



October Newsletter 2020

October 2020 Newsletter

As we transition into a beautiful new season, we'd like to take a moment to reflect on the past month. What an incredible "Back to School" period we have come through together! Thank you again, parents & guardians, for your continued understanding & support as we navigate through this very different school year. Our day to day adjustments have been sometimes challenging but we are finding our new groove. The children are doing wonderfully in the school and have begun to master the protocols in place within our building. Their resilience is astounding! We have truly enjoyed working with the students again and look forward to the rest of our year together.

School Social Media

See us on Facebook - The fabulous parents of École James S. McCormick School run a Facebook page that provides updates on school events as well as general information that might help with raising children.

<https://www.facebook.com/EJSMParents>

Follow us on Twitter @EJSMSchool

Month at a Glance

October 5th - 7th: Meet the Teacher Nights

October 9th: PD Day

October 12th: Thanksgiving Monday - No School

October 23rd: PD Day

October 26th & 27th: School Photos

Important Notes for Parents & Guardians

Thank you for following our new arrival routine in the mornings!

Students have learned to play in their designated cohort areas in the morning and line up independently at their meeting spots when the bell rings at 8:35am.

We thank you for encouraging their independence by dropping them off rather than staying until the bell rings. Now that the initial re-entry phase is over, we prefer not to have extra people on the playgrounds.

Recess/playground supervision begins at 8:20am, so please do not drop students off at school before that time.

Thank you for your cooperation!

A reminder to please submit any relevant legal paperwork to the office as soon as possible if required:

Court Documents - Custody Papers

Birth Certificates

These can be emailed to jsm@wolfcreek.ab.ca

All lanyards, for both students & staff, are to be of the **BREAKAWAY** style as per WCPS Policy. Please ensure your child's lanyard is a breakaway if they are wearing or bringing one to school. We will ask students to remove lanyards if they are not breakaway due to the risk of choking.

Thank you!



FRENCH IMMERSION RESOURCES

Please check out our website for some great French Immersion resources!

PARENTS > RESOURCES

~Scroll down to the French Immersion section~

NEW School Ground Boundaries

EFFECTIVE OCTOBER 13th

As our initial re-entry phase has ended, we are asking parents & guardians to please adhere to the following during student drop-off and pick-up:

Please refrain from entering the school grounds past the front chain link fence and the back bus lane during regular drop-off and pick-up times.

Students can be dropped off/picked up at these boundary lines upon arrival and departure.

We are hoping to encourage fewer people on our school grounds as well as model appropriate social distancing for our students.

Thank you for your cooperation as we continue to enhance social distancing combined with student independence. Should you have any questions or concerns, please contact either of our school administrators.



www.ejsm.wolfreek.ab.ca

Have you checked out our school website yet?!
Its chock full of GREAT information & resources!

Calendars

News Posts

COVID-19 Policies & Procedures

Parent Portal Login

Teacher's Website Links

Parent Resources

Program Information

& more!

We encourage you to bookmark our page for easy reference & access; we keep this up-to-date and it's a place to find what you may be looking for!



School Council Update

The school council executive for this school year is as follows:

Chair - Renée Spelt

Vice-Chair - Sarah Astles

Treasurer - Christina Rice

School Council Meetings



School Council meets the last Thursday of each month at 7:15pm online.

There are no meetings in December, March, or June.

All parents/guardians are welcome and able to vote at the meetings! Come to one meeting or all; we would love to have you there! You don't have to be an official member of the executive or on a specific committee.

The next meeting is on Thursday, Oct 29, 2020.

A link for the online meeting will be shared closer to the time.

JOIN OUR SCHOOL COUNCIL!

We are hugely grateful to the executive members for taking on the responsibilities of their roles.

We are looking for anyone interested in helping with fundraisers.

Please contact the school if you are interested in helping out with our School Council in any capacity.

From the Division

Student Insurance

Effective September 1 and November 1, 2020 WCPS has, and will have, a new insurance provider. Please reference the following on how to make claims if necessary:

Claims

Parents with other insurance (employer benefits, etc) must submit claims to the other insurance carrier(s) first.

The Blanket Student Accident claim form is available online: <https://www.solutionsinsurance.com/client-centre>

The nature of the claim will determine what (if any) additional forms must be completed. iA Financial Group reserves the right to request additional information when processing the claim.

Original receipts must be attached for eligible expenses being claimed, except in the case where they were already submitted to another insurance carrier. In those instances the explanation of benefits from the other insurer must be submitted along with the iA Financial Group claim form.

Written notice of claim is to be given to iA Financial Group within a period of 30 days from the date of the accident. Completed claim forms must be filed with iA Financial Group within 90 days after the date of the injury and no later than one year regardless of whether the full extent of loss is known.

For assistance with submitting a claim or to obtain claim status, parents may contact iA Financial Group at (800) 266-5667.

Professional Development Days

Collaborative Days

As you know, Wolf Creek Public Schools has designed a calendar for the school year that will allow the staff of JSM to meet much more often. The school division has instituted an initiative in all the schools called the Collaborative Response Model.

Approximately every 5 weeks, grade levels will gather to discuss the students' progress and determine when individuals require academic interventions and what those interventions might be. This process will provide a strong structure for tracking individual progress. Collaborative Fridays will also be used for professional development.



Around The School

"Know the Drill...
Be Prepared"



Read the information below and then visit www.prrd.ab.ca to take the **QUIZ** and test your Hold and Secure knowledge.

Monthly prizes will be awarded for participating.

Hold and Secure Protocol

- There is an emergency situation in close proximity to the school, **OUTSIDE** the school on school grounds and/or unrelated to the school.
- All exterior doors to the school are locked.
- The school operates as normal, inside the school walls. Any outdoor activities, field trips, etc. are cancelled.
- As the incident is occurring outside, access to and from the school is restricted and carefully monitored.

As part of our school's Hour Zero Safety Training, in September we practiced an Evacuation drill. In the month of October we will be practicing a Hold and Secure drill. Please see the attached information about what a Hold and Secure drill entails.

Communication: Classroom & School



Communicating With Your Child's Teacher

Communication between home and school is vital, as we are all on the same team when it comes to your child's education. Teachers are expected to communicate with families a minimum of once per month through printed class newsletters or electronic formats such as blogs, emails or class websites. Many teachers also use Remind to keep parents up to date.

Families are welcome to contact teachers with questions/concerns at any time, but please note teachers typically have to wait until after school to respond with a phone call or an email.

During instructional time, teachers must attend to the education and safety of the students, so they are not able to engage in conversations with parents/guardians during school hours, unless they are on a prep. If you need to speak with a teacher, please send a note or email requesting a phone call or a time to meet in person.

When you call the school, you can transfer directly to your classroom teacher by typing in their 4 digit extension number. Check with your classroom teacher for this number!

Communication Between Home and School

Each month, our newsletters will be emailed to guardians as well as posted on the school's website. If you would like a hard copy of the newsletter each month, please contact the school, and one will be sent to your home. Our EJSMS 2020-2021 School Handbook is posted on the website as well for your convenience.

We also have a Twitter feed @EJSMSchool. If you are not on Twitter, you can see the Twitter feed on our school's website. Watch for your child's class to be featured on there! You can also follow the school's principal @principalTD for tweets from the school and about education in general. Several teachers have set up Twitter accounts, so can often see what your children are up to at school.



Follow us on Twitter
@EJSMSchool
Parent Council Facebook Page:
EJSMParents

All essential communication with
the school will be delivered
electronically via email, text alert,
or automated voice messages.

Zones of Regulation

Many of you are familiar with the Zones of Regulation. The different Zones are divided into four colors, Blue, Green, Yellow and Red. These colors then correspond to different feelings. Sometimes it is difficult to distinguish between feeling Yellow Zone worried and Yellow Zone hungry when our stomach is feeling upset. This is where adding the understanding of Interoception comes in.

More information on the Zones of Regulation can be found:

<https://www.zonesofregulation.com/learn-more-about-the-zones.html>

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

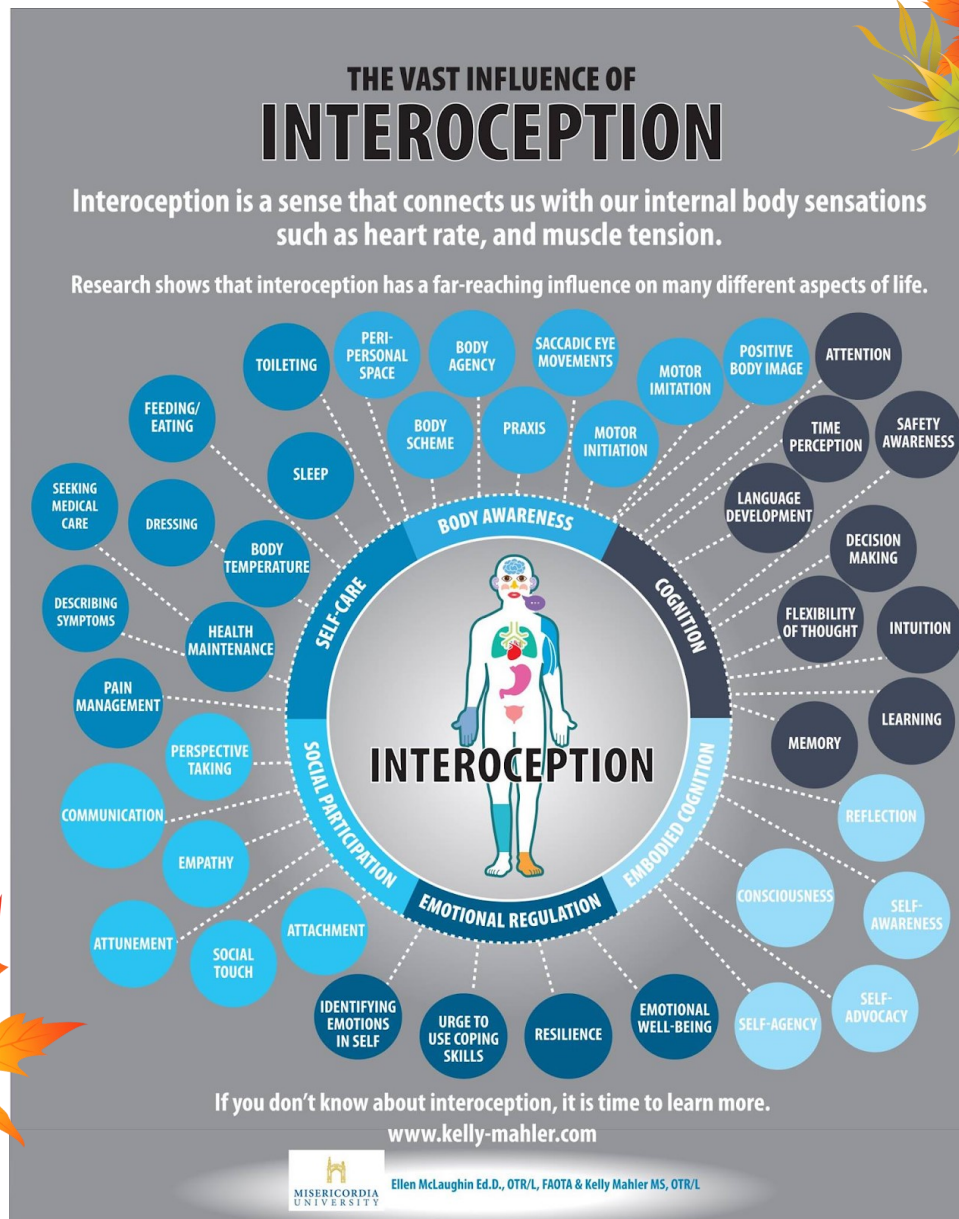
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From The Zones of Regulation® by Leah M. Kuypers • Available at www.socialthinking.com



Interoception

Interoception is the sense that connects us to what we are feeling internally of our physical body. These sensations can then be described with words of feelings and emotions. Interoception compliments the Zones of Regulation by understanding what the physical sensations are, we can then use words to better understand and describe the feeling or emotion. For example let's look at the feet. We can feel heat, cold, pain, something soft, or something hard. When we can describe this, we can find out what tool to use to soothe the feet. If the feet are too hot, we can take off our shoes and socks until they cool down. This turns into the emotions of being more comfortable and relaxed.

If you have any questions or would like more understanding of Interoception please check out Kelly Mahler, who is an expert leader in the field of Interoception. Kim McLean, FSLW was trained by her last Fall and would be happy to share information and resources for anyone who is interested.



Halloween Costumes

Our children are very young and impressionable. They can easily be frightened by masks or costumes that are scary – especially when they are realistic – so please do not send any gory, ‘bloody’ or frightening costumes to school. Large rubber masks that obscure vision are particularly inappropriate and hazardous. If students wear masks or make up that make others feel uncomfortable, the masks will be put aside. In some cases, parents/guardians may be called to bring a different costume or change a child’s make up.



We also ask you do not send weapons as part of your child’s costume. We are committed to keeping this special event as fun and safe as possible for our students. We promote peace at ÉJSMS, so weapons are not welcome, and children will be asked to put aside weapons if they bring them as part of their costumes.



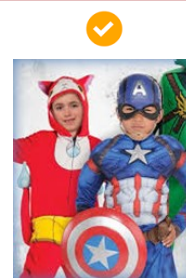
Also, we love it when parents join in the fun by dressing up, but please remember the age of our children when you choose a costume. Our little people can frighten easily.

Sometimes the school staff has to make a call on costumes that are ‘borderline’, in which case it will depend on how the other students are handling it. When children can identify who the classmate is, the costume is usually okay.



As well, there is a difference in expectations at various grade levels. What might be okay within the grade three classroom might be frightening to younger students during the costume parade. In such a situation, a student might be asked to remove part of a costume just for that event.

Costumes Continued...



The above examples are School appropriate Halloween costumes

Outside Clothing for Fall



Please send gloves or mittens for the early morning outside time. Students are not permitted in the school until the bell goes at 8:35am, and it can be chilly – even on fall and spring mornings.



Halloween Tips from AHS

Trick-or-Treating

- Don't go trick-or-treating if feeling ill, even if symptoms are minor
- Minimize contact with others: trick-or-treat with your family or cohort, remain within your community, and stay 2 metres apart
- Wash hands and disinfect packages before eating candy
- Choose costumes that allow a non-medical mask to be worn underneath - make sure you can see and breathe comfortably
- Avoid touching doorbells or railings: call "trick or treat" from 2 metres away, knock instead of using doorbells, use hand sanitizer after touching surfaces

Handing Out Candy

- Don't hand out candy if feeling ill or isolating
- Ask trick-or-treaters to knock or call out instead of ringing the doorbell
- Wear a non-medical mask that fully covers your nose and mouth
- Use tongs to hand out pre-packaged candy to avoid handling treats

Find creative ways to maintain distance from trick-or-treaters:

- ⇒ Hand out treats from your driveway or front lawn, if weather permits
- ⇒ Make candy bags and space them out on a table or blanket; don't leave out self-serve bowls of bulk candy
- ⇒ Set up a table or desk to help keep yourself distanced
- ⇒ Build a candy slide, candy catapult or other fun, non-touch delivery methods

Halloween Parties

- Stay home if feeling ill, even if symptoms are mild
- Choose games and activities that don't use shared items and allows people to stay 2 metres apart
- Spend time with people you know - the smaller the group the better
- Don't share drinks, food, cigarettes, vapes or cannabis
- Wash or sanitize your hands often
- **Host your party outdoors, if weather permits. If you must stay indoors:**
 - ⇒ reduce your gathering size
 - ⇒ choose a location that allows for physical distancing between people from separate families and cohorts
 - ⇒ provide hand sanitizer



Visit the Alberta Health Services website for more information and resources on Halloween 2020

<https://www.alberta.ca/halloween-during-covid19.aspx>

Swiftly's Snippets!

There is a multitude of interesting and inspirational information and ideas surrounding elementary school aged children online.

Here are a few of our favorite tid-bits this month!

AGE APPROPRIATE CHORES

ages 2 - 4

- Put toys away
- Clean spills
- Put books away
- Water plants
- Get dressed
- Get undressed before bath time
- Dust
- Brush teeth (an adult must still brush before / after)

ages 5 - 7

- All the above chores
- Make bed
- Help load dishwasher
- Bring in mail
- Feed pet
- Tidy bedroom
- Put dirty clothes in laundry basket
- Help rake leaves
- Help put away groceries
- Help set table

ages 8 - 10

- All the above chores
- Personal hygiene
- Help sweep / vacuum
- Help make meals
- Pack away after meals
- Load / empty dishwasher
- Fold laundry
- Keep clean
- Brush teeth
- Rake leaves
- Walk pet
- Put away groceries
- Prepare breakfast
- Help prepare dinner
- Set table
- Take the garbage out

teenagers

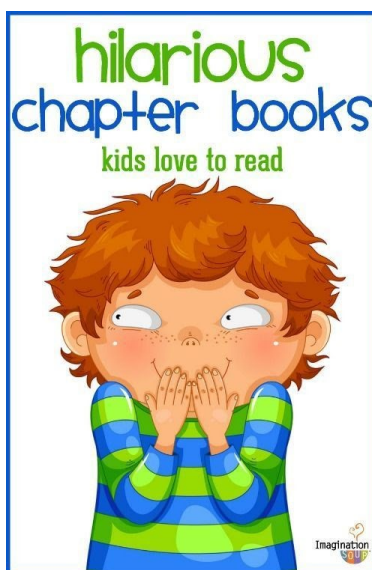
- All the above chores
- Wash car (this can be a "paid chore")
- Do laundry
- Clean the house

RewardCharts4Kids.com

The BEST Packed Lunch Ideas



<http://www.doublethebatch.com/packed-lunches/>



<http://imagination soup.net/funny-books/>

Check It Out!

6 Habits of Highly Effective Parents

There's no **one** way to raise a kid right. But there are a few things that many of the most successful parents do. Here are some habits that the best parents develop.

1 TALK to your kids

Children's emotional skills, social skills, intellectual skills are like a muscle. Parents can exercise or atrophy them.

88-98% of words children use by age 3 are from their parents' vocabularies. The more you talk to your children, the higher their functional vocabulary.

Average conversation length strongly correlates with children's IQs and reading ability.

2 READ to your kids

Third grade reading levels predict high school success. **Start early!**

read to child >20 mins/day (age 15)
read to child <20 mins/day

Studies show that children whose parents read to them for at least **20 minutes a day** are as much as a grade level ahead of other kids by age 15.

3 Let your kids PLAY

Play fosters **executive function skills**. Executive function is enhanced working memory, reasoning, task flexibility, problem solving, and the ability to self-regulate.

In Finland, one of the top ranked education systems in the world, kids take 15 minute unstructured breaks after 45 minutes of instruction.

4 LIMIT your kids' TV time

1+ hours of TV a day = trouble concentrating and succeeding in school.

Children under 2 should not watch TV.

Do you want your kids exposed to **health risks**? The average child watches 20,000 advertisements yearly. 34% of ads are for sugary cereals. TV overloads the visual part of the brain, destroying creativity.

5 FOSTER the little artist

You've probably seen it—When asked who is an artist ... Kindergarten: all kids raise their hands. "Me, me, me!" 3rd Grade: everyone raises a timid hand 6th Grade: 3 or 4 kids in a class raise their hands, unsure.

Creativity is as much the confidence to create as the skills to be a creator.

6 SNUGGLE up to your kids

Touching, rocking, talking, smiling, and singing are nourishment for young children, laying the foundation for a healthy and well-developed brain.

Citations

centerforeducation.rice.edu/slc/LS/30MillionWordsGap.html
www.publicschoolreview.com/articles/225
www.deseretnews.com/article/665552992/Make-your-kids-smart-habits-of-highly-effective-parents.html?pg=all
www.theatlantic.com/education/archive/2014/06/how-finland-keeps-kids-focused/373544/
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Swiftly Assemblies

Our first School assembly was shared virtually with all students & staff in September. We welcomed our students back to school and celebrated Swiftly's return with him teaching us all about some of our fantastic friendship building skills & systems at EJSMS. We look forward to the next virtual assembly!



Swiftly's Song

**Kids at J.S. do their best,
do their best, do their best.
Kids at J.S. do their best,
as they learn all day!**
**Friends together every day,
every day, every day.
Friends together every day,
learn to laugh and play!**
**Les amis a JSM, JSM, JSM,
Les amis a JSM, travaille tous
ensemble.**
**Swiftly is our special friend,
special friend,
special friend.**
**Swiftly is our special friend,
he makes our days so bright.**



Catch me on the
big screen at our
next EJSMS
Virtual Assembly!



Swiftly Assemblies

On Friday, October 2, NED's Mindset Mission visited JS for a live virtual performance. This virtual presentation took students on a 45-minute journey filled with humor, yo-yo and magic tricks, puppetry, and storytelling.

The assembly introduced a cartoon boy named NED who is on a very important mission: to find his mindset. Led by clues and memorable characters, he overcomes Mt. Everest's toughest obstacles, uncovers inner-treasures on a Caribbean island, and grows his brain while repairing a sputtering spaceship. Throughout the performance, the students discovered how to activate their growth mindset to overcome social, emotional and academic challenges.

The presentation inspired students to:



Never give up - understand the Power of Yet
Encourage others - spark courage in other people
Do your best - always be learning and growing

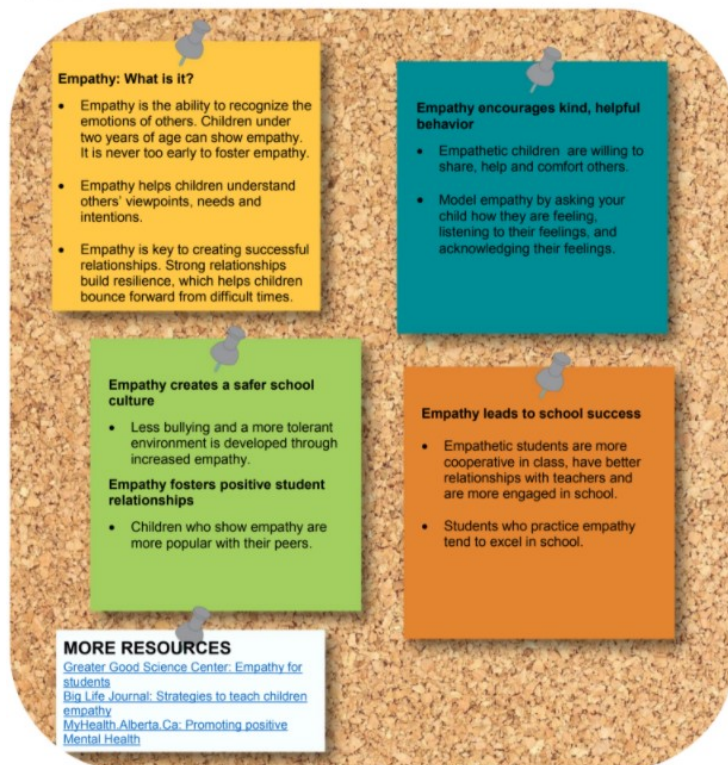


Community Events



Addiction & Mental Health News

October 2020



Fall 2020
Creative & Contemporary Dance.

Classes
September 15 - December 1
Tuesdays | Cost: \$80-140
Lacombe Performing Arts Centre

Baby and You Dance	11 am
Creative Dance ages 6+	5 pm
Gen-X Movement	6:15 pm
Beginner Contemporary	7:30 pm

Your safety is our number one priority.

The Moving Box
Ages 3-5 | Cost \$75 | Sponsored boxes available
Includes a custom prop box delivered to your door, weekly follow along activity videos and family movement challenges.

MADDOX
DANCE COMPANY
Register at www.maddoxdance.com

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



MyHealth Alberta

Addiction Services Help Line
1-866-332-2322
Mental Health Help Line
1-877-383-2642

811 Health Link
Health Advice 24/7

Alberta Health Services

Do you have special announcements or events to share with our students? We are more than happy to spread the word; however we will no longer be accepting paper flyers/brochures to hand out. We will gladly share your news electronically in our newsletters; please send the posting to us via email to share! Thank you for supporting the community and the environment as well!

Email us @ jsm@wolfcreek.ab.ca
to include your event in our newsletter!

October 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5 Meet The Teacher Nights	6	7	8	9 PD Day	10
11	12 Thanksgiving	13	14	15	16	17
18	19	20	21	22	23 PD Day	24
25	26 School Photos	27	28	29	30	31 Halloween

What's Coming Up?

Nov 9th-13th: Fall Break

Nov 11th: Remembrance Day

Nov 23rd-25th: Parents/Teacher Interviews

Nov 27th: PD Day

