

COALHURST ELEMENTARY SCHOOL NEWSLETTER



OCTOBER 3, 2011

*Coalhurst Elementary School:
Success for EVERY Child*

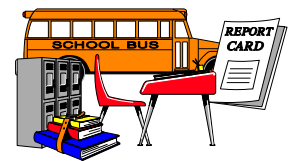
WELCOME:

Welcome Back Everyone! We're back in the swing of things. It's hard to believe that one month of school has passed already. It's been a wonderful start to the new school year.

Parking Lot Safety

It is important that you avoid the use of the school parking lot as a drop-off and pick-up station for your children. There are many people, including toddlers that walk through this parking lot. When backing out of the lot, it may be impossible to see smaller children if they emerge from between the parked vehicles. Thank you for respecting this safety concern.

Drivers with handicapped parking permits are, of course, encouraged to use the handicapped parking that is available.



CES/CHS Annual Turkey Bingo - Friday, NOVEMBER 25!!

Mark your calendars, we know it is early, but the planning has begun!

For those new to the school, Turkey Bingo is an evening of bingo at the Community Centre with a turkey as part of the grand prize for each bingo game, hence 'Turkey Bingo'. We also have door prizes, a 30/30/40 draw, the CES Raffle, a bake table and much more going on that evening. It is a fun evening that brings the community together and raises money to support the Coalhurst elementary and high schools.

We are hoping everyone in the school can come together and help make Turkey Bingo a wonderful evening again this year. We need as much help as possible before the bingo with donations for prizes and baking for the bake table and then the night of Turkey Bingo we need volunteers to work the bingo and other activities as well as with clean up. Please let us know how you would like to help, whether it is with a donation of a prize, baking, working the night of the bingo, or helping with the planning and organizing, by calling Kelcey Walker at 403-327-8698 or the school 403-381-3498.

CES Website & On-Line Newsletter:

Make sure you check out our web site, as new items are being added daily. Some teachers are now using the site for homework updates.

Please help us make the paper newsletter obsolete. With the launch of our new web site, (www.coalhurstelemnetaryschool.ca) we are striving to save paper and make the newsletter available on the web. We understand that some people do not have access to the internet, so there will be paper copies of the newsletter available in the office. Please let us know if you no longer need a paper copy of the newsletter.



School Fees:

These fees are now due and payable to Coalhurst Elementary School. Payment of all fees by **October 31, 2011** would be appreciated. If you cannot pay these fees right away, please contact the school to

discuss a payment plan. The fee structure is:

ECS - \$40.00 instructional fee;

Gr.1-6 - \$35.00 school levy/technology fee.

Thank-you to parents that have paid their fees.

Picture Retakes:

School picture retakes will be on **Thursday October 20th, 2011**. Any student who was away or parents who are not happy with their child's first photo can have their picture taken on this day. The photographer will only be available in the a.m.

IMPORTANT MESSAGE:

We cannot stress enough how important it is that every person coming into our school that is not on staff or a student attending school **MUST** sign in at the office. The purpose of signing in at the office is one of safety. In case of an emergency we **MUST** be able to account for every individual who is in the school.

CES is getting a new outdoor sign. Parent council applied for a CIP grant for the sign, it should be installed in the next few weeks.

Choir and Handbells

We are excited to say that recess and noon music programs are up and running for the year. Please check with your student(s) to see if they are joining us this year.

Choirs run on Wednesdays:

1-6 Boys Choir - 1st recess at 10:15am

3-6 Girls Choir - Lunch recess at 12:15pm

1-2 Girls Choir - 2nd recess at 2:10pm

Handbell groups run on Mondays:

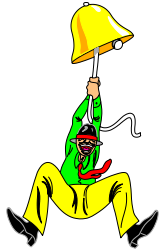
Mrs. Reimer's group (Grades 4-6) - Lunch recess at 12:15pm Mrs. Higginson's group - 1st recess at 10:15am Port-a-Fours - Thursday - 2nd recess at 2:10pm

We will start hand chimes later this year for Grade 3's who are interested.

If your student is part of any of these groups please take a few moments and go over what it means to commit to an activity. Commitment is a key element to the continued success of our groups.

Our first performance will be at the Remembrance Day assembly. Thanks for your support.

~ Mrs. Higginson and Mrs. Reimer



IMPORTANT REMINDER:

Coalhurst Elementary School is striving to be a NUT Free School. Sorry, no peanut butter, or any nut products are permitted in the school.

Halloween Parties:

Information regarding Halloween will be sent out shortly, please watch for it soon.



Religion Classes:

CES will be continuing with the Religion option, as well as a supervised study option. These classes will occur on Wednesday afternoons from 2:50-3:20pm starting after Thanksgiving and running until the Easter Break. Please contact the school if you have further questions.

Library News:

CES once again will be holding our Fall book fair. Thursday October 13, 2011 6-9 PM, Friday, October 14, 2011 8:00 AM -12:00 PM, Monday October 17, 2011 8:00 AM - 3:30 PM

Come out and check out the latest books available for our students. Don't forget that CES gets a percentage of the total sales to purchase books for our library. You will be encouraging your children to read and helping CES to expand our Library at the same time.

Curriculum Handbook for Parents 2011-2012The new *Curriculum Handbooks for Parents 2011-2012*, ECS through Senior High, are now available on the Alberta Education website at:

<http://education.alberta.ca/parents/resources/handbook.aspx>

Palliser News:

NOW HIRING:

Palliser Regional Schools is accepting applications for Spare Bus Drivers across the Division. For more information or if you have any questions, please contact Dan Ryder at Palliser Central Office at 403-328-4111.



Coalhurst after School Girls Group

What is it?

A time for girls to get together and talk about school, life, friends and anything else! There will be fun activities and a snack each week!

Who can come?

Any girl age 10-18.

When is it?

3:30 - 5:00 pm

- September 28
- October 5
- October 12
- October 19
- October 26
- November 2
- November 9

Where is it?

At the Coalhurst & District Community Center
527 50 Avenue Coalhurst.

Come out and join us, and enjoy talking, making new friends and having fun!

Contact:

Tanie Reid-Walker Office:403-345-7000 ext. 2455 or Cell:403-360-2111

Email: tanie.reid@albertahealthservices.ca

bewfcss.ab.ca



Family School Liaison Counselling Program

Welcome to the 2011/12 school year. Palliser Regional Schools makes counseling services available to all students in its schools through the Family School Liaison Counselling Program. I will be at Coalhurst Elementary School on Mondays and Thursdays throughout the school year. Students can be referred to me by teachers or parents. I am available for consultation, counseling or support for referral to other agencies. Children may require counseling support for a variety of reasons including transitions and changes in family life including separation and loss, family mental health issues, anxiety, friendship and social challenges, self esteem, family conflict, trauma for example.

If you would like to discuss concerns regarding your child you can reach me at Coalhurst Elementary School on Mondays and Thursdays or on my cell phone at (403)894-1799.

Patti Nicol-Pharo M.Ed. RSW

Family School Liaison Counsellor

Sunnyside School, Vulcan Prairieview Elementary School & Coalhurst Elementary School



Stay and Play

Stay and Play is a valuable program for parents and children (birth to 5 years of age) to attend together.

There is no charge and registration is not required. Come drop in and see what we're all about!

Songs, rhymes, stories, sand and water play, dress-up and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

Wednesday and Friday's

9:30 am - 11:30 am

**Location: Coalhurst Parent Link Centre
Coalhurst Elementary School**



Getting Off to a Good Start

Developing a good relationship with your son/daughter's teacher goes a long way to ensuring your child's success in school. Keeping a balance between staying actively involved and being overbearing and intrusive is important. The following suggestions have been contributed by both parents and teachers:

Elementary School:

If you cannot make it to meet the teacher night, be sure and introduce yourself at minimum by telephone and share information about your child that may affect him/her at school

Make arrangements with the teacher about the best way to keep in touch e.g. by phone, email, agenda notes or face to face.

If you are separated from your spouse let the teacher know how information will be shared with the other parent especially if he/she lives outside the school district

Keep an open mind and create your own perceptions about a teacher or staff member. Just as you would not want the teacher to be prejudiced about your child based on something that was said by someone else, give the teacher a chance to build a relationship with your son/daughter that is not negatively influenced by information passed on by others.

If your son/daughter is struggling socially, emotionally, academically or behaviorally – don't wait until parent/teacher interviews to talk with the classroom teacher. Work to resolve problems early in the year rather than waiting until the problem is larger.

Read what comes home – newsletters, notes in agendas etc. Help your child stay organized with important notices.

Pass on positives to the teacher – don't just get in touch with him/her when there is trouble.

Middle and High School:

Communication is just as important between parents and teachers in higher grades as in elementary. Attend parent orientation events and introduce yourself to your son/daughter's teachers.

Take a role as background support. Coach your son/daughter about how to advocate for himself or to ask for help when needed.

If your son/daughter is struggling with a subject talk with the teacher about what support is available whether at school or online.

Encourage involvement in some extra curricular activity when possible. These social activities help build relationships and provide extra experiences that can be helpful as your teen's future unfolds.

Taken from: Canadian Living Sept. 2011, "Meet the Teacher"

Submitted by Patti Nicol-Pharo, Family School Liaison Counsellor

Cell ph. # (403) 894-1799

Referrals for counseling can be initiated by teachers, parents or students. Call 894-1799 for more information.

Counsellor's Corner for October

What is so Important about Feelings?

If you are like most parents, you sometimes worry about how your young child will handle the whole process of growing up. You may wonder if there is anything you can do now that will help your child make safe choices as a teenager. The answer is – yes. Listen to your child, and encourage him or her to talk about feelings. Young children let you know exactly how they feel without even thinking about it. Part of growing up is learning how to manage feelings – especially uncomfortable ones such as anger, disappointment, jealousy or sadness. Before they reach school age, many children have learned to hide their true feelings. They need to know that home is a safe place to process their feelings and learn healthy ways to express themselves. Children pick up signals from their parents and other adults that there are certain things they should not talk about and certain feelings they should keep to themselves.

As adults we are not always comfortable talking to our children about feelings especially feelings of fear, insecurity, anger and loneliness. We may respond with words that aren't very helpful such as, "You shouldn't feel that way", or "There is no reason for you to feel that way." By the time children reach the teen years they may have learned that we don't really want to hear about their feelings. They may become guarded and withdrawn and willing to confide in their friends but not in their parents or caregivers. They may feel isolated and believe that their peers are the only ones who really understand them. When you take the time to listen without judgment you are encouraging your child to express feelings and are building a trusting relationship that will help in years to come.

Many people in our society have bought into the "Happy Face" myth and believe that being positive and cheerful is good and feelings like sadness or anger are bad. How should you respond when your child talks about feelings or makes statements such as, "I hate school!"? First of all try to really listen and don't try to talk your child out of what he/she is feeling. Allow for some venting and let him do most of the talking. "What is it you hate about school?" is a more helpful response than, "You don't hate school – you just told me yesterday that you loved school." Listen to your child and let him know you believe in him and know he is doing his best.

Remember that you cannot solve every problem in your child's life. Parents want to fix things for their children and make them happy. But in most cases there are no quick fixes or simple answers. Be there to be a sounding board, cheerleader and patient listener. Have faith that your child can learn the skills to solve his/her own problems by listening and loving unconditionally.

Taken from, "Teaching your children to talk about their feelings" by AADAC

Submitted by: Patti Nicol-Pharo, Family School Liaison Counsellor (403)894-1799

OCTOBER 2011



Happy Thanksgiving

Monday	Tuesday	Wednesday	Thursday	Friday
3 Handbell Practice	4 Assembly-8:45 Mini-Volleyball 4:30-5:30	5 1-6 Boys Choir-10:15am 3-6 Girls Choir-12:15pm 1-2 Girls Choir-2:10pm Parent Council Meeting 6:00 PM	6 Harry's Hot Dogs Mini-Volleyball 4:30-5:30	7
10 THANKSGIVING HOLIDAY No School for Students!!!	11 PD Day No School for Students!!!	12 1-6 Boys Choir-10:15am 3-6 Girls Choir-12:15pm 1-2 Girls Choir-2:10pm Picture Orders due!	13 Book Fair 6-9PM Harry's Hot Dogs Mini-Volleyball 4:30-5:30	14 Book Fair 8:00AM -12:00PM 
17 Book Fair 8:00 AM-3:30PM  Handbell Practice	18 Assembly-12:45 Mini-Volleyball 4:30-5:30	19 1-6 Boys Choir-10:15am 3-6 Girls Choir-12:15pm 1-2 Girls Choir-2:10pm	20 Picture Retake Day Harry's Hot Dogs Mini-Volleyball 4:30-5:30	21
24 Handbell Practice	25 Mini-Volleyball 4:30-5:30	26 1-6 Boys Choir-10:15am 3-6 Girls Choir-12:15pm 1-2 Girls Choir-2:10pm	27 Harry's Hot Dogs Mini-Volleyball 4:30-5:30	28
31 Halloween Spirit Day Handbell Practice				

