## CALEDONIA PARK SCHOOL

Monthly newsletter for CPS Vikings Families



#### **VICE PRINCIPAL'S MESSAGE TO PARENTS**

Mrs. Engler - kim.engler@blackgold.ca

Our enrollment this year has remained consistent with 761 students. In an effort to alleviate the larger classes in grade 3, we have hired Mrs. Julia Dobbin and created an additional section of Grade 3. Ms. Alexa Hawkins has also returned to us as an Educational Assistant We are excited and pleased to welcome both of them back at CPS! At this point, I do not anticipate any further significant changes.

Thank you to all of our parents and students for making our Meet the Teacher and Awards night another spectacular success. It was amazing to see all of the excited student's faces coming into the classrooms to show their families the wonderful things they are learning this year. Students were so excited to introduce their new teachers that there was a lineup outside the school half an hour before we began! In the second half of the evening, we had the great honour of celebrating our upper elementary and junior high students at Awards Night. The gym was filled with clapping and cheering as these students received their well-deserved medals and plagues.

We are very appreciative of the hard work already done by our School Council and we are so happy to have them at the school. The School Council has already met for their AGM and first meeting of the year. These wonderful volunteers put in many hours to ensure that students have amazing opportunities while here at Caledonia Park School. Already we have had volunteers in the school providing Freezies after the Terry Fox Run and doing healthy hair checks. You will also hear from them in the form of Bake Sales, Popcorn Sales and Book Fairs this year, but their support goes so much further than that and we are very grateful for them and all of the work they do. More information on the School Council, the next meeting and how to participate is further on in the newsletter.

This Thursday, September 28th our school was filled with orange shirts! We wore an orange shirt to honour the Indigenous children who were sent away to residential schools in Canada and to observe Truth and Reconciliation Day (September 30th). The "orange shirt" in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia. Phyllis was excited to go to school and she loved her bright orange shirt. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned. To Phyllis, the colour orange has always reminded her of her experiences at a residential school. Orange Shirt Day was a part of activities that took place at our school for Truth and Reconciliation Week.

The fall weather has been beautiful but unfortunately, the current forecast has colder weather around the corner. Please ensure your child is dressed for the weather. In the event we do experience extreme inclement weather, the school has a cold weather policy (-20C), and the students will then remain inside for the recesses on those days (the school will be utilizing weather information from The Leduc Operations Building (https://www.leduc.ca/about-leduc/weather)). As well, please label all of your child's outdoor clothing so that it can be easily identified if it is lost or misplaced.

## CALEDONIA PARK

School

#### What's Up This Month

October 3 - Div II/III Cross Country
Race @ Peace Hills Park

October 4 - Grade 1 Bake Sale

October 5 - ECS Trip to Safety City

October 6 - Parent Teacher

Registration Opens @ 9am

October 9 & 10 - No School

October 13 - Crazy Hair Day!

October 17 - Parent Council Meeting

@ 6:30pm in CPS Staff Room

October 18 - Parent-Teacher

Interviews @ 5-8pm

October 19 - Parent-Teacher

Interviews @ 4-7pm

October 24 - Picture Re-Takes

October 26 - Popcorn Sale

October 31 - Spirit Day! Halloween

Dress Up

## **School Pics**

Smart Photography will be in the building on October 24th to take all staff and student photos. Students requiring retakes should bring in their Smart Photography form that they received from picture day. New Students, or students that missed "Picture Day" will receive a form prior to pictures taken.



## Reminders!!!

Please check your PowerSchool
account for any outstanding fees
throughout the year!
Prompt Payment is greatly
appreciated as these fees cover
the teacher's purchases for
classroom enhancements.

## Vikings Volleyball

Congratulations to the following students for making the Caledonia Park School Vikings Volleyball Teams!

Wishing you a great season!!

#### JUNIOR GIRLS TEAM

#### SENIOR GIRLS TEAM

Arianna Waser
Fritsel Lopez
Taylor Warner
Savanah Chaborek
Calli Hubbard
Ciarra Papineau
Josie Stempien
Ace Lloyd
Stella Techer
Esme Dusterhoft
Carlie Dromerski
Maddie Osborne

#### **SENIOR BOYS TEAM**

Parker Allex
Dawson Hunder
Adam Jollimore
Gage McBain
Kainen Peetso
Ethan Strickland
Zack Butt
Marcus Giesbrecht
Zuan Jenkinson
Graydon Marshall
Tanatswa Mlambo
Vaughn Mailer
Chase Asher Zolinksi

#### **JUNIOR BOYS TEAM**

Colt Francis
William Giesbrecht
Jack Harmon
Aman Shrestha
Owen Strickland
Dylan Assaly
Cohen Hiebert
Cooper Riddel
Nixon Tabor
Rhett McIntyre
Kashton Loree

Sophia Akranis Addyson Bowie Brynn Braithwaite **Ainsley Byers** Megan Chometsky Hailey Cowell Caleigh Finnigan **Amelia Hammell** Isla Hiebert **Zoey Mattice** Brooklynn Nicoll-Yurkoski Georgia Perrin Jersey Roberts Blaire Taphorn Nyana Vella Chloe Verhaeghe Briella Waser Laila Waser

## Vikings Golf Team

Congratulations to the following students that made the Caledonia Park School Golf Team! Students participated in the September 21st golf tournament at the Montgomery Glen Golf Course in Wetaskiwin.

Mayson Durksen
Adam Jollimore
Graydon Marshall
Colt Francis
Zachary Lammie
Cooper Riddel
Vaughn Mailer





## Terry Fox Run/Walk

Caledonia Park School students participated in a Terry Fox Run/Walk on September 22nd.

This year, our school goal was \$1000.00 - Our "Toonies for Terry" fundraiser raised \$1001.15 PLUS \$425 from online donations. There is still time to make a donation through the "Terry Fox Foundation" website at <a href="https://schools.terryfox.ca/30456">https://schools.terryfox.ca/30456</a>.

Thank you Caledonia Park Families for supporting our Terry Fox Run/Walk!!!!





LOGAN LEPINE IN KPMG WON
THE SCHOOL DRAW FOR A
TERRY FOX T-SHIRT!

CONGRATULATIONS!!

## PARENT TEACHER INTERVIEWS

Parent Teacher Interviews are coming up on October 18th & 19th.

Registration for interviews will open up on OCTOBER 6th @ 9am. Please review the registration process at <a href="https://cps.blackgold.ca/parents/parent-teacher-interviews/">https://cps.blackgold.ca/parents/parent-teacher-interviews/</a>. Parents will be required to set up a new account at the beginning of the new school year.

# Congratulations to our Caledonia Park School Students who received Awards at the "Awards Night"

#### Grade 7

#### Grade Nine

#### Honours With Distinction

Carrera Cameron
Zenith de Peuter
Marcus Giesbrecht
Fritsel Lopez
Cora Michelsen
Elise Moore
Rhea Rajewski-Ryby
Chelsea Stanek
Josie Stempien
Stella Techer
Arianna Waser

#### **Honours**

Michael Boronea
Justin Coates
Claire Freadrich
Elian Hammell
Kali Hergott
Victoria Landdowska
Kashton Loree
Vaughn Mailer
Graydon Marshall
Lexi McDougall
Rhett McIntyre
Tanatswa Mlambo
Tyler Nesimiuk
Chase Asher Zolinski

#### Honours

Grade Eight

Courtney Bridge-Hall Gabe Chellew Tianna Eichmuller Alannah Entz Marvn Harlton Isis Harmon **Jovie Hiebert** Paige Kavanagh **Evan Masters** Ivv Michelsen Adam Ritchie Kaelan Stockdale Calvin Stockdale Ethan Strickland Scarlett Sukow Tristan Tompkins

#### Honours With Distinction

Ciera Cameron Dawsyn Francis Mercedes Giesbrecht Reese Liddle Frea Mulholland Isabelle Techer Brynn Winslow

#### **Honours**

Liam Allen
Abi Dey
Brooke Gygi
Surri Johnson
Aiden Nesimiuk
Cheyenne Tracy
Olivia Williams



#### Grade 4

#### Grade 5

#### Grade 6

#### Award of Merit

#### Brielle Brown Autumn Brunelle Hazel Coates **Zachary Connor** Jerome Cunanan Katie Davey **Amrit Dhaliwal** Leah Dockrill Eli Fox Kale Fraser Nolan Freadrich Rita Fyfe Sophie Garrington Brennan Greig Gwendolyn Loomer Isla McCrea Hailey McEachern Benjamin McKay Elsie Michelsen Maisie Murnagha Savannah Owens Liam Pittman Elijah Presseau Taliya Rustulka **Avery Smedsrud** Devlin Stagg Shaven Thalpe Liyanage

Bryden Tompkins

Emma Wangsness

James Woodruff

## <u>Award of Merit</u>

Harrison Chisholm-Thompson Megan Chometsky Hailey Cornelssen Harper Derouin Madelyn English Rebekah Entz **Easton Erickson Emily Ertman** Drake Fillatre Katrina Frick Julie Fyfe Amelia Hammell Max Henault Isla Hiebert Jayce Kavanagh Jaxxon Lee Nathalie Liddle Lucius Lucas Aouvn MacMaster April Mendonca Jade Proteau Jonah Rodriguez Claire Schaupmeyer John Schaupmeyer Hayley Spaans **Easton Spring** 

#### Award of Merit

Dylan Assaly Bria Becker Gibsyn Breau Grayson Brown **Jacob Chartier Aisley Coates** Declan Davey Aaron English **Emma Fleming** Emelia Forsythe Colt Francis William Giesbrecht Charly Glaicar Jack Harmon Cohen Hiebert Desmond Hrabia Alexa Johnson Jacob McClain Aven McCrea Ezekiel Quaidoo Cooper Riddel Kadence Schafer Shalaina Seipert Hayden Senft Aman Shrestha Kristen Sibbald Riley Tymofichuk Chloe Verhaeghe Maxwell Wierenga

## ME Caledonia Parent Council



The Caledonia Park Home and School Council would like to say welcome back to another school year!

We have been busy planning our council events for the year. First on the agenda is getting out the dates for our Bake Sales and Popcorn Sales throughout the year, as well as Hot Lunch. Niki has been working behind the scenes making sure we have another successful year with our hot lunch program. Thank you, Niki! Starting next week, Wednesday, October 4th we will be having our first Bake Sale of the year, goodies provided by our Grade 1 classes. Looking forward to it already!

Should any parents or guardians like to join our volunteer lists for the 23/24 school year please feel free to email us at parentcouncilcaledoniapark@gmail.com and we will be happy to add any newcomers to the list. Whether it be for daytime activities or evening opportunities. We love to meet new faces and are very excited to get our activities rolling again.

Please be on the lookout for our Fundraiser Coordinator to roll out our first fundraiser of the year, which seems to be a school favourite (based on sales), PURDY'S Chocolates. This will be sent out very soon. We hope everyone had an awesome first month and look forward to seeing and meeting some of you along the way. And lastly, thank you to everyone who checked out our table and chatted with Bonita on Meet the Teacher night. As the saying goes the more the merrier. It truly takes a village.











## BAKE SALE POPCORN DAY

#### Bake Sale Rules

- Items will be priced at \$0.50 each
- Drop off items in the morning to the office after 8am.
- Each student to provide I or 2 dozen items
- Must be in individual portions, but items do not need to be individually wrapped.
- Containers must include students full name and homeroom.
- Cardboard/Foils will be thrown away unless otherwise noted.
- Baked or store bought items are welcome.
- Suggested items are: Cookies, Cupcakes, Muffins, Squares, Popcorn balls, puddings, jell-o, etc...
- Gluten Free items are welcome!
- Items are required to be PEANUT
   AND NUT FREE NO EXCEPTIONS

#### Bake Sale Dates:

- October 4 Grade I Classes
- November 8 Grade 9 \$ Mrs. Golinsky's ECS Classes
- December 6 Grade 2 Classes
- · January 10 Grade 5 Classes
- February 6 Grade 3 Classes
- March 6 Grade 7 Classes
- April 3 Grade 4 Classes
- May I Grade 6 Classes
- June 5 Grade 8 & Mrs. Johnson's ECS Classes

#### Popcorn Sale Dates Each bag - \$0.50

- October 26
- November 23
- December 14
- · January 25
- · March 21
- April 25
- May 23



## 2023/2024 Hot Lunch Schedule

October 13: Panago February 16: Panago

October 27: McDonald's March 1: Hot Dogs & Smoothies

November 24: Boston Pizza March 15: Boston Pizza

December 8: Subway April 5: McDonald's

**December 15**: Hot Dogs & Smoothies **April 26**: Subway

January 12: McDonald's May 10: Panago

January 26: Subway May 24: Boston Pizza

February 2: Boston Pizza

#### Here's how to get started...

√ Go to <a href="https://caledonia.hotlunches.net/">https://caledonia.hotlunches.net/</a>

√ Click on "Click Here to Register"

√ Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines and your child's hot lunch order for the upcoming week)

**✓ Click the "Register Now" button at the bottom** 

✓ Follow the instructions to add each child in your family who attends Caledonia Park School. Once your child(ren) are registered, click on "Orders"

✓ Proceed to order hot lunch for your child(ren)

\*\*Parents will be charged a PayPal fee of \$0.30 for every transaction made plus a 2.70% service fee.

\*\* Hot Lunch is NOT open to kindergarten students at this time\*\*

Please contact our Hot Lunch Coordinator if you experience as problems creating your account or placing your order.

Niki Bergsma at nbergsma2@hotmail.com



IN-SCHOOL SCHOLASTIC BOOK FAIR OCT 23 - 27

WATCH FOR STUDENT FLYERS AND MORE INFORMATION THE WEEK OF OCT 16 WILL COME
TO THE FAIR
DURING
THEIR
REGULAR
SCHEDULED
LIBRARY
CLASSES



# October



SUN	MON	TUE	WED	THU	FRI	SAT
1	<b>2</b> Day 1	3 Day 2  LDAA Cross  Country @  Peace Hills	4 Day 3  Grade 1  Bake Sale	<b>5</b> Day 4 Safety City Field Trip - ECS	G Day 5  No ECS  Classes  today	7
8	7 Thanksgiving	No School PD Day	Day 1	<b>12</b> Day 2	Day 3 Crazy Hair Day Hot Lunch	14
15	<b>16</b> Day 4	17 Day 5 Parent Council @ 6:30pm	Parent Teacher Interviews 5pm-8pm	Parent Teacher Interviews 4pm-7pm	<b>20</b> Day 3	21
22	23 Day 4 Book Fair	<b>24</b> Day 5 Book Fair	25 Day 1 Book Fair	26 Day 2 Book Fair Popcorn Sale	<b>27</b> Day 3  Book Fair  Hot Lunch	28
29	30 Day 4	31 Day 5  Halloween  Dress Up Day				

		701	Leh	Le		
SUN	MON	TUE	WED	HU	FRI	SAT
			No School PD Day	<b>2</b> Day 1	<b>3</b> Day 2	4
5	<b>6</b> Day 3	<b>7</b> Day 4	8 Day 5 Gr. 9 & ECS Golinsky Bake Sale	<b>9</b> Day 1	10 Day 2	Remembrance Day
12	13 November B	<b>14</b> reak ———	15	16	17	18
19	<b>20</b> Day 3	21 Day 4	<b>22</b> Day 5	23 Day 1  Popcorn Sale	<b>24</b> Day 2 Flannel Friday  Hot Lunch	25
26	<b>27</b> Day 3	28 Day 4	29 Day 5	30 Day 1		



The City of Leduc is putting on a FREE session in early October for Safety in Sports for children and the sessions are geared to adult learning.

#### (https://parent\_safe\_sport\_leduc.eventbrite.ca

The focus of this presentation is to educate parents of children and youth in sports about their roles and responsibilities in fostering a culture that contributes to their child's well-being and success in sports. Parents will learn about their responsibility regarding safe sport and how they can advocate for a safe environment for their children including the prevention of bullying and other forms of maltreatment when it comes to sport.

ALLISON FORSYTH is COO, Partner ITP Sport and Recreation, Olympian, and World Championship bronze medalist skier. Allison is driving her passion for changing the system and shifting a culture motivated by her own sexual abuse victimization in the Canadian sports system.

Now Allison thrives in bringing real conversation to organizations and their participants. As an athlete, advocate, and change-maker, she will speak to the different forms of maltreatment, how to minimize environmental and cultural risks, and the gaps every organization must be aware of that are not covered by policies or current training. She is shifting sports culture for the better.





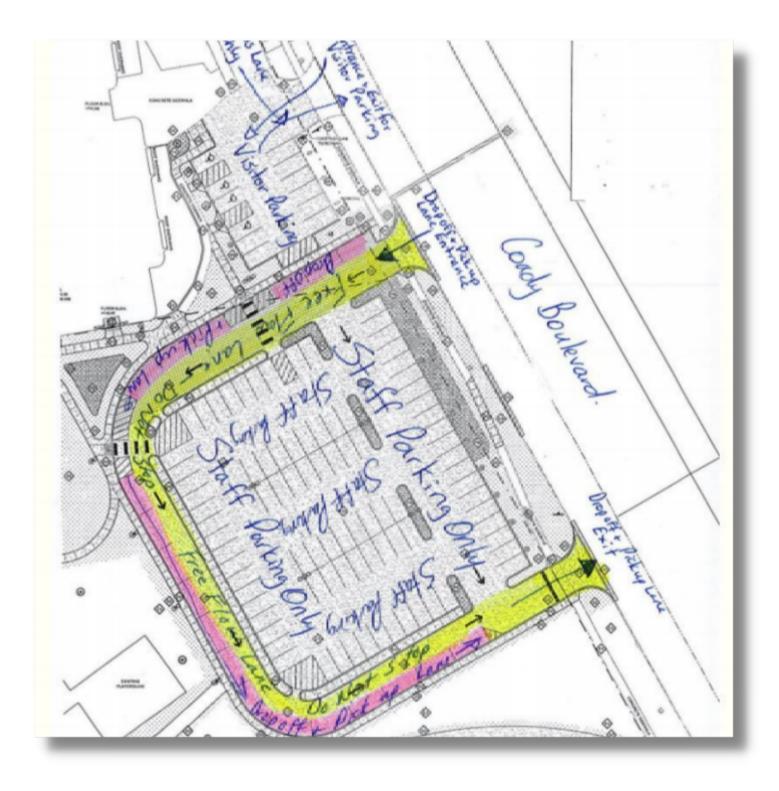
## ACTIVE 8's & 9's

Receive a FREE MEMBERSHIP to the LRC and Alexandra Outdoor Pool.

\*Applicable only to residents who pay municipal taxes to the

## **PARKING LOT**

Parents, please use the "Kiss & Go" lanes rather than the staff parking lot for morning & afternoon drop offs. All parking lots stalls have staff assignments and are essential to staff arriving to their positions on time.



## **Absence Reporting**

## GOOD ATTENDANCE PATTERNS ARE AN IMPORTANT FACTOR IN A STUDENT'S OVERALL SUCCESS AT SCHOOL.

#### Report your child absent!!

- Call the school. Please leave a detailed message after hours
- Email the office <u>cps.studentabsence@blackgold.ca</u> and advise the reason for absence (ie: Sick, appointment, vacation, etc...)

#### Did you know? Key facts about school attendance:

- If your child is 20 minutes late every day, he/she/they will have missed 12 days of instruction by the end of the school year.
- If your child misses only two days of school per month, he/she/they will have missed one month's worth of instruction by the end of the school year.
- Students who are absent 15 days of school each year will have lost one year of instruction by the end of Grade 12.
- Students who attend school regularly tend to be more engaged in their learning, feel more connected to the school and have better academic outcomes than students who miss a lot of school.

#### Families can support good attendance at school by:

- setting a regular bedtime and morning routine;
- getting clothes and backpacks ready the night before;
- encouraging a positive attitude about school;
- communicating regularly with your child's teacher;
- talking with your child about his/her school day;
- taking part in school events and activities to show your child that you value school and education;
- planning vacations and appointments around the school schedule whenever possible; and
- making sure your child goes to school unless he/she/they is truly sick.

#### We can help!!

Let your school know right away if there is a problem or concern. There are many ways we can work together to get attendance back on track or prevent an attendance problem from starting.

CALEDONIA PARK SCHOOL

# STUDENT SIGN OUT FORM & RETURN PROCEDURES

IF YOUR CHILD NEEDS TO GO HOME EARLY (DUE TO ILLNESS OR OTHERWISE) OR ATTEND AN APPOINTMENT DURING SCHOOL HOURS, THE STUDENT SIGN-OUT FORM MUST BE COMPLETED BEFORE THEY ARE EXCUSED FROM THE BUILDING.

THIS FORM IS POSTED ON OUR SCHOOL WEB PAGE UNDER THE PARENTS TAB.

DIRECT LINK TO FORM: STUDENT SIGN-OUT

THIS FORM CAN BE COMPLETED ONLINE THROUGH YOUR PERSONAL DEVICE, OR IN THE SCHOOL ON OUR PARENT COMPUTER. PLEASE BUZZ THE DOOR BELL FOR SCHOOL ENTRY.

STUDENTS RETURNING TO SCHOOL AFTER AN APPOINTMENT STUDENTS MUST CHECK-IN AT THE OFFICE BEFORE PROCEEDING TO THEIR CLASSROOM.

# SCHOOL SPIRIT DAYS 2023/2024

Caledonia Park School will be holding several "School Spirit Days" throughout the year. All dates are posted on our CPS Website Calendar and will be announced through our weekly updates. Please note the following dates and encourage your child to show their school spirit! \*\*Dates could be subject to change\*\*

September 28 - Orange Shirt Day

October 13 - Crazy Hair Day

October 31 - Halloween Dress up

November 24 - Flannel Friday

**December 22** - Festive Sweater Day

January 18 - Sports Fan Day

February 14 - Valentine's Day - Wear Pink & Red

February 28 - Pink Shirt for Anti-Bullying

March 17 - Green for St. Patrick's Day

March 21 - #LotsofSocks for World Down Syndrome Day

**April 2** - Wear Blue for Autism Awareness

**April 18** - Viking Fan Day

May 1 - Hats ON for Mental Health

May 31 - Western Day for the Black Gold Rodeo

June 9 - ONE Colour Day! Wear only one colour

## Caregiver Educati on Team Newsletter

October 2023



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

### Adult Education Sessions

#### Understanding Anxiety Series

For adults supporting their own wellness or the wellness of others.

#### Part 3:

Settling Our Minds Wednesday, October 4 12:00 – 1:00 pm

#### Part 4:

Overcoming Avoidance Wednesday, October 11 12:00 – 1:00 pm

## Caregiver Education Sessions

#### Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12 Wednesday, October 18 6:00 – 7:30 pm

#### Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Wednesday, October 25 12:00 – 1:00 pm

#### Participant Feedback

"Thank you very much for all you do. I hope more and more people will find and access these opportunities!"

"I thought the way the webinar was set up was great. Even though we could not view the participants there was enough interaction with the speakers."

## Sessions at a Glance



AMH Education Services Addiction & Mental Health Edmonton Zone

## Caregiver Education Sessions



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

In this 90-minute session, we will discuss common signs and symptoms of attention deficit hyperactivity disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

Date: Wednesday, October 18, 2023

Time: 6:00 - 7:30 pm

For caregivers of children/youth in grades K-12; for adults only.

#### **Understanding Self-Injury**

In this Lunch & Learn session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, October 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

October 2023

#### Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

#### Participant Feedback

"It was very well presented and look forward to receiving the info...was extremely interesting and useful."

"Positive, engaging presenters. Good choices for the videos."



## **Adult Education Sessions**

October 2023



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

#### **Understanding Anxiety Series**

#### Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, October 4, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of

others.

#### Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will look at ways to manage stressful situations in manageable steps and with effective coping skills.

Date: Wednesday, October 11, 2023

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of

others.

#### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click HERE or go to:

www.cvfcaregivereducation.ca

#### Participant Feedback

"I appreciated the flow of the presentation, moving between participants responses, watching videos, and teaching format. You packed a lot in an hour! Thank you!"

"Thank you for putting these series on."



AMH Education Services Addiction & Mental Health Edmonton Zone