety reasons. I also spend a large part of my day teaching students how to wear their shoes properly by putting their whole foot in the shoe instead of smashing the heel flat and using it as a slip on. How does your child wear their shoes at home?





**From the Music Room:
Mrs. Koch**

Thank you to all of you who came out to enjoy The Alberta Musical Theatre Company's 80's twist on Cinderella. The costumes, set and original songs were highly entertaining for all students, staff and families who were in the audience.

This month grade fours will begin playing recorders after focussing on their music theory and getting ready to read the notes on the staff.

Students in every grade are working on reading rhythms, notes and singing new songs. Every student in the school has played a multitude of instruments and it is so exciting to see their skills and confidence grow.

I'm so proud of our students. It is an absolute joy to watch them shine their lights every day!

School Council

Wow, what a crazy start we had to 2024 with that cold weather snap! Parent Council is so looking forward to planning more fun events for the kids in the coming months! Please watch your email for our announcements.

Our Family Movie night was attended by over 225 students and their families and it was great to see everyone enjoying themselves.





FUN LUNCH

The ordering period for March Fun Lunch opens Monday, February 5 and closes Monday, February 19.

Order online @ <https://oldselementary.hotlunches.net/>. Please pay attention to the Fridays your kindergarten student is and is NOT at school as no refunds can be offered.

February Fun Lunch dates are:

February 2 - Quesada

February 16 - Edo



Do you have a suggestion for an event, fundraiser or fun lunch vendor? Attend a meeting and let us know! Our next meetings are:

Parent Council - Wednesday, February 7 at 12:00pm virtually
Fundraising Society - Wednesday, February 7 at 7:00pm virtually

Please email chair@oesparencouncil.com if you'd like the link to join. Everyone is welcome to attend both meetings. Just to listen in or help plan an event or fundraiser!

Thank you,
Brandy Thompson
EOES Chair



Raising Resilient Children

Thursday, February 29, 2024
6:30 - 7:30 p.m.

Online Information Session via Zoom!



How can you help your child manage their emotions so they cope well with disappointment and in stressful situations?

Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.



Registration is open until February 27, 2024

REGISTRATION:

Register online at www.mvfrn.ca for zoom link



Bite-sized Health Tips

Tooth decay is the most common chronic disease in Canadian children. The good news- it is preventable!

Here are some top tips to reduce tooth decay:

- decrease the frequency of sugary snacks and drinks. Eat these at mealtimes and not in between.
- brush with fluoride toothpaste twice a day. Before bedtime is the most important; at night, teeth are more vulnerable to decay.
- spit but don't rinse after brushing. The fluoride left on the teeth continues to work even after brushing.
- supervise or consider even brushing your child's teeth. Recommendations suggest at least up until 7 years of age.

Does your child get milk tickets (or drink flavored milk)? Encourage them to choose plain milk. A small (237ml) chocolate milk contains the equivalent of 5 teaspoons of sugar!

For more information: <https://www.canada.ca/en/public-health/topics/oral-health/caring-your-teeth-mouth/children.html>



Winter-Spring 2024

Bowden + Olds, Alberta.

'Horse Inspired Self-Discovery'

Equine Facilitated Wellness presents, **"Leadership through horses"** sessions...

-Locations- 10 min. north of Olds or at the Bowden Anchor B Arena-



'We are also eligible for child/youth funding through the Jumpstart Program'

"EARN 16 High School credits through the Olds College, Green Certificate available!"

Looking to improve your communication skills, find your voice, increase social connections, confidence and self-awareness...we can partner with horses!

Curious about enhancing personal insights, managing stress, setting S.M.A.R.T. Goals?

Seeking positive changes in your daily habits and are drawn to nature and animals?

Consider... ***'Horse Inspired Self-Discovery'*** ...

for **2 hours, once a week/month or a 2-3 day Workshop, Retreat or Camp!**

I am deeply passionate about developing opportunities for youth and adults to experience personal empowerment, promoting wellness and enriching our learning through partnering with horses and nature! Working and living in a 'life coaching' and horse leadership role for over 40 years with youth and adults has led me to further pursue my certification in....

Professional Equine Facilitated Wellness- Canada! I am grateful to share this opportunity to develop our goal-achieving strengths in our...**"Leadership through Horses"** sessions!

* **Retreats/Camps-** half or full day programs spring/summer 2024.

* **EFW sessions run:** M-F 9:00-12:00 and 1- 4:30. Saturday/Sunday 9:00- 5:00 pm.

* **Winter 2023- Spring 2024-** Individual sessions (2-3 hours) or small groups of 4 available.

* **No school days, Home School/After School program sessions-** M-F 9-12, 1-4 + 3:30- 5:30



A powerful introduction to the 'intuitive power' of horses... By participating in **dismounted** equine activities we can delve into fun and challenging exercises that blend **learning and wellness sessions with youth, adults or families** in 1:1 or small group configurations (max. of 4 participants). We explore and practice key elements of **developing healthy 'Horse Herd' relationships and brave boundaries** with our equine companions while **building confidence, mindfulness and positive emotional connections** that relate to all areas of our school, work, social and family lives!

Horizon Equine EFW also can be a great introduction if you are wanting to learn how to ride horses through building your confidence and personal awareness.

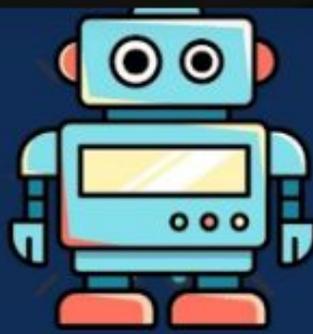
We offer individual/group sessions or a series of weekly, 2-3 hour themed E.F.W. sessions and retreats that include; learning **horse safety, herd behaviour/dynamics, leadership development, healthy and respectful relationships, communication styles and body language, social connectedness, decision making and problem solving, stress and anxiety management, empathy, goal setting, team building, personal boundaries and empowerment!**

All of these qualities are within us and developed through the horses!

Partnering with horses and a trained facilitator builds on our self-awareness, confidence and character through the development of open communication skills, mindfulness and focus, the importance of appropriate body language and the expression of honest and authentic emotions. Join me in our **"Horse Leadership" sessions** for an experiential (hands on), and enriching learning environment with calming grounding exercises, stimulating cooperative games, and inspiring horse connections that will leave you with an unforgettable personal experience!

Contact: Colleen Herzog, Owner/Lead Facilitator at Horizon Equine- EFW, RR#3, Site 12, Box 26, Olds, Alberta. [403-556-5504](tel:403-556-5504)

Check out our website at; (www.horzonequineefw.com/ OR info@horzonequineefw.com)



KIDS STEM CLUB



2024

**Ages: 8-12 yrs.
CESD PD Days
8:30 am - 4:00 pm**

\$55 Daily

Robotics, Coding, Science
Experiments, virtual world, 3D
Printing and Stop Motion.



REGISTER HERE



WWW.COMMUNITYLEARNINGCAMPUS.CA

CLCRECREATION@OLDSCOLLEGE.CA



Community
Learning
Campus





February 2024



SUNDAY/ DIMANCHE	MONDAY/ LUNDI	TUESDAY/ MARDI	WEDNESDAY / MERCREDI	THURSDAY Y/ JEUD	FRIDAY/ VENDRED	SATURDAY/ SAMEDI
<p>♥ HAPPY <i>Valentine's</i> DAY ♥</p>				1	2 Report Card #1 Goes Home Pre-Ordered Fun Lunch: Quesada	3
4	5	6	7 Parent Council Meeting Virtually: 12:00pm Fundraising Society Virtually 7:00pm	8	9 PD Day No School	10
11	12	13	14 Valentine's Day 	15	16 Pre-Ordered Fun Lunch: Edo	17
18	19 Family Day	20	21	22	23 Teacher's Convention	24
25	26	27	28 Pink Shirt Day: Be Kind Day 	29		