



The Steffie Scoop

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Sylvan Lake, AB T4S 1A5
Website: steffiewoima.ca

Chinook's Edge School
Division #73

April
2021

UPCOMING EVENTS

| | April Dates |
|-------|--|
| 2 | Good Friday– No School |
| 5 | Easter Monday– No School |
| 6&7 | Spring Photos |
| 7 | Booster Juice - Breezy Banana |
| 16 | Hot Lunch- Tim Horton's & Jersey Day |
| 19-23 | Spring Break |
| 30 | Hot Lunch– Subway Deadline to Order May Hot Lunch |

Spring Photos April 6&7th.

Classes being photographed on the 7th are:

4 Smetaniuk

5 Merkley

5 Beagan



All other classes will be photographed on the 6th.

Steffie Reminders

- April can be a very wet and muddy month. **Please remember to send an extra set of clothes** to school with your child.
- **Kinder and Pre-K registrations** are now open for the 2021-22 school year.



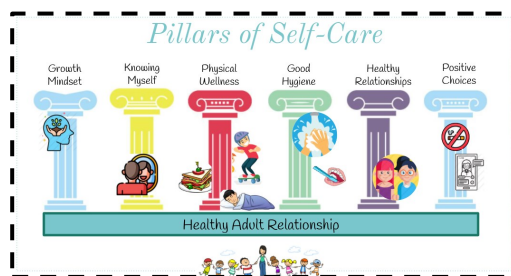
**Families interested in Pre-K are welcome to call the school for more information.

Safe & Caring Message

Managing Well-Being: Self-Care with Physical Wellness

As a Safe & Caring committee, we are focusing on teaching staff and students about the importance of self-care. We are always looking for ways to support students and families with their well-being.

Below is the framework that we are using to guide our work. It includes many elements that are important to developing healthy kids. This month we are working on physical wellness.



An important part of self-care is physical wellness. Encouraging our children to be physically healthy also contributes to their mental health and cognitive development. We can be physically well by getting enough sleep, eating healthy and engaging in physical activity.

Tips to build healthy eating habits for your family:
Eat together

Follow the healthy eating recommendations

Make time for healthy eating so that you and your kids are not rushed.

Offer your kids healthy meals and snacks at regular times throughout the day. Have a conversation about all of the components that go into a healthy meal.

Replace sugary drinks with water.

Limit the number of highly processed foods you offer.

Think about the kind of foods you buy and have in your home. What you have in your home is what you and your kids will eat.

Put away toys and screens during mealtime. Without these distractions, you and your family can enjoy eating and talking with each other. Ask each family member about their day.

Teach your kids about making healthy food choices.

Plan out your meals and snacks with your kids to have the healthy foods they like in the home.

Get your kids cooking. Support them, regardless of age, by helping them with simple food-related tasks.

Regular exercise and sleep improves our mood and reduces stress, anxiety and even sadness. This is especially important during challenging times. The Canadian Food Guide recommends that children and youth should get at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities.

Please refer page 3 for how to encourage your child to be active!



Strong leadership at every level sets students and staff up for success

A Message from the Board of Trustees

Supporting the growth of our leaders has always been a priority for Chinook's Edge and there has never been a greater need for exceptional leadership than this past year. Trustees are proud that our classroom, school and division office leaders are determined to ensure our work of teaching and learning is continuing successfully. We are so grateful for their efforts.

Without a doubt, leadership extends to parents who are leading the learning from home when called upon. We can see that our Chinook's Edge culture of caring, collaboration and respect is present in our shared resolve to move learning forward for our students. We have witnessed evidence of hard work and goodwill in all of our school communities and appreciate leadership at all levels that come together to support students.

We would be remiss when speaking of leadership not to mention that the culture of leadership comes from the top. It is with extreme pride that we take a moment to recognize Kurt Sacher and the recent announcement that he has received the EXL Award for Excellence in School System Leadership from the College of Alberta School Superintendents. Kurt has a gift at building relationships. He is passionate about his work and authentically cares about students, staff and families.

It is these leadership qualities that ensure Chinook's Edge is the division where students come first.

Chair Holly Bilton,
On behalf of the Board of Trustees

For Trustee updates and to read the latest Board eNews, please visit our [website](#).



A Message from our Principal

March has flown by as it was a busy month here at Steffie Woima with all of us enjoying spring-like weather. I would like to thank you for reading with your child every night. To become fluent and avid readers, children need regular practice. The development of their reading skills in the elementary years of their education is critically important to success in high school and beyond. Books are a great way to expand your child's vocabulary which significantly improves comprehension of more challenging materials later on. Your time and commitment is making a big difference and it has been so exciting to see our students' reading growth this year.



Thank you to Jenn Bahler, our fundraising society and Mrs. Jamieson for ordering and purchasing spring playground equipment for each individual classroom or cohort. It is exciting for our students to have new activities on the playground!

We are all excited about the arrival of spring and hopefully we are done with inside recesses! It is wonderful to see the kids enjoying the warmer weather. Our Chinook's Edge psychologist has often reminded us about the importance of limiting screen time, getting our kids off the couch and active, and outdoors enjoying fresh air. She also encourages families to have 'screen free' times and areas in the home so that kids and families engage in conversations which helps build connection and vocabulary.

Welcome to Kindergarten and Pre-Kindergarten will be virtual this year with more information coming out in May. We will have class visits in late August or early September. We are looking forward to meeting all of our new families and students.

We hope you have a Happy Easter and have a fantastic April!

Ms. Eadie-Gyori—Principal

Thank You

To the Blizzard Soccer Club here in Sylvan Lake for the donation of soccer balls for our classroom recess use! The students and staff here at Steffie appreciate your generosity!

Reminder for Hot Lunch Orders

Please keep in mind that when you order your student(s) hot lunch online, you will receive a **confirmation email** with a receipt for what you have ordered. If you do not receive the email, it means that for some reason, the payment was not processed and your student(s) will not receive any Hot Lunch. Thank you.

HARD COPIES OF THE NEWSLETTER ARE AVAILABLE IN THE OFFICE



Encourage Your Child to be Active

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

From <https://csepguidelines.ca/>

Ways you can encourage your child to be active:

Encourage walking to school. Get them to scooter, skateboard, bike or run instead of getting a ride

Ask them to walk the dog with you

Have them rake the leaves, shovel snow or carry the groceries

Encourage them to dance to their favourite music

Replace computer and TV time with something active

Build active opportunities into daily classroom routines and encourage students to join a school sport team

Take kids to the playground or to the park to play

Reduce screen time

Be active as a family

Parent Council News

Next Parent Council Meeting

Monday, April 12th at 7:00 p.m.

Unfortunately with all the Covid restrictions we are postponing the school wide book club indefinitely.

Every year on Mothers Day weekend for the past 10 years there has been the Mothers Day FUN run in RD. Yearly all Central Alberta schools have been challenged to have the most students participate (Poplar Ridge won the last 2years!); however, this year due to Covid it is going to look very different. They have changed the challenge and challenged all schools to participate "virtually" in support of Mustard Seed Lunch Program...so the first week of May Steffie students will be challenged within their classes to run or walk 3km. These kilometres can be used towards the Marathon kilometres as well.

Our redesigned 9th Annual Steffie Marathon is about to kick off. Although it will look a little different this year...we will still be walking our way to a marathon. Watch for the registration packages to come home in the next couple of weeks. We may have to increase the cost of the Marathon this year if we can not secure a few more sponsorships. If you are willing to sponsor the Marathon, please contact Jennifer Bahler. We would really like to keep the cost at \$7 for Steffie students and staff and \$15 for all others! Let's break our record and get over 500 registered participants this year!

We want a Steffie student to design our next Marathon Logo. Please submit your design to the office by April 10. It must have: our Marathon name—"Steffie Kids Marathon" and the year—"2021". Everything else is up to you! Computer generated or hand-drawn pictures are welcomed. The winner will get to work with a graphic designer to create the final Logo! Many volunteer hours make the Marathon a success; and although we will be more restricted this year we will still need some volunteers! If you can volunteer your time for our 2021 Marathon, please contact Jennifer Bahler at jbahler17@gmail.com or call at 403-505-5889.

Thank you to all the sponsors that have already donated...we really appreciate your commitment to our marathon.

Jenn Bahler—School Council Chair

Hot Lunch Program

Mustard seed has been supporting our daily lunch program at Steffie this year. They supply the school with lunches for 6-10 students; plus extra supplies "in case".

We would like to support them this year and make our June Pizza hot lunch a donation lunch for Mustard Seed School Lunch Program...lets see if we can raise \$1000 for the school lunch program.



Thank you to the following parents who volunteered for March hot lunches!

Christa Currier Lindsay Clark Trish Hammond

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