



# École Rocky Elementary

## Newsletter

April 23, 2021



### A MESSAGE FROM YOUR PRINCIPAL

**Hello ÉRE Families,**

We are now 75% of the way through the school year. At one time, it was uncertain if we would even run this year, and now, through the steady, disciplined work of our entire community, we are well on our way to finishing out the year strong. Thank you!

At this time of year, I am thinking about many things:

- Volunteers: We had to start slow with volunteers this year, but that didn't stop our amazing community from finding ways to continue contributing to the school. In fact, it is one of the ways that I think ÉRE stands out from the crowd. Thank you school volunteers!
- "Sell My School" is the latest project in our ramp up to celebrating 100 years of learning on the ÉRE site. The students are working hard on the writing project, but we want adult entries, too! Tell us what you love about ÉRE and win a prize. One lucky entry will become Guest Principal of the School! See our school website for all the details!
- We will have a Red Deer College student in our front office completing her Office Administration practicum May 3-June 7. Courtney Donner is a past student of ÉRE now on the verge of starting her career. Welcome Courtney!
- We have some familiar staff back in the school covering staff leaves. Mr. Snyder is back on Wednesdays to teach PE and Mrs. Evans is working in 3/4G some mornings. Both are welcome additions back to ÉRE!
- Parents of Grade 4 & 5 students, you have likely received an Assurance Survey from Alberta Education. We would encourage you to respond to the survey by the deadline April 28. ÉRE received extremely good feedback on this survey last year and we would like to continue being responsive to our community.
- Keep following the return to school guidelines - we are really close to being on the other side of this pandemic. Your diligence in keeping your children home when not feeling well is critical, as is the masking and sanitizing when in the school.
- I have a new favourite book to recommend, *"The Boy, the Mole, the Fox, and the Horse"* by Charlie Macksey is a lot of wisdom in a very short book. There are several short readings of it on You Tube if you are inclined to check it out. One of my favourite lines is: *"What do we do when our hearts hurt?" asked the boy. "We wrap them with friendship, shared tears and time, till they wake hopeful and happy again."*

**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 are excited to celebrate 100 years of learning on this school site this fall. The original school, Confluence School, was built here in 1921. The current west wing of the school was added in 1949 with the east hexagonal school opening in 1956. In 1989 we had a major modernization that added the music room and library. Please share if you have artifacts, pictures, yearbooks, or stories of interest.
- We are now accepting registrations for the fall. Please share a good word about ÉRE if you know any families with a PreK to Grade 5 child. We love meeting new families!
- You may have heard our students say "Hands are for Helping" which is part of our peace education program. We believe it is very important to teach our students how to contribute positively to the community and to have the skills to talk through conflict. On that note, our staff would like to be good at using our words and ears for helping, too. If you ever need someone to talk to, please connect. We try to be great listeners, and we have a lot of great contacts in the community that assist families with whatever might be helpful. As we get closer to the Recovery phase of a pandemic, remember we are doing this together!

Stay Kind & Healthy,



Mr. Bowman, Principal



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 without a late fee is **Friday, May 31st** . After May 31st orders may be subject to a late fee to each student's order.





# **DISCOVER YOUR SUPER POWER**

**Early Registration is encouraged. Our programs are filling fast.**

**École Rocky Elementary offers a Pre-K program** with the opportunity of French Language Discovery. Children must be four years of age on or before December 31, 2021 to be eligible to register for Pre-K this upcoming year. The plan for Pre-K for 2021/2022 is that it will become a 475 hour program running Monday, Tuesday, Wednesday and Thursday mornings. Adding more hours will allow us to access more funding for the program. The cost is \$100 a month.

**ÉRE is a dual track school offering both English and French Immersion Kindergarten programs** to our students. Children must be five years of age on or before December 31, 2021 to be eligible to register for Kindergarten this upcoming year.

We will require a copy of your child's birth certificate before your child starts school in September. For your convenience, a photocopy can be made for you at the school. If you do not have your child's birth certificate, you must sign a **Temporary Declaration of Legal Name and Age** form. The approximate cost of obtaining a birth certificate in Canada is approximately \$40. In order to obtain an Alberta Birth Certificate, it is required that the legal parent or guardian provide the registry office with a valid photo identification and court/guardian orders, if applicable. Processing time varies, depending on whether Vital Statistics has the correct information on file at time of the original registration of birth.

**Application forms for both Pre-K and Kindergarten are available**

**at the school office or on-line**

**<https://ecolerocky.wrsd.ca/>**

**Office hours 8:15 a.m. - 4:00 p.m.**

# What's Happening

## **April 23**

April 25-30

## **April 26**

April 27

April 30

## **April 30**

May 3

## **May 7**

May 9

May 9-14

May 14

## **May 21**

## **May 24**

May 28

May 31

May 31-June 11

June 3

## **June 4**

June 20

June 23

June 25

## **P.D. No School For Students**

Education Week

**Hot Lunch orders due (no late orders accepted).**

Virtual School Council 12 Noon

**Wacky Hair Day** and ÉRE TV Assembly

**Picture orders due.**

Music Monday

## **P.D. No School For Students**

Mother's Day

Mental Health Awareness Week

**Hats** On for Mental Health

**No School for Students and Staff**

**Victoria Day - No School for Students and Staff**

**Careers Day** and ÉRE TV Assembly

Custom School Supply orders due.

Artist In Residency

**Western Day**

## **P.D. No School For Students**

Father's Day

Peace Day and Talent Show

**Formal Day** and Assembly and **last day of school for students.**







- for the St. Patrick's Day surprise...Faye Russell, Vanessa Lobley, Heather Halladay and Anita Truman. It was greatly appreciated by all!
- to Vanessa Lobley for organizing hot lunch orders and Corinna Ross, Anita Truman, and Trenton Truman and Mark Lobley for delivering the food to the classrooms on hot lunch days.
- to all those who attend the School Council meeting virtually!
- to School Council for raising money for our playground.
- those who participate in the fundraisers for raising money for the playground.
- Corinna Ross for cleaning up the school yard.
- to those who participated in the Growing Smiles fundraiser. Proceeds raised will go towards school enhancement.

## School Council

Our next School Council meeting will be on Tuesday, April 27th. The meeting starts 12 Noon. Listed below are the dates of upcoming meetings. Mark your calendar! Your input in regards to enhancing your child's education is important and we would love to see you! Minutes from the last meeting was sent home last week.

**We are in need of more parent volunteers to assist with the hot lunch program.**

**If you are able to assist, please contact Vanessa Lobley at (403) 844-3815.**

**April 27**

**May 27**

**12:00 Noon**

**Please join virtually using the ZOOM video conference  
link:<https://tinyurl.com/ERESchoolCouncil> password: ERE**

Parent council is super excited to announce that they have their own email address -[EREParentCouncil@gmail.com](mailto:EREParentCouncil@gmail.com). They are even more excited to announce that they are in the process of compiling wish lists from each classroom. So if you are interested in purchasing something for your child's teacher for teacher appreciation (but don't know what to get them) we're hoping that this will help. Just email [EREParentCouncil@gmail.com](mailto:EREParentCouncil@gmail.com) letting them know which class you would like to see the wish lists for. If you have any questions, feel free to email us.

## **BE AWARE—TRAFFIC VIOLATIONS**

We have two assigned handicap parking stalls in front of the school. We ask that people refrain from using these stalls unless they have the appropriate permits in their vehicle. The cost of a ticket is \$250.00. You will be ticketed if there is a by-law officer in the area—even if you are in the school for just one minute.

Some other violation items to be aware of...



- **Fail to stop before approach school bus — alternately flashing red lamps \$567 and 6 Demerit Points**
- **Failure to reduce speed when approaching school bus from front/rear/pass cautiously — with alternately flashing amber lamps on bus \$486**
- **Pass school bus with alternately flashing red lamps - \$486**
- **Fail to yield to pedestrian in crosswalk - \$810 and 4 Demerit Points**
- **Failure to obey stop sign - \$405**
- **Fail to obey traffic control device - \$243**
- **Distracted driving - \$300**

**Don't forget that with moving traffic violations come demerit points on your driver's license.**



### **ERE PEACE GARDEN**

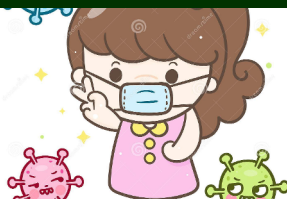
We are in search of volunteers to help with reconstructing our peace garden boxes. If anyone has any extra wood materials that they are not using or are able to help, please contact Corinna Ross at (403) 895-2342.



### **GRADE FOUR SCIENCE PLANT UNIT**

The grade 4's from 4/5O are starting their plant unit in science. So to start off the unit they discovered how many different plants that they could grow without purchasing seeds. They brought sprouted potatoes, peppers and tomatoes (which they used the seeds from), green onions, garlic bulbs, and frozen strawberries and raspberries. Although not all have sprouted yet, we are hopeful, and keep watching the display case!





## **MASK REMINDERS**

Every child was given two masks at the beginning of the year. Please encourage your child to bring the masks home for washing. Ensure they are returned for them to wear the next day. If your child has lost their mask(s) parent/guardians are asked to send replacements. Thank you for your assistance in this matter.



Do you know an extraordinary educator that has made an impact on students' lives? April 27, 2021 is the last day to nominate an exceptional educator for the 2021 Prime Minister's Awards!

Download your nomination package today at [www.Canada.ca/pm-awards](http://www.Canada.ca/pm-awards). Submit your nomination electronically or by mail by April 27, 2021.

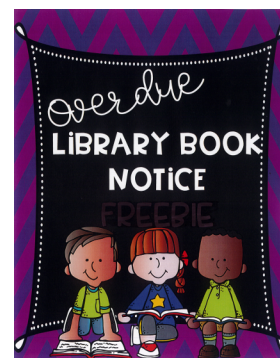
**Need inspiration?** Check out some of our previous [teaching](#) and [early childhood education](#) award recipients.

## **LEARNING COMMONS**

### **OVERDUE LIBRARY BOOKS**

**Submitted by Mrs. Allen**

Pink overdue notices have been sent home to students that have overdue library books. Once the books come back to the library they sit in a bin for 3 days before they can be checked in. Sometimes they get missed or other students decide they look interesting and take them out of the bin. If you received a pink notice and have sent the books back already, please write that down on the notice sent to you and return it to the library.



## **HOT LUNCH/MILK ORDERS - IMPORTANT INFORMATION**



On a hot lunch day that your child will not be at school and you ordered lunch or a milk for them, please contact Vanessa Lobley as to what you would like done with their lunch. Some of the options are....

- for someone to come and pick up your child's lunch.
- donate it to another student who may not have a lunch.
- keep it in the fridge up to three days.

If Vanessa doesn't get any direction by 10:15 a.m. on lunch day as to what you would like done with the lunch, it will be donated to another student. You may contact Vanessa at (403) 844-3815.

**Hot Lunch orders for May due April 26, 2021. No later orders accepted.**



## 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](https://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/>



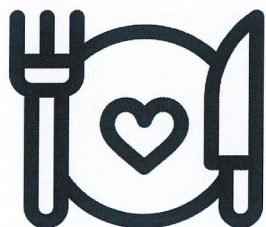
### TEACH YOUR FAMILY ABOUT GOOD HEALTH PRACTICES

- 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](http://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.**

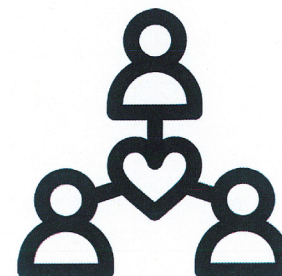
Replace regular activities that have been cancelled with new family activities your child will still look forward to. Stay positive and be creative. Involve your child in planning and building these new activities into your week. You and your child could make a colourful family calendar or daily routine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



# ERE Fundraising Society's Rain Barrel Sale

## \$50, \$70 & \$95 Rain Barrels!

Order online by May 12, 2021 at [www.rainbarrel.ca/rockyelementary](http://www.rainbarrel.ca/rockyelementary)  
for guaranteed availability.



Rain barrels typically include a leaf & mosquito filter, spigot, and overflow hose.

### \$30 Downspout Diverters:

Redirects water to one or more rain barrels, pools or hot tubs. Prevents excessive overflow and simplifies winterization process.



### \$10 Flexible Downspout Pipes:

Easily connects downspouts to rain barrels.

### \$30 Rain Barrel Stands:

Elevates rain barrels to improve watering can access and increase water flow.

### Rain Barrel Pick Up Details:

Thursday, May 27th | 4:30 PM - 7:30 PM

Ecole Rocky Elementary School Playground

4703 50 Avenue, Rocky Mountain House, AB

**The Ecole Rocky Elementary Fundraising Society is fundraising to  
support the replacement/enhancement of our playground.**

For additional information, contact:

Vanessa Loble, [vnlobley@gmail.com](mailto:vnlobley@gmail.com)

or 403-844-3815