

EAST ELEMENTARY NEWSLETTER



Table of Contents

Principal's Message	<u>Pg 2</u>
Basketball	<u>Pg 3</u>
Alberta Education Assurance Survey	<u>Pg 5</u>
Listening More Effectively	<u>Pg 6</u>
SC/PA Newsletter	<u>Pg 9</u>
Character Dress-Up Day	<u>Pg 10</u>
Calendars	<u>Pg 11</u>

East Elementary Essentials

Attendance Reporting

Good attendance patterns are an important factor in a student's overall success at school. Report your child absent!!

Call the school. (780) 986-8421

Email the office - ees@blackgold.ca

and advise the reason for absence (ie: Sick, appointment, vacation, etc...)

Did you know?

If your child is 20 minutes late every day, they will have missed 12 days of instruction by the end of the school year.

EAST ELEMENTARY NEWSLETTER



PRINCIPAL'S MESSAGE

February is a month filled with learning, kindness, and community at East! As we move further into the school year, I want to take a moment to celebrate the hard work and growth of our students and staff!

Report cards were available in PowerSchool last week. You can keep up to date on your child's successes at <https://powerschool.blackgold.ca/public/> Finding time and opportunity to discuss what happened during the school day is one of the most effective ways you can support your child's learning at home. Review their report card with them. Celebrate the goals they achieved and make plans for continued improvement.

This month, we are focusing on learning intentions in Visible Learning, helping students understand what they are learning, why it matters, and how to take ownership of their progress. We encourage you to ask your child about their learning goals and celebrate their achievements at home!

All students and staff are encouraged to take part in "Pink Shirt Day" on February 26th. Pink Shirt Day is an annual event against bullying, held in Canada and New Zealand. Participants wear pink shirts to raise awareness about bullying, particularly in schools. Pink Shirt Day was started in 2007 in Canada, where it is held on the last Wednesday of February each year. The focus for 2025 is cultivating a community of kindness. By sprinkling seeds of empathy and compassion, we can work towards a world without bullying.

Our parent groups are looking for you! The East Elementary School Council is a volunteer based organization, registered with the Alberta School Council Association. The School Council is an extension of the school and is a forum for parents and school administration to communicate regarding school and community topics. Monthly meetings are open to all parents of students at East Elementary School and are held in the school wellness room. Dates and times are advertised on the school calendar and newsletter. Joining the School Council is a wonderful opportunity to stay informed, share your input, and be actively involved in shaping the school experience for all students. We would love to have you be part of the conversation!

As always, thank you for your support in making our school a wonderful place for students to grow and thrive. If you have any questions or need anything, please don't hesitate to reach out.

C. Fisher
Principal



The girls' basketball team gave an outstanding performance at Corinthia Park School's tournament, earning East Elementary the bronze medal!



EAST

EXPERIENCES





EAST

EXPERIENCES



The boys' basketball team put on a strong performance at the West Haven Public School tournament, earning 4th place.



Alberta Education Assurance Survey

Information for parents and guardians

About the survey

Every year, Alberta Education surveys students, their parents and all teachers on behalf of schools and school authorities to assess what is working well and where there is room for improvement. The survey asks students in grades 4, 7 and 10, and their parents, about their thoughts, feelings and experiences in school. The survey will be administered between January and March 2024. In some schools, all students in grades 4 and above and their parents will be surveyed.

Participants will be asked questions on a variety of topics, such as welcoming, caring, respectful and safe learning environments; student learning engagement; and parental involvement. The survey does not ask for names and cannot be used to identify individual participants.



Why is the survey needed?

Alberta's Assurance Framework requires school authorities across the province to report their performance according to a number of different measures that provide key information about how the education system is doing. A provincial survey allows all school authorities to be measured on the same things at the same time.

Participation in the survey is voluntary:

- All participants may opt out of taking the survey at any time with no repercussions and/or skip any questions they do not wish to answer.
- All responses are anonymous. The survey does not collect personally identifiable information and Random Access Codes will be used to group responses by survey type, school and authority.
- Only grouped data where there are more than six responses are reported.
- All data collected will be managed in accordance with the Freedom of Information and Protection of Privacy Act.
- If you have any questions regarding the survey or your child's participation, please contact your child's school directly.



How will I take the survey?

- Parents or guardians are issued a single-use Random Access Code mailed through Canada Post to complete the survey online.
- The code must be used to access the survey and helps Alberta Education group your response as being from a parent/guardian. It is not used to identify individuals.
- Monitor your Canada Post mailbox starting late-January 2024 for the survey invitation package from Alberta Education.
- Parents or guardians with more than one student in an eligible grade will receive a separate survey invitation package for each child.
- Paper copies of the survey can also be requested through your school principal once the survey opens.



How will students take the survey?

- Students complete the survey at school.
- Before the survey begins, your child's teacher or school staff will explain to the students that the survey is not a test – there are no right or wrong answers. They will also explain that there are no repercussions for opting out of participating and that they may skip questions they do not wish to answer.
- Responses are submitted anonymously. Random Access Codes will be used to group responses by survey type, grade, school and school authority only.

Details about the assurance measures and how to obtain results are available online at

www.alberta.ca/alberta-education-assurance-survey

If you have questions or concerns about the survey, please contact your school principal.

LISTENING MORE EFFECTIVELY

Healthy and productive communication within a family does not occur automatically; it is a product of many factors. Effective listening is one of the most important ingredients and the least understood. Family members listen in two ways: passively and actively. Passive listeners hear most of the words being said and will occasionally look at the person speaking to them. Sometimes they acknowledge what is being said, but their nonverbal behavior sends the message that they really are not interested. As if to reinforce that fact, they may repeatedly ask, "What was that again?"



Active listeners quickly establish good eye contact with their child and give verbal and nonverbal clues that demonstrate they are really following the conversation. From time to time, they check their understanding of what they have heard and engage their child in truly meaningful dialogue. Unlike passive types, the active listener can accurately report both what was said and how the child felt about it. They may also have some ideas about possible implications of the discussion for the child and themselves. Improved listening must start in the home. Here are some ways to listen more effectively to your child.



Model good listening skills. Your child imitates what he/she sees. Children tend to share things with people they think will hear them out and respect their opinion.

Take time to listen. Set aside a structured family time to let members express what is important to them, including family issues.

Choose a good setting. Although choices are not always available to us, it is best to select places to listen where distractions are at a minimum. Be sure to unplug the television and radio.

Accept feelings. Make it clear that feelings are important and that they can and should be shared in your family by both child and parents. Listen well and resist the temptation to deny or modify your child's feelings.

Monitor your nonverbal behavior. Despite the fact that it takes more effort and introspection, becoming aware of how your nonverbal behaviors are seen by your child enables you to modify your actions in ways that let him/her know that you are really interested in listening to them.



Try to be less judgmental. By being less quick to judge or moralize, parents who work on their listening skills can avoid slamming the door on the likelihood of future discussions with their child.

It takes practice to be a good listener. Children learn how to listen, or not listen, from what their parents model. Many factors influence how well family members listen to each other. People function differently at different times of the day and have different emotional levels. Our ability or willingness to listen is greatly affected by the context in which an interaction occurs. When settings are new or uncomfortable, it becomes much harder for us to concentrate on what someone is saying. It will be more difficult to listen to a conversation in a language that is not your native language. Tone of voice, facial expression, posture, eye contact, and personal appearance all provide important clues to our disposition and approachability.



With knowledge and understanding of these factors and a few listening skills, you can listen more effectively to your child.

Tactics for Improving Parenting Skills
Published and Distributed by: Sopris West

Free LRC Pass!
Spend some fun time with your family!
We have a Family LRC Pass that can be
borrowed from the Library to use. You
can check it out just like a library book!
Contact our librarian, Mrs. Bendfeld, to
get your name on the list to borrow the
pass. Her email is:
jennifer.bendfeld@blackgold.ca



LEDUC RECREATION CENTRE FREE FAMILY PASS

Sign out a Family Pass to the
Leduc Recreation Centre at the library!



How does the pass work?

- The LRC Family Pass is valid for 2 adults and all children under 18 years of age, residing in the same household.
- Sign out your LRC Family Pass for FREE from the library.
- This pass will provide you and your family with access to all of the amenities at the LRC. Enjoy the Aquatic Centre, Fieldhouses, Arenas, Fitness Centre and Indoor Track.
- Passes are valid for a one week time period.
- After your one week rental, return the LRC Family Pass back to the office for other families to enjoy.

PLAY ON!

WE'LL HELP WITH THE SPORT REGISTRATION FEES.

Alberta

**EVERY KID
CAN PLAY**

A GOVERNMENT OF ALBERTA PROGRAM
POWERED BY KIDSPORT



Your child could be eligible for a grant up to \$250 to help cover sport registration fees! Find out more at kidsportcanada.ca/alberta/educ-and-county

SCHOOL COUNCIL & PARENTS' ASSOCIATION



ASSURANCE SURVEY

Grade 4 parents your opinion is needed.

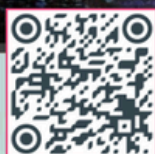
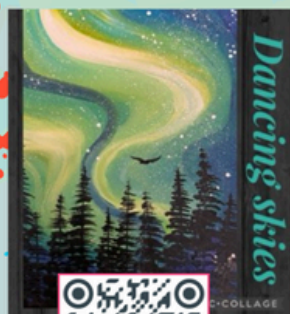
Every year Alberta Education sends out its Assurance Survey as a tool for continuous improvement of education in Alberta and at East Elementary.

Survey results are used by our Principal, School Council and the Black Gold School Board to set and adjust goals to better meet the needs of our students.

Please watch for the Assurance Survey to arrive in your e-mail and take the time to fill it out. Your opinion matters.

PAINT FUNDRAISER

Invite your friends, invite your family!
Create some art, socialize and support the Parents' Associations fundraising efforts for East Elementary.



PAINT FUNDRAISER
REGISTRATION

Sat. Mar 1 @ 3pm
Canadian Brewhouse
5404 Discovery Way #201, Leduc

\$40/Person
(includes \$7.99 Free Drink
Coupon)

Lead by Miss Vies
Scan QR to register

NEXT MEETING

Thursday Mar. 6, Art/Science Room #110

School Council (6:30 - 7:30pm)
School Budget Overview
Input for next Year's School Budget
Needs Assessment/Survey

VOLUNTEER

Hot Lunch - Available Fridays 11:30 - 12:30 pm? check 'yes' at the top of your Healthy Hunger order or email
eastelementaryhotlunch@gmail.com

Upcoming Staff Appreciation Days
Mar 11 - Pastries, Coffee & Tea
Apr 17 - Sit down lunch

Everyone is invited to help make these days wonderful. Watch for the sign-up to be announced this month.

RAISE MONEY & WIN!!!

Online 50/50!
Win big bucks this year! Enter online via rafflebox now through Fri, Jun 20. The jackpot is already ~1370, winner takes \$685.

Scan the QR to enter.



Upcoming Bingos

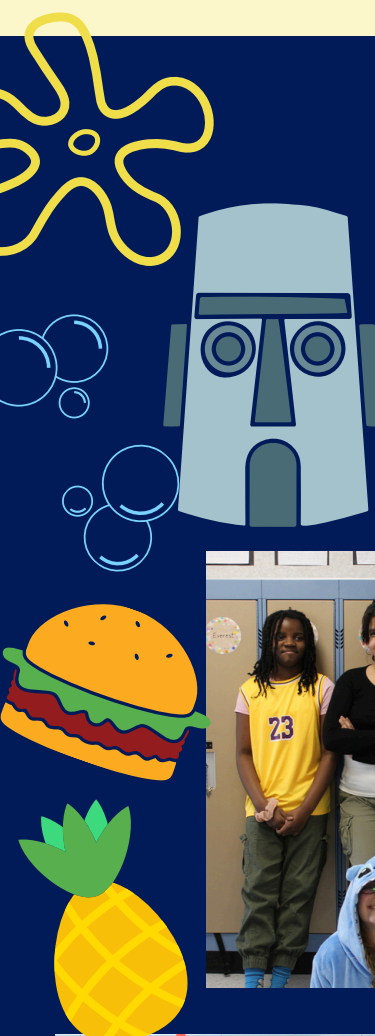
Sat. Feb. 22 - 11:30-3:30 (4 of 9 open)
Sat. Mar 15 - 11:30-3:30 (10 of 11 open)
Thurs. May 1 - 5:30-9:30 (8 of 9 open)

Help earn your child's grade teama pizza party! Team - Kindy, 6D is in the lead. Team 1D, 5S really needs some help.
eastbingos@gmail.com

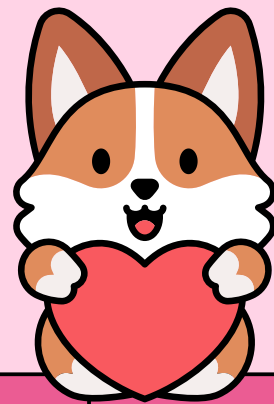
BINGO SIGN-UP



Character Dress-Up Day



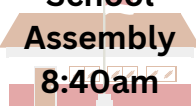


FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Division 1 Popcorn Day 	4	5 No Kindergarten	6 ATA Teacher's Convention No School 		8
9	10 Division 2 Popcorn Day 	11	12	13	14	15
16	17 HAPPY family DAY No School	18	19	20	21	22  EEPA Bingo 11:30am
23	24	25	26  Pink Shirt Day	27	28 School Assembly 8:40am 	



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Division 1 Popcorn Day 	4	5 Rabbit Hill - Division 2	6 School Council Meeting - 6:30pm	7 3/4 Girls Floor Hockey Tournament - Robina Baker Elementary School 	
9 Daylight Savings Time 	10 PD Day No School	11 No Kindergarten	12	13	14	15  EEPA Bingo 11:30am 3/4 Boys Floor Hockey Tournament - Caledonia Park School 
16	17 Division 2 Popcorn Day 	18	19	20	21	22 5/6 Girls Floor Hockey Tournament - Riverview Middle School 
23 	24 	25	26	27	28 School Assembly 8:40am 	29
30	31					

KIMOCCHIS 7-9



"On the surface, we're a family of cuddly critters and a big bowl of emotions. Underneath, we're a proven system for helping kids grow and transform by dealing skillfully with their feelings."

Emotional Literacy for 7-9 year olds
and their Grown-up

Feb 13th, 20th, 27th
& March 6th
3:30 pm - 4:30 pm
Family Resource Network
5102 50ave

Use the QR Code
to register



Email FRN@Leduc.ca for more
information scan the QR to register

WUWT?

WHAT'S UP WITH TEENS?

Understanding and Parenting Teenagers

Oh, the teen years! The mood swings, the eye-rolling, the crying – and that's just the parents! Join us online to learn about this exciting, challenging and often wonderful phase of your child's development. In this two-session workshop based on Psychology Canada's booklet, *Straight Talk About Teens*, parents and guardians of teens or soon-to-be teens will explore:

- the teenage brain
- what matters to teens
- maintaining a positive relationship
- communicating with teens
- managing risky behaviours
- fair and effective discipline

Date: February 18th & 25th, 2025

Time: 12:00 PM - 1:00 PM

Location: Online

For more information email FRN@Leduc.ca

Use the QR code
to register



TEEN EMOTION COACHING FOR PARENTS



The teen years are an amazing time of growth and change, but managing teenage emotions can sometimes be challenging for teens and parents alike.

If you are the parent or caregiver of a teen or soon-to-be-teen, join us online for this two session workshop to explore the Gottman Institute's 5 step method of supporting young people in managing their feelings and behaviour.

Date: March 4th & 11th, 2025

Time: 12:00 PM - 1:00 PM

Location: Online

For more information email FRN@Leduc.ca

Use the QR code
to register

