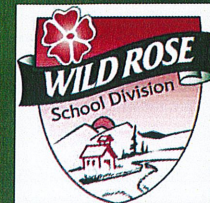




École Rocky Elementary Newsletter

April 28, 2020



A MESSAGE FROM YOUR PRINCIPAL

Hello ÉRE Families,

Let me get this out of the way first. . . WE MISS YOU! We miss the routine of the morning bell ringing, rushing students out of the halls, and starting our school day with a big "Good Morning!" We miss seeing students discover new things and hearing about their latest adventures. We miss the good-bye hugs and cleaning the classroom to do it all again the next day. This virus . . . and apologies for my language. . . really SUCKS!

More importantly, however, we are glad everyone is healthy and finding new ways to be connected and engaged in learning during this time. When staff started to create our "Learning At Home" Plan on March 16, we didn't have a blueprint to guide our work, and yet staff had a plan in place **one week** later that has been polished and refined week after week since. For many, this "Learning at Home" plan has required the learning of new tools and the setting of new schedules. To assist, our school has lent out over 125 Chromebooks to families so students have a device for capturing and sharing their work. Staff have been busy connecting with students through video conferencing, creating how-to videos, and providing feedback on student work. We have tried to keep some normalcy by continuing with morning announcements and reimagining assemblies on Facebook Live.

All the same, this "Learning At Home" plan is far from perfect. We appreciate your grace as we do a lot of learning to determine what works best. We also recognize that the "Learning At Home" plan is going to look different family to family and will be continually evolving. When you reflect on how the plan is working for your family, please consider giving us feedback in three areas:

1. **Connection-** Are we meeting the Social/Emotional needs of your child and family? Is the school staff communicating with clarity? Are the platforms we are using working for your family?
2. **Engagement-** Is your child contributing to their class? Are they inspired to learn?
3. **Learning-** Are we pushing the learning too little, too much, or just right?

Before I sign off, I would like to share my congratulations to Mlle. Bolton who is the Edwin Parr nominee from Wild Rose School Division. The Edwin Parr Award is presented annually to six teachers in Alberta who have experienced exceptional success in their first year of teaching. Mlle. Bolton certainly fits the criteria and is a wonderful addition to our French Immersion teaching staff. Bravo Mlle. Bolton.

...continued next page

4703 - 50 Avenue, Rocky Mountain House, Alberta T4T 1S4

Phone: (403) 845-3541 Check out our website <http://ecolerocky.wrsd.ca>

Follow us on Twitter <https://twitter.com/erepeace>

We hope to see you again really soon. In the meantime, please reach out at any time if we can assist your family. I can be reached by e-mail at tim.bowman@wrsd.ca and our Family Wellness Worker Mrs. Cinnamon can be reached at shandee.cinnamon@wrsd.ca. Our school webpage and school Facebook page are also great ways to stay up to date on school news - watch for video announcements every Tuesday and Friday.

Stay Healthy and Kind,



Mr. Bowman

Principal

PRE-K & KINDERGARTEN REGISTRATION 2020/2021



Discover Your Superpower

École Rocky Elementary School is a dual track school offering both English and French Immersion kindergarten programs. We are currently accepting registrations for the 2020-2021 school year. Children must be 5 by December 31, 2020 to be eligible.

École Rocky Elementary offers a Pre-K Program with a certified teacher. The program is taught in English with the opportunity for French Language Discovery. The cost for the Pre-K program is \$150/month and runs Monday/Wednesday/alternating Friday mornings. Children must be 4 by December 31, 2020 to be eligible.

Registrations for both kindergarten and Pre-K can be emailed to families and returned by email as well. A copy of the child's birth certificate is required as well. If you would like a registration form, please contact the school at 403-845-3541 or email bobbi.morgan@wrsd.ca.

If you have any questions please call the school or email Kim Simo at kim.simo@wrsd.ca.



We will continue to put together a historical school year book. With this being a year like no other, we would love to have photos sent from parents or guardians to show how their children have been learning from home, participating in activities such as Jersey Day, Earth Week, Crazy Hair day, projects they have been working on, or showing your child working on a Chrome Book, reading books, etc. Please send your photos to bobbi.morgan@wrsd.ca.



Thank you to those who have already ordered the ÉRE 2019/2020 Year Book. Order forms were sent home earlier this year, but you are not too late to order online ybpay.lifetouch.ca. Please have orders placed by **Friday, June 26, 2020 (on-line).**

We are excited to be offering parents and or guardians of children attending ÉRE the opportunity to pre-purchase their school supplies for next year. The supply packages will be delivered (along with labels) to the school in August (more details to follow).


This is a voluntary program. It will give you one less thing to worry about over the summer and provide you with one less expense in September. Please check the letter and order form that will be available in the near future for further details.

The deadline to complete your order through the school or pay on-line is **Friday, May 22nd.**

After May 22nd orders may be subject to a late fee to each student's order.

Year Books will be delivered in September.

Order your yearbook today!
ybpay.lifetouch.ca



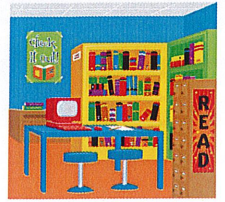
Yearbook ID:
13418520

Order
Deadline:
June 26, 2020

Lifetouch



LEARNING COMMONS



I hope you are all doing well. I just wanted to touch base on a few things:

1. If you have library books at home, please keep them in a safe place.
2. I hope you are reading all kinds of different things.
3. Remember, you can make a makerspace at home out of things you have in your house.
4. I will be live on Facebook every Wednesday at 11. It should also be on our school web page a little later.
5. I hope you are being kind to yourself and others.

Please know that I would love to hear from you, you can email me on our school email. I would like to see what you are reading, making, or doing.

Happy Reading & Making,

Mrs. Allen



Happy Spring! We hope you are all keeping well and safe. Just a reminder the school office is open from 9 a.m. until 3 p.m. daily. It is preferred you call the school ahead of time so we can discuss what you may be needing so we can have your request ready when you drop by. The doors are locked, but there is a door bell at the right hand side of the doors to let us know you are here (red button).



- **April 30 - Crazy Hair Day**
- **April 30 Video Assembly, 2:00 p.m. on Facebook Live and available on our school website afterwards**
- **Story Diva Time with Mrs. Allen, Every Wednesday at 11 am on Facebook Live and available on our school website afterwards**
- **May 1 - Hats on for Mental Health**
- **May 4 - Music Monday, Play, Sing, or listen to O'Canada at 11 a.m.**
- **May 15 - PD Day**
- **May 18 - Victoria Day No School**
- **May 28 - May Assembly, 2:00 p.m.**
- **June 1 - PD Day**



At Home Activity Guide Alberta Milk - Club Moo

If you are looking for some simple but fun activities to keep busy while everyone is at home, Club Moo's Home Activity Guide has lots of great options! You can choose from different colouring pages, crosswords, word searches, or for the number fanatic, there are even a couple of number puzzles. Check out <https://albertamilk.com/home-activities/>.

Club Moo also suggests to check out Pinterest for ideas for crafts children can make with milk, milk jugs and milk cartons....have fun! Send in your photos of any crafts you may have made with milk cartons/jugs.

<https://www.pinterest.ca/AlbertaMilk/crafts-with-milk-milk-jugs-milk-cartons/>

Music & Art Week

Next week is Music & Art Week. Students are encouraged to do art projects or play an instrument. Please send your photos of artwork your child may have done or your child playing an instrument. Video clips welcome also. Send to rockyelem@wrsd.ca. Please keep in mind that some of the photos may be used for the school year book unless you indicate otherwise.



ÉRE's Centennial Year



The fall of 2021 will be ÉRE's Centennial year - 100 Years! We are seeking parents, community members, and alumni who would like to be part of a Centennial Planning Committee. If you are interested, please contact Rose Zalasky at (403) 845-3541 Ext. #66067 and leave a message or rose.zalasky@gmail.com.

PLAY IN THE PARK

Not on the Playground

Effective March 24, 2020, WRSD playground structures will be closed to limit the transmission of the coronavirus. We encourage families to use the open park spaces as it is easier to maintain distance from others.

Bring your own balls, baseball glove and toys to play with, then be sure to clean them after each visit to the park.

Let's work together as a community to protect the public's health.



Cover Your Cough

Stop the spread of germs that make you and others sick!



Cough or sneeze into your sleeve, not your hands

OR



Cover your mouth and nose with a tissue and put your used tissue in the waste basket

Clean your hands after coughing or sneezing



Wash your hands with soap and warm water, for at least 20 seconds

OR



Clean hands with alcohol-based hand rub or sanitizer



You may be asked to put on a mask to protect others

How can I support my child in this stressful time?

Caregiver considerations around the novel coronavirus/COVID-19

The introduction of the novel coronavirus/COVID-19 in Alberta has led to a wide-spread response by our governments, Alberta Health Services, schools, and community leaders. Facility closures and program changes have caused significant disruptions to the lives of many families. This may lead to increased stress in our homes and increase concerns in our children and youth.

As parents and caregivers, it is not always easy to turn our attention toward thinking about wellness when faced with uncertainties around health, work, finances, child care, etc. In times like these, parents and caregivers have a unique opportunity to model self-regulation and resiliency for our children. By being intentional about how we respond to challenges, we can help our children to build resilience and develop their own positive social stories about themselves, their communities, and 'the bigger picture'. Here are some tips to consider as you are supporting your family in this special time.



TIPS FOR COMMUNICATING ABOUT COVID-19 WITH CHILDREN

Manage your own anxiety.

Be aware of your feelings and take time to calm yourself before talking with your child.

Speak calmly and reassuringly.

Use a calm voice and let your child know they can safely share their concerns and thoughts with you.

Follow your child's lead.

Find out what your child already knows. Ask questions geared to your child's age level. Don't offer more detail than your child is interested in. Some kids want to talk, some don't and that's OK. Let your child know you are there if they want to talk.

Validate your child's feelings.

Your child may be stressed by the ongoing news and talk about COVID-19, sickness, and death. Your child may be upset at the change in routine or the loss of activities they were looking forward to. Help your child to recognize and honour these feelings. Share your feelings in appropriate ways and model positive coping. Help your child to know that together, we can manage our feelings in tough times.

Offer both comfort and honesty.

Focus on helping your child feel safe, but be truthful. Do not make false claims or promises about what's going on. If your child asks a question you don't know the answer to, say so. Use up-to-date information from reputable sites such as www.albertahealthservices.ca to share information with your child on what we can do to protect ourselves.

Be mindful of your child's access to media reports.

Limit news exposure to what is needed in order to have up-to-date information. For older children who want to follow the news, watch/read reports with them so you can help them make sense of the information.

Focus on what we are all doing to stay safe.

Talk about your family's good health practices. Explain how changes in our access to services are for our best interest and that our communities are working hard to care for one another.

Sources: <https://childmind.org> / <https://kidshealth.org> / <https://www.unicef.org.au/>

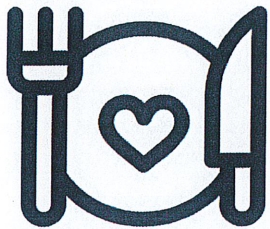
TEACH YOUR FAMILY ABOUT GOOD HEALTH PRACTICES

- Wash your hands often and well for at least 20 seconds/use hand sanitizers when hand washing is not available
- Avoid touching your face, nose, or mouth with unwashed hands
- Avoid close contact with people (social distancing of at least 2 metres/6 feet)
- Clean and disinfect surfaces that are frequently touched
- Stay at home if you are feeling ill or if you have travelled outside of Canada recently; practice self-isolation in accordance with the latest government mandates
- Contact your primary health provider or Health Link 811 if you have questions/concerns about your health
- When sick, cover your cough and sneezes and then wash your hands



Source: www.albertahealthservices.ca

PROVIDE STRUCTURE AND ROUTINE AS YOU CAN



Where your child's routine can stay the same, keep it the same.

Wake up and bedtimes, meal times, chores, family moments – familiar routines can help a family feel more secure. Even small daily routines – morning greetings, getting dressed, favourite foods, bedtime stories - can give a sense of normalcy in changing times. Traditions and special occasions may have to be adapted but they should still be acknowledged and celebrated.

Where your child's routine has changed, introduce new routines they can count on.

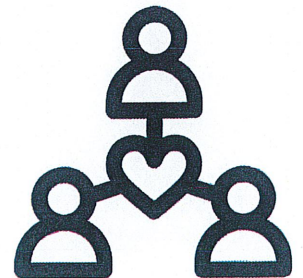
Replace regular activities that have been cancelled with new family activities your child will still look forward to. Stay positive and be creative. Involve your child in planning and building these new activities into your week. You and your child could make a colourful family calendar or daily routine chart to help them remember and prepare for these changes.

Ensure basic needs are met around sleep, eating, and exercise.

Any changes in our child's routine (even with regular school closures such as for summer vacation and winter break) can often mean a change to our child's routines around their basic needs. Ensure that your child's routine still allows for a healthy sleep schedule, regular balanced meals, and heart-pumping movement throughout the day. While everyone is encouraged to stay home more in accordance with government mandates, we can still play outside in the backyard, step outside to stretch and take a deep breath of fresh air, and appreciate nature.

Be intentional about maintaining healthy socializing.

Although we are encouraged to practice social distancing to stop the spread of this virus, healthy socializing is essential to our well-being. Be intentional about creating times of connection for your child with friends and family – through phone calls, FaceTime, or online through emails and social media. When children are sad that they cannot be with their friends or family, encourage them to talk about these relationships, draw pictures of them, or talk about activities they will do together in the future. Show them that though we may be apart for a while, we are not alone.





Support your child's learning.

Stay in touch with your child's school and any online learning goals or accommodations that educators are providing. Support your child to follow a daily routine to complete modified coursework and continue reading. Access educational and informative programs and websites that engage children and youth while reinforcing skills and promoting learning. Common Sense Media and the Edmonton Public Library have provided some great links to online tools:

- <https://www.common sense.org/education/top-picks/10-great-free-websites-for-elementary-school>
- <https://www.epl.ca/blogs/post/schools-out-8-online-resources-to-keep-your-kids-learning/>

Monitor your family's screen time.

In times like these, our technology is such a helpful resource for communication, learning, information, and entertainment. As parents, we sometimes use our devices (phones, tablets, computers, gaming consoles, and TV) to keep our children busy so that we can get our own tasks done. However, screen time cannot replace the one-on-one time that children and youth need from parents for healthy development. Also, it's easy for all of us to lose track of the time when we are engaged with our screens. Be intentional about how often, how long, and for what purpose media is used in your home. For more information on how to build your family's media plan, go to <https://www.healthychildren.org/English/media/Pages/default.aspx>



Schedule your own daily self-care.

In change and uncertainty, we know that parents want to do all that they can to protect and comfort their children. We cannot do this as effectively if we are continuously overwhelmed and exhausted ourselves. It has been wisely said that 'you cannot pour from an empty cup.' To give your best to your child, you must be filled by having your own needs met. Do all you can every day to get sleep, eat well, move your body, and connect with people that support you. Reflect on your physical, emotional, mental, spiritual, and relational wellbeing and tend to areas that need your attention. Be gentle with yourself. Notice moments of beauty, laughter, and generosity with your child, family, and community.

Additional Resources:

Talking with Children: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Help in Tough Times: <https://www.albertahealthservices.ca/amh/Page16759.aspx>

What to do if you are anxious about coronavirus/covid-19:

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Helping Children Manage Anxiety Related to COVID-19:

<https://www.youtube.com/watch?v=ocddWZuLYbw&feature=youtu.be>

Short book (PDF) to help explain COVID-19 to children: <https://www.mindheart.co/descargables>



For up-to-date information about the novel coronavirus / COVID-19, and to access the online self-screening tool, go to

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

If you have concerns around health symptoms, call Health Link at 811.