

BISON TALES



Calendar of Events

January 8	Habit 3 Assembly (Grade 4) Newsletter emailed
January 12	CPF 9:30-10:30 a.m. School Council 10:30-11:30 a.m.
January 15	Lock Down Drill 10 a.m.
January 18	Blue Day
January 19	Purple Day
January 20	Green Day
January 21	Red Day
January 22	Orange Day
January 29	School Closure Day – No School
February 3	Jump Rope for Heart and Win-Win Assembly (Grade 2) Early Dismissal Staff Meeting - 2:10 p.m.
February 4-5	Teachers' Convention – No School
February 9	School Council Meeting 6:30-7:30 p.m. AEPSA Meeting 7:30–8:30 p.m.
February 10	Win-Win Day
February 12	School Closure Day – No School
February 15	Family Day – No School
February 18	Ski Trip – Grades 4-6
February 24 - 25	Demonstrations of Student Learning 4:30–7:30 p.m.
February 26	Carnaval

January 2016 Message

Happy New Year! Have you and your children made resolutions for 2016? A commonly held notion has been that only a mere 21 days is required to establish a new habit. Phillippa Lally, a health psychology researcher and others at University College London, have confirmed that it actually takes 18 to 254 days to form a new, positive habit (depending on the person, the behavior and the circumstances). Lally also found that it takes more than two months for a new behavior to be considered automatic. No wonder it is so challenging to keep resolutions! Thankfully, the research also points out that positive habits are possible to achieve even if people do err on occasion.

The halfway point of the school year is nearing and so much learning remains to be done. A brief summary of some of the programs and activities that have taken place so far this year are attached in this newsletter for your information. A significant priority, as a Seven Habits School, is to support students to develop the skills, habits and abilities to demonstrate personal ownership for their learning and accountability for their behavior in a safe and caring environment. Students also develop the foundational skills for lifelong learning, personal resilience and active citizenship to prepare them for the world of work. These knowledge, skills and aptitudes, so necessary to equip a student for the 21st century, are no small task and require the intentional efforts of the home, school and community to develop. Our students are growing admirably in their capabilities. Your support in the home truly helps staff to assist each student to achieve their personal best.

As a school staff we wish you continued health, happiness and many opportunities to learn together in 2016 ☺

Great happens here!

Kindergarten Registration

Do you know a child who will start Kindergarten in Fall 2016? Registration for the 2016-2017 school year is now open. Children are eligible to enroll in Kindergarten for the upcoming school year if they will be five years old on or before December 31, 2016.

Kindergarten registration for the 2016–2017 school year is now open (for students attending their designated school). To help families prepare, EIPS has put together an [online guide](#) complete with details on registration, eligibility, dates to remember, how to find your designated school, programming options, what to expect, Kindergarten Information Nights, transportation, and more. When registering your child, please remember to bring proof of residence, your child’s name, and date of birth and citizenship.

Our school website, www.ardrossanelementary.ca also provides specific details about our Kindergarten program. École Ardrossan Elementaire offers:

English ECS:

Monday/Thursday and some Wednesdays
Tuesday/Friday and some Wednesdays

French Immersion:

We are able to offer one French Immersion ECS class. **Depending on enrolment, the class will operate either every morning (Monday through Friday) OR full days Tuesday/Friday and some Wednesdays.** The decision to offer a full day program will be made by **January 29th, 2016.**

Boundary Exemption Request Process

Elk Island Public Schools (EIPS) boundary exemption request process for the 2016–2017 school year will take place from **February 1 to April 14**. This is the only time of year students from Kindergarten to Grade 12 requesting to attend a non-designated school in the upcoming school year can apply to do so. Interested families must fill out a Boundary Exemption Request Form and submit it directly to their requested school.

The Boundary Exemption Request Form will be available in mid-January. Additional information about the boundary exemption request process, schools with closed boundaries, and frequently asked questions can be found by visiting www.eips.ca/boundary-exemptions in the coming weeks. Students already accepted into their non-designated school do not need to reapply. Final decisions will be made by April 22, 2016.

Canadian Parents for French (CPF) and School Council Meetings

Happy 2016 and I hope everyone had a safe Christmas break. We are coming upon a busy time at Ardrossan Elementary. Carnaval is fast approaching and requires much parent support. There is a possibility that we may be required to replace our playgrounds once the new school is completed and that would require some fund raising to support new construction.

We need more parent volunteers to help with events and fund raising. If you can assist in any way please attend the **CPF and School Council** meetings on **Tuesday, January 12th at 9:30 a.m.** **Your support is much appreciated!**

JP Grebenc

School Council Chair

Giving Tree

Over 23 boxes of mitts, hats, personal care items and gifts were donated by the Ardrossan community to the Strathcona Christmas Bureau. Thank you!

New Website!

Please check out the new École Élémentaire Ardrossan School website along with the Elk Island Public School website. It is a work in progress. Please note there may be some technical glitches as we transition information to the new site.

<http://ardrossanelementary.ca/>

<http://eips.ca/>

Leadership in Action - Hampers for Holidays



Three students, their parents and teachers represented our Grade 5 classes as they created Christmas hampers



for a family of nine. A giving Ardrossan community!

Musical Notes

Have you checked out the music blog yet?

Please visit:

<http://ardrossanelementarymusic.wordpress.com/>

If you need the password please contact our music teacher, Mrs. Harding.

Christmas Concert Celebrations



The attendance of parents at the Christmas Concert program(s) was again outstanding - whether at the DOW Centre or by techno means whereby families and relatives chose to watch the program from the comfort of their homes - in Canada or in the United States. The comments and messages that have been received regarding the concerts are gratifying.

The talents of students truly shine through these festive programs as choral singing, reading and drama are presented within the spirit of the season. The program could not occur without the expertise, energy and enthusiasm of Mrs. Kyla Harding, Music Teacher, who shares her genuine passion for music with students on a daily basis. Thank you to our entire staff for working together over a number of weeks to support students in this musical extravaganza that so many of our families look forward to each year.

Carol Singing

Thank you to the Ardrossan Junior Senior High Jazz Band for their tremendous performance at our caroling assembly. Mrs. Henderson held us spellbound with her beautiful voice. Thank you!

Lost and Found Items

Four garbage bags of unclaimed and unidentified items were donated to Goodwill over the holidays. Goodwill was thrilled with the clothing. Please ensure your child's name

is on clothing items as it helps your child keep track of missing items and assists in their return.

"A leader is one who knows the way, goes the way, and shows the way."

John C. Maxwell

Absences

Thank you for explaining your child's absence when you call to report that your child is away. This helps with tracking absences as we are required to report absences that may be in excess of 10% of the school population (i.e., flu symptoms).



Attention Grade 4 Parents

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in Grades 4, 7 and 10 will receive a survey from Alberta Education. In February, students in Grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2016 and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

"There is no exercise better for the heart than reaching down and lifting people up."

John Holmes

Dressing for the Weather

Even though our winter has been quite mild so far, we thank you for making sure that your child has the necessary winter gear to keep warm. Our students participate in outdoor recesses except in the most extreme cold weather. Hat, mitts and a warm coat are necessary during outdoor play. We generally have indoor recess when temperatures reach -21 degrees Celsius or lower.

Library Tales

Sir Booksalot spent all of December looking out the library window with his Santa hat on waiting to go to a classroom but it didn't happen. Students, please remember the more books you return the more you get to borrow. Congratulations to the December winner of our library treasure chest draw, Katijana K. from Room 5B.

We will be starting to have "Battle of the Books" meetings with Grade 4, 5 and 6 students that are participating in our school battle in April and the school division battle in May. We will provide more details when confirmed.

Keep reading cool books!

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."
Edith Lovejoy Pierce

Tidbits from the LunchBox...



Well, the Christmas Holidays are all over and done with....can you believe it??? It's back to our regular routines of early bedtimes, school days and making lunches. Give yourself a break, and order some yummy Hot Lunch lunches.

Mark your calendar...Next menu will be open for ordering starting on **January 11th and closes on January 21st.**
No late orders and/or payments will be accepted.

Thank you to everyone that supported the AES LunchBox Purdy's Milk Chocolate Santa lollies sale. We still have more available to purchase!!! Only \$2.00 each and all proceeds go towards the AES LunchBox New Kitchen. Email info@aeslunchbox.com if you are interested. Our limited quantity will be available for purchase in the February schedule!

If bus service is cancelled for any reason (snow day, icy roads, fog, mornings only etc...) HotLunch service will be

cancelled and any perishables will be donated to a charity of our choice. Please be advised that we will continue to accommodate parents who come after the lunch rush to pick up their absent child's lunch order.

Ever wonder what HotLunch is all about? What it takes to make this program a success? Come and join us at one of our meetings! If you are interested in attending a meeting, please contact info@aeslunchbox.com Support issues will be addressed within 24 hours and should be directed to support@aeslunchbox.com

Campbell's Labels

We are collecting *Campbell's Labels for Education™*. Save the full label from eligible Campbell products and send them to the school. Eligible products include:

- Campbell's condensed soups
- Campbell's Easy Cooking Sauces
- Gardennay
- Healthy Request soups and microwavable bowls



Please contact our parent program coordinators, Terri-Ann Trohubiak or Roxanne Dunham at ttrhubiak@yahoo.ca for more information or visit www.labelsforeducation.ca.

Inclement Weather

With winter upon us, encourage your children to dress appropriately for the weather. Should inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise parents of bus cancellations using various communications tools, including automated telephone messages, details posted on the division home page (www.eips.ca), in the *Bus Status* section of our division and school websites, on our main switchboard (780.464.3477) and community hotline (780.417.8122), on Twitter, and through local radio stations. We strive to share all information by 6:30 a.m.

EIPS *Administrative Procedures 164, Inclement Weather* states bus service may be suspended when the temperature reaches -40°C **including** wind chill factor as measured by Environment Canada at 5:00 a.m. and/or due to adverse weather or road conditions. Bus service may be suspended on a region-by-region or route-by-route basis. When school bus services are suspended, schools shall remain open to students.

EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

Parents must use discretion when sending children to school during inclement weather, even when buses are running and schools are open. For more information, please contact Student Transportation at 780.417.8151.

Seven strategies can make your family read-aloud time a success



Some parents stop reading aloud as soon as their child learns to read. But reading aloud can continue to be fun, and it builds reading skills, too. To make your read-aloud time successful:

1. Do it every day. When you read aloud every day, you demonstrate that reading time is much too important to miss.
2. Pick a regular time. Making reading part of your routine also makes it easier to fit into a hectic day. Again, your child will see by your example that you consider reading to be important.
3. Read the book first—before you read it aloud. Reading aloud is performing. You'll do a better job if you're familiar with what you're going to read. Previewing a book may also keep you from getting bogged down in a book that neither you nor your child enjoys.
4. Read books you like. If you like a book, odds are your child will, too. A great place to start is by reading books you enjoyed as a child.
5. Accentuate the first line. The first line of any good story will grab the reader's attention. Your reading should make your child want to sit up and listen.
6. Use facial expressions. Widen your eyes to show surprise. Squint a bit to show you're thinking.
7. Leave your child wanting more. Stop your day's reading at a point where she is eager to hear what happens next.

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Help your child strengthen 'mental math' skills

In an era when calculators are never far away, do children still need to learn basic math skills? Absolutely, say experts.

Knowing how to do calculations in your head is a good way to stimulate thinking. It makes it easier to tackle higher math. It's hard to think about an algebra problem if you can't quickly add $7 + 15$.

Here's how to use a calculator to strengthen your child's mental math:

- Call out a three-digit number. Have your child do the same. Now give your child five seconds to estimate what the two numbers will add up to. Then check with a calculator.
- Or use this same trick as a subtraction challenge. Have your child estimate the answer. Then check it with the calculator.

As your child gets faster, you can make the challenge greater. While your child does the math in their head, you use the calculator. Is your child faster than the machine?

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Leadership Ledger: Put First Things First

Habit 3 is all about deciding what is most important and making sure to do that first. By planning ahead, we are organized and less stressed. Students make the commitment to:

- Make a schedule;
- Spend time on important things;
- Study first, then play;
- Be disciplined and organized; and
- Be aware of the time.

See below for the parent handbook for the Leader in Me: <http://ardrossanelementary.ca/leaderinme/leader-in-me-parent-handbook>

Questions and Answers:

Are you teaching and practicing listening skills?

The most important part of communication isn't talking—it's listening. And listening skills are crucial for your child's success in school.

Answer yes or no to the questions below to see if you are helping your child become a good listener:

- 1. Do you try to give your child your undivided attention when he's talking? If you're busy, say, "I'd love to talk about this after I cook dinner."
- 2. Are you patient when you listen? Sometimes, it takes a while for your child to actually say what he wants to say.

- 3. Do you avoid interrupting your child when he is talking and ask him not to interrupt you?
- 4. Do you “listen” to your child’s behavior? A child who is acting up is communicating a need.
- 5. Do you avoid chiming in with the “right” answer? Instead, let your child try to sort out what to do.

How well are you doing?

Mostly yes answers mean you’re raising a good listener. For each no answer, try that idea.

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Did you know that self-control can improve your child’s academic progress?

Research shows that self-control is twice as important as intelligence in predicting your child’s academic achievement. According to experts, kids who struggle with self-control are more likely to face criminal, financial and other problems later in life.

What can parents do? Focus on promoting self-control skills, such as working hard, behaving well and thinking before acting. Give your child opportunities to:

- Take responsibility. Think about what jobs your child can master, such as putting clothes in the hamper at night or setting the table for family meals. To help your child take responsibility for a routine, such as getting ready for school in the morning, post a reminder chart to help your child through the steps.
- Practice patience. Make and enforce simple rules that encourage self-control. “Finish your homework before watching TV.” “Save dessert for after dinner.”

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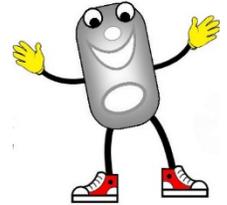


“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking

for flaws, but for potential.”
Ellen Goodman

Pull Tabs

Calling all families with pull tabs! Are you collecting pull tabs but don’t know where to put them or how to use them? Mr. Frederickson has been collecting them for the last 13 years, for different organizations, and am now collecting them on behalf of **Ronald McDonald House® Northern Alberta**. They are able to send these tabs to Maple Leaf Metals where they can recycle the tabs and receive money to put towards their many different programs. If you would like to help this organization please feel free to drop off your pop tabs at the school. Thank you very much for your time and effort.



Community News

EIPS Continuing Education is offering **Basic French Level 1** Join an interactive class for adults who have little or no previous French language training. Topics include pronunciation, vocabulary, grammar, basic sentences and useful expressions.

Small classes give you the opportunity to practice in conversation and get individual attention!
Mondays, Jan 11 – March 21, 6:30-8:30 (\$199)
You can register by calling (780)467-7292 or visit our website at <http://eipscontinuinged.ca/>

We also offer Level 2, French for Travelers and The French Connection (conversation circle with instructor). See <http://eipscontinuinged.ca/> for more details.

Mental Health Supports

Lakeland Ridge School Council invites parents to attend a FREE seminar on Mental Health Supports and Addiction Prevention for teens and pre-teens on Wednesday, January 13, 2016, from 6:30 - 8:00 p.m. with a presentation by Z'Anne Harvey-Jansen, BSc. (Honours Psychology), MSc. (Family Life Education) Prevention and Health Promotion Addiction and Mental Health - Edmonton Zone Alberta Health Services. To register, please select the link below:

<https://www.eventbrite.ca/e/parent-session-on-mental-health-addiction-prevention-for-teens-preteens-registration-19731915691>