

CALEDONIA PARK SCHOOL

Monthly newsletter for CPS Vikings Families



VICE PRINCIPAL'S MESSAGE TO PARENTS

Mrs. Engler - kim.engler@blackgold.ca

October has been a month full of excitement. We were so lucky to have beautiful weather for most of the month. Of course winter decided to show up in the last week, with chilly temperatures and the dreaded S-word (snow). Please ensure that your child has appropriate warm weather clothing (coat, hat and mitts/gloves) so that they can enjoy being outside. Information on weather conditions can be accessed online from The Leduc Operations Building (<https://www.leduc.ca/about-leduc/weather>). Please label your child's cold weather wear. It makes it so much easier to ensure that missing items make it home. Students are also required to have an indoor and outdoor set of shoes at Caledonia Park School to help prevent messy hallways and extra work for our custodial staff.

One of the fun things that has made the month of October so sensational was the return of Bake Sales, Hot Lunches and Popcorn Sales. The delicious treats for the Bake Sale were provided this month by the Grade 1 classes. There were fantastic treats galore with a lot of variety to pick from. These activities wouldn't be possible without the support of our amazing Parent Council Volunteers. Our Parent and School Council meets monthly to discuss initiatives, fundraising and opportunities that can be used to make Caledonia Park School a wonderful place to be. Thank you so much to all of our volunteers! If you are interested in participating in Parent and School Council or volunteering at the school, there is more information later in this newsletter.

Our Crazy Hair day took place on October 13th. It was our first Spirit day and was also a huge success. There were some truly weird and wacky hair styles created by both the students and the staff. We gathered for our first Division 1 (Kindergarten to Grade 3) and Division 2 (Grade 4-Grade 6) assemblies. At CPS we know the importance of being kind and celebrate this with the "Caught You Being Kind" awards. In the assembly we celebrated our students who have stood out as ambassadors of kindness. We were also treated to musical performances by many of the grade 3s and grade 4s.

The most exciting part of October is always the end as it brings Halloween! This year marked the return of the Kindergarten to grade 6 Family Dance! A Caledonia Park School tradition, we have not been able to celebrate with a family dance since 2019! Our theme was Halloween and the dance was a huge success, with so many kids and so many costumes!! Admission was free and parent council asked that, if possible, a donation to the food bank be made. The donations for the food bank were phenomenal, comparable to how much we are able to provide at the christmas food drive! Great work CPS families!! This event wouldn't have been possible without the hard work, organization and generosity of our Parent Council, Junior High Volunteers who ran the face painting and concession stand, and the school community who wanted to spend their Friday evening getting their groove on in our gymnasium. Don't worry Junior High Students, there is planning happening for your more mature dance as well. On the final day of October, we celebrate the day of Halloween! Luckily it is on a school day this year so that we can participate in all of the festivities on the actual day. Our Halloween Parade and classroom events had so many Superheros, Animals, Spooky and Scary Creatures, among many other creative visitors at our school. It is always amazing to see how many Junior High students still take the time to dress up! Way to go Vikings! It is all of you that make our school amazing!

CALEDONIA PARK

School

What's Up This Month

November 1 – No School – PD Day

November 8 – Gr. 7 Quarter 2 begins (Complementary Course Change) Fees added to PowerSchool

November 8 – Grade 9 & ECS Golinsky Bake Sale

November 10 – Remembrance Day Ceremony

November 13 to 17 – November Break

November 22 – Immunizations

November 23 – Popcorn Day

November 24 – NO ECS CLASSES

November 24 – Hot Lunch

November 24 – Flannel Friday

Christmas Concert

We are excited to announce our 2023 CPS Christmas Concert Dates!

Each date will hold an afternoon performance @ 1:30pm and an evening performance @ 7pm. Tickets will be required for all evening performances due to fire code regulations. More information to come!

Wednesday, December 20: Grades 1, 3, 5 & PM ECS Classes

Thursday, December 21: Grades 2, 4, 6 & AM ECS Classes

School Pics

Smart Photography orders are available online for purchase. Pictures will be delivered directly to parents.

If you are missing your student's picture code, please email jenny.zaporosky@blackgold.ca.

BGSD Board

The Board Highlights are a summary of our Board of Trustee meetings to communicate pertinent information to our staff, school councils, parents, students and stakeholders.

You can view the Board Highlights at <https://www.blackgold.ca/about-bgsd/board/board-highlights/> or you check out full agenda and meeting minutes at <https://blackgold.civicweb.net/Portal/Default.aspx>

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.



CRAZY HAIR DAY



OCTBER 2023

CAUGHT YOU BEING KIND!

Congratulations, Vikings!

School staff and students have recognized these individuals for sharing their social and emotional skills with our school community. Thank you for sharing kindness with Caledonia Park School, Vikings!

Division One	Skye Forster	Lexie Maskell
Emmylou Beradi	Riley Porter	Elsie Michelsen
Jensen McCutcheon	Julia Sandstra	Isla Hiebert
Kierra Doblanko	Linkin Chartrand	Max Henault
Ellis Cook	Wyatt Noble	Laila Waser
Elena Smith	Cruz Kaliszuk	Ben McKay
Swayer Black	Brody Ziegler	Brielle Assaly
Aiden Redmond	Ksenia Watchel	Tayana Mlambo
Raya Urlacher	Landon Bredeson	Shaven Thalpe
Chloe Heath	AJ Cabanella	Liyanage
Nathaniel Custodio	Lincoln Pawlick	Ellie Paradis
Jaxon Scherger	Joey McClain	Kayleigh Palsenbarg
Dawson Houff	Camila Houff	Landon Bilodeau
Acadia Keeler	Kaesen Adams	Savannah Owens
Rory Needham	Candace Balbin	Staff
Daxton Donovan	Division Two	Ms. Li
Ryver Weeks	Ryder Burns	Mrs. Taylor
Hayden Pratt	Leah Dockrill	
Maddox Taphorn	Whitney Moffat	



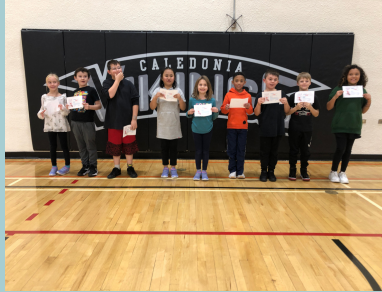
What is Caught You Being Kind?

This year, Caledonia Park School is continuing to focus on supporting our students' social and emotional development through our **Social and Emotional Learning (SEL) program**.

Each month, school staff and students nominate members of our school community who we see sharing their social and emotional skills with others. The nominees in Divisions One and Two are celebrated monthly. Division Three nominees will be celebrated at the end of each term.

In January and June, Caledonia Park School will celebrate all nominees with a random prize draw!

CAUGHT YOU BEING KIND



Student Immunizations November 22, 2023

Children who are eligible for immunizations may be immunized in the school setting with parent/guardian consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. For your child to be immunized in school, consent must be provided to AHS staff verbally or each consent form must be signed and returned to your child's school by the date indicated on the envelope.

For tips on preparing your child for immunizations, please refer to:

<https://www.albertahealthservices.ca/assets/info/hp/cdc/if-hp-cdc-ipsm-tips-make-imm-easier-child.pdf>

The immunization round dates at Caledonia will be November 22, 2023

*If your child is not present on the round dates they may receive immunizations on other dates throughout the school year.

***If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations. To ensure your child is up to date with all recommended immunizations refer to the schedule at: <https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up to date immunization record or if you have any questions you may contact the nurse assigned to your child's school at 780-980-5026

November 2023

CPS HALLOWEEN 2023





Caledonia Parent Council



The Home and School Parent Council would like to thank everyone who was able to join us at the Elementary School Dance on Friday, October 27th. What a fun and successful night!! The amount of food bank donations we received was amazing. Seeing the kids having a blast with their friends and family was exactly what we were hoping for. We also announced the news that we have been approved to start the process of fundraising for a new all-inclusive park by the grade 1 and 2 doors. There will be more information regarding this to come. But it is definitely something to look forward to. Our goal is to start fundraising for this in December, kicking it off with our first 50/50 of the year. In the meantime please check out our current Fall Fundraiser with Purdy's Chocolates which closes November 13th. As well, we will be rolling out our second Fall/Xmas Fundraiser on October 31st with Dieleman Fundraising. We have heard great things about this fundraiser, which has Christmas wrapping and much more. Be sure to share and check it out. We cannot believe we are heading into the holiday season.

Thank you to everyone who is continually supporting our school. We appreciate you.

Your Caledonia Park Home and School Parent Council

****Please note our next Caledonia Park Home and School Parent Council meeting is set for Tuesday, December 5th at 6:30 pm.**



Home & School Fundraisers

Purdy's Chocolate

Starting October 15th until November 13th, you can order Purdys treats from our fundraiser by joining our campaign and browsing the tastiest selection of Christmas chocolates online. Shop gifts for family, friends, neighbours, teachers and even yourself in one convenient place.



Check out our school link:
<https://fundraising.purdys.com/join.aspx/1398856-109735>
Help us reach our \$15,000 goal!!!

Dieleman's Fundraising

Please contact Jennifer Price for more information:
jay_jennprice@yahoo.ca

Starting October 31st we are kicking off a brand new fundraiser and we are counting on your support! The best way to share your fundraiser is by creating an online account. Out-of-town friends and family may shop using your participant ID emailed to you when you create an account. If you already have one just log in and re-send your link out! Helping us reach our goal is FUN and EASY. We have partnered with Dieleman Fundraising to make it happen! Browse the online shop for over 400 awesome products!

TO REGISTER:

Visit: WWW.SHOPDFSCANADA.COM

To register you will need our Organization ID: 8330



Create an account by entering your information and choosing a password, once you are in your dashboard you can use SOCIAL SHARING to send emails, text messages and post right to Facebook. The links will connect directly to your shopping account. All orders placed with these links will be affiliated with the supporter that you registered! And all orders placed by family and friends can have their orders delivered to them!

Place orders by 11/17/2023 with delivery between Dec. 11-15.

The more email invites you send, the more supporters we will get! So, break out your email contact list, share on social media, and help spread the word!



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 1 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:

- 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 1 - Grade 6 Classes
- June 5 - Grade 8 & Mrs. Johnson's ECS Classes

Popcorn Sale Dates

Each bag - \$0.50

- November 23
- December 14
- January 25
- March 21
- April 25
- May 23



2023/2024 Hot Lunch Schedule

~~October 13:~~ Panago

~~October 27:~~ McDonald's

November 24: Boston Pizza

December 8: Subway

December 15: Hot Dogs & Smoothies

January 12: McDonald's

January 26: Subway

February 2: Boston Pizza

February 16: Panago

March 1: Hot Dogs & Smoothies

March 15: Boston Pizza

April 5: McDonald's

April 26: Subway

May 10: Panago

May 24: Boston Pizza

Here's how to get started...

✓ Go to <https://caledonia.hotlunches.net/>

✓ 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

School Sports

Senior Girls Volleyball



Junior Girls Volleyball



ECS Trip to Kiwanis Safety City




We Learnt About

☒ Being a Safe Pedestrian & Driver


☒ Being safe at home

☒ What to do in an Emergency

☒ Having Fun



November



SUN	MON	TUE	WED	THU	FRI	SAT
			1 No School PD Day	2 Day 1	3 Day 2	4
5	6 Day 3	7 Day 4	8 Day 5 Gr. 9 & ECS Golinsky Bake Sale Gr. 7 Q2 Begins	9 Day 1	10 Day 2 Remembrance Day Ceremony	11 Remembrance Day 
12	13 November Break →	14	15	16	17	18
19	20 Day 3	21 Day 4	22 Day 5	23 Day 1 Popcorn Sale	24 Day 2 FLANNEL FRIDAY No ECS Classes today Hot Lunch	25
26	27 Day 3	28 Day 4	29 Day 5	30 Day 1		



December



SUN	MON	TUE	WED	THU	FRI	SAT
					1 ^{Day 2} No ECS Classes today Term 1 Ends	2
3	4 No School PD Day	5 ^{Day 3} Term 2 Begins	6 ^{Day 4} Grade 2 Bake Sale	7 ^{Day 5}	8 ^{Day 1} PAJAMA DAY Hot Lunch	9
10	11 ^{Day 2}	12 ^{Day 3}	13 ^{Day 4} K-Gr 2 Fluoride	14 ^{Day 5} K-Gr 2 Fluoride Popcorn Sale	15 ^{Day 1} K-Gr 2 Fluoride Hot Lunch	16
17	18 ^{Day 2}	19 ^{Day 3}	20 ^{Day 4} CHRISTMAS CONCERT GR. 1, 3, 5 & PM KINDER	21 ^{Day 5} CHRISTMAS CONCERT GR. 2, 4, 6 & AM KINDER	22 ^{Day 1} FESTIVE SWEATER DAY	23
24	25	26	27	28	29	30
31	Christmas Vacation					

Caregiver Education Team Newsletter

November 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.

Caregiver Education Sessions

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:

Wednesday, November 1
12:00 – 1:00 pm

Part 2:

Wednesday, November 8
12:00 – 1:00 pm

Technology and the Teenage Brain Digital Wellness for Families

For parents and teens (grades 7-12) to attend together

Wednesday, November 15
6:00 – 7:30 pm

Adult Education Sessions

Silver Linings *Supporting Wellness in the Later Years*

Part 1:

Wednesday, November 22
12:00 – 1:00 pm

Part 2:

Wednesday, November 29
12:00 – 1:00 pm

Participant Feedback

“Thank you. So valuable in this crazy changing world. I really like that these sessions also point parents in the direction they can go for further help or supports.”

“Really interesting session presented in a kind and thoughtful way. Thank you!”

Sessions at a Glance



Professional Practice & Education
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 2023



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.

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.cyfcaregivereducation.ca

Building Executive Functioning Skills

Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

Date: Wednesday, November 1

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

Date: Wednesday, November 8

12:00 – 1:00 pm

For caregivers of children in grades K-6; for adults only.

Technology and the Teenage Brain

Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Wednesday, November 15

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Participant Feedback

"Great presentation, material and helpful for professionals, parents or guardians."

"Great discussion, valuable information!"

"Thank you, this was great and easy to participate on a lunch break."



Professional Practice & Education
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

November 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.

Silver Linings

Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

Part 1:

In this session, we will look closer at the common mental health challenges older adults face and some of the causes contributing to these challenges.

Date: Wednesday, November 22

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Part 2:

In the session, we explore helpful strategies and supports that promote mental health wellbeing in older adults.

Date: Wednesday, November 29

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

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.cyfcaregivereducation.ca

Participant Feedback

“Great time. Beneficial and thought-provoking content. I'll keep on taking these courses. I'm 76 and still learning! Thanks!”

“I find the format of the virtual one hour - lunch & learn sessions to be a great option. Thanks!”

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 - cps.studentabsence@blackgold.ca 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.



Miss Vs On Main November

ART CLUBS & PROGRAMS

Miss Vs On Main offers after school art club for ages 4-9 & ages 10+, running Monday's and Tuesday's from 4-5:30 & 6-7:30.

We work on a variety of projects and mediums so each month the kids will take home pieces they can showcase.

November we will be working on acrylics, inspired by a favorite Canadian artist Adam Young.



FOR THE ADULTS

Adult classes are offered on Thursday 7:30-9:00 pm, we will be working on acrylics for November.

HALLOWEEN TOWN DOWN TOWN

We are so excited for all the fun fall activities happening here in our community! We are a big part of the fun.

Art club attendees will be taking part in hand crafting fall, and Halloween decor for main street and downtown businesses for display to the public.

The downtown businesses are offering trick or treating to the public on Halloween both day time & evening and we are creating all the decorations for it!



ANYONE CAN GET CREATIVE

We offer programming for all ages and experience levels, but we also offer programming for those who need support.

We offer options for low income families as well as families with disabilities. We strongly believe supporting everyone in the community is important as the people make our community thrive.

missv.ca

• Artclubs & programs

• 4720 B 50 Ave Leduc

• (780)707-1373

YOUTH Talent showcase **AUDITIONS**

NOV. 4, 2023
1-4 P.M. * * * *

MACLAB CENTRE FOR THE PERFORMING ARTS

Auditions for the Youth Wellness Symposium Talent Showcase take place on Saturday, November 4 from 1 - 4 p.m. at the MacLab.

Talents we're looking for:

- Music → Singing
- Dance → Anything you'd like to showcase to Leduc!
- Acting

LEDUC.CA/YOUTH-SYMPOSIUM



Scan to
Audition!



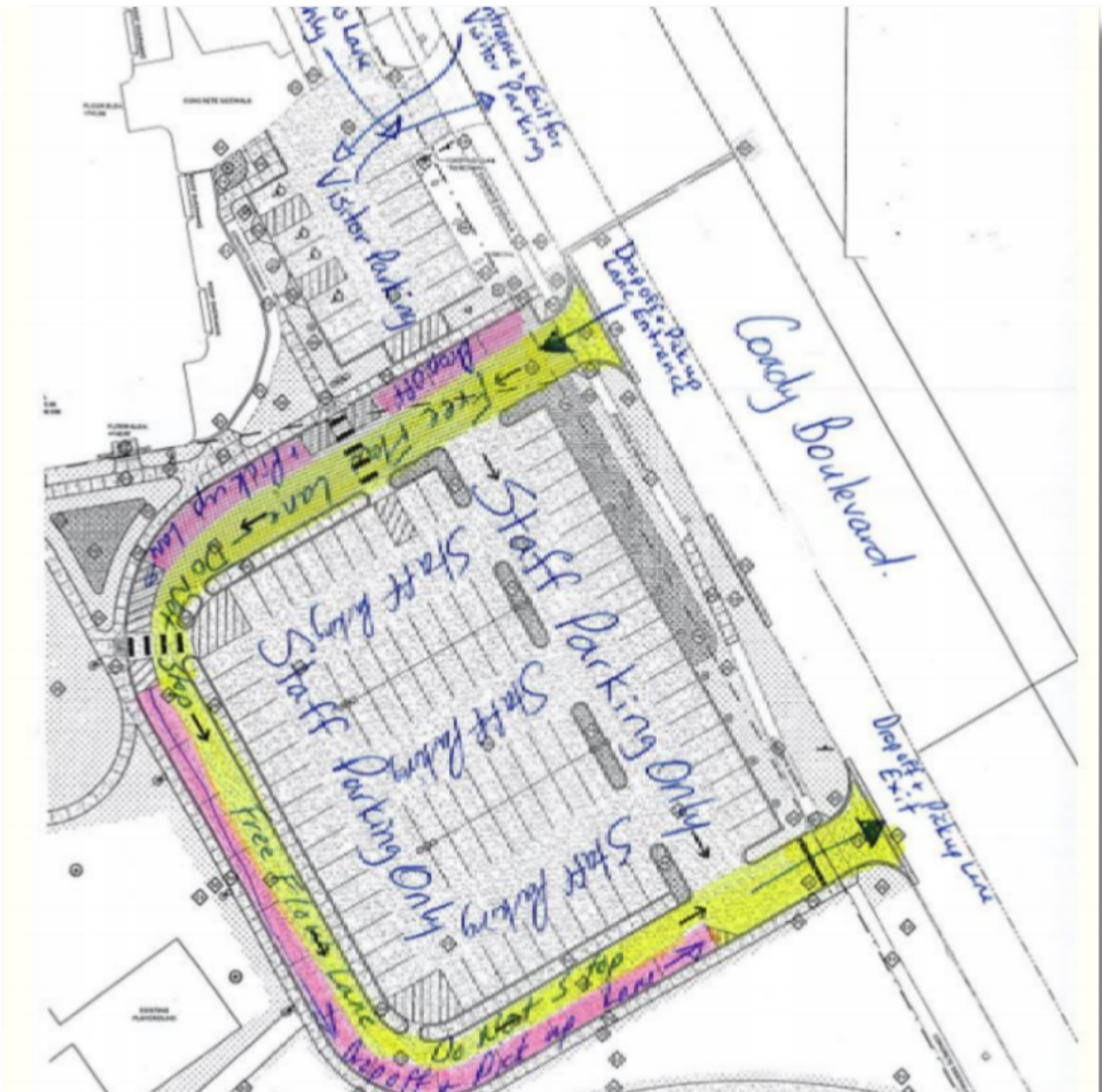
ACTIVE 8's & 9's

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

*Applicable only to residents who pay municipal taxes to the City of Leduc and Leduc County.

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.



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**

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