



# The Steffie Scoop

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Sylvan Lake, AB T4S 1A5  
Website: [steffiewoima.ca](http://steffiewoima.ca)

Chinook's Edge School  
Division #73

May  
2021

## UPCOMING EVENTS

	May Dates
5	Wear a Hat for Mental Health
6	Booster Juice - Original / Spring Photos are due
7	No School
14	Hot Lunch- Sobey's
18	Virtual School Council/Fundraising
21	No School
24	No School- Victoria Day
28	Hot Lunch- Taco Time

To help assist us in taking swift measures to protect the health and safety of the entire school

community and to mitigate the spread of the virus. If your child

receives a positive test, please contact me via email at [aeadiegyori@cesd73.ca](mailto:aeadiegyori@cesd73.ca) or through this [confidential form](#).

Thank you for your help!



Thank you to the supporters of our Breakfast Program!



### Safe & Caring Message Managing Well-Being: Self-Care Hats On! for Mental Health



All year, the Safe & Caring Committee has been promoting and teaching our staff and students about self-care.

May 5th is **Hats On! For Mental Health**. We will be recognizing this day by wearing hats as well as re-visiting some of our self-care learning from previous months and participating in a variety of activities to boost our wellness.

The World Health Organization defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

Mental health affects the way people think, feel and act. It is just as important to take care of our mental health as it is to take care of our physical self. When it comes to mental health and elementary aged students, parents play a critical role in supporting positive self-esteem, self-confidence, and emotional regulation as well as building resilience and coping strategies. There are many different approaches to helping children and youth struggling with emotional or mental health problems. Getting help early is important. It can prevent problems from becoming more serious, and can lessen the effect they have on your child's development.

Ways to proactively nurture a child's mental health:

- Helping kids with strong, caring relationships (\*Significant adults who are consistently present in a child's life plays a crucial role in helping develop resilience):
  - Spend quality time together-around the dinner table (devices away), doing things everyone enjoys (i.e., mini sticks, soccer, board games, crafts, etc.).
  - Talk through and teach kids how to solve problems and conflict.
  - Have clear, consistent expectations. When kids make mistakes, use those moments as an opportunity for teaching them what to do next time. Show lots of love and acceptance and unconditional positive regard.
  - Praise them when they do well. Recognize their efforts as well as what they achieve.
  - Listen, and respect their feelings:
    - It's OK for kids to feel disappointed, frustrated, sad or angry. Acknowledge the feeling. Encourage them to talk about how they feel. Sometimes there are no solutions, we just need to listen and they just need to feel the feelings.
    - Teach your child how to get through those moments when they feel upset. This could be deep breathing, doing something calming (such as a quiet activity they enjoy), taking some time alone, or going for a walk.
  - Create a safe, positive home environment:
    - Be aware of your child's media use, (content and the amount of time spent on screens). It is particularly important to be aware of who they might be interacting with on social media and online games.
    - Be careful about discussing serious adult problems such as finances, marital problems, or illness around your children. Children can worry about these things.
    - Be a role model by taking care of your own mental health: Talk about your feelings. Make time for things you enjoy.

More information:

[https://www.caringforkids.cps.ca/handouts/mentalhealth/mental\\_health](https://www.caringforkids.cps.ca/handouts/mentalhealth/mental_health)

<https://ontario.cmha.ca/documents/child-and-youth-mental-health-signs-and-symptoms/>

<https://www.mentalhealth.gov/talk/parents-caregivers>

**Spring picture orders are due May 6, 2021 for those who are sending orders through the School. Thank you!**





## Ensuring the highest levels of safety

A Message from the Superintendent

As we enter into the second spring of the pandemic, we are exceedingly grateful to everyone in our school communities for working to maintain our high standards of safety. While our diligent attention to safety continues to be practiced in every classroom and in every building throughout our division, this year the pressing need to work within COVID-19 restrictions has required an extra effort from everyone.

In Chinook's Edge our staff and students are mindful of maintaining the detailed safety protocols that are embedded in our division culture. This means that, while we all deal with the ebb and flow that the pandemic has required of us, our attention to our safety program is unchanged. Chinook's Edge has continued to achieve COR (Certificate of Recognition) status for multiple years, as we surpass the required safety standards in our schools and departments. We insist on optimum safety, because we care about the people in our buildings – our students, staff, parents and volunteers – and because it's the right thing to do.

We do want to acknowledge the efforts of our parents and volunteers, who have been creative in finding virtual ways to reach out and support our schools despite the restrictions on in-school visits. We had this goodwill in mind during the recent National Volunteer Week, as we continue to move forward together with caring and compassion.



**Kurt Sacher**  
Superintendent

**For Trustee updates and to read the latest Board**

## A Message from our Principal

The year has flown by and it is hard to believe that it is May already!



It has been amazing to see our students' reading and writing skills develop this year. We will continue to focus on improving our students' reading and writing skills during the last two months of the year. These last months are really important in solidifying the skills acquired this year. Thank you for reading with your child(ren) each day as it makes a big difference in reading progress. Thank you in advance for your continued efforts to ensure your child is well rested! With the longer days, we know that it is hard to get the kids to sleep and we thank you for your efforts.

The Steffie Marathon planning is underway with modifications to how we do it this year. More information will be coming out shortly and a huge thank you to Jenn Bahler for all of her work in planning and organizing this event. It encourages kids and families to get outside and get active!

I just wanted to take a moment to thank you for all of your support in helping to keep our school safe in the midst of a pandemic! Thank you for doing the checklist and keeping kids at home who are feeling unwell. Thank you for your on-going support and we navigate through this experience together!

Angela Eadie-Gyori  
Principal

## Parent Request For Class Placements—*2021/2022*

### *School Year*

Each year the teachers in each grade team spend many hours preparing class lists that are well balanced according to achievement levels, genders, and behaviors of students, with the best educational placement of students in mind.

Although we will accept some parent requests for placements, remember this is only a request and not a guarantee. The principal of each school makes the final classroom placement of students. **Staffing is usually not finalized until June of each year.**

The following process will be followed in regards to parent requests for student placements for 2019 - 2020:

1. **Requests will only be taken for educational reasons.** The written request must specify the educational reason for the placement request. If none is given, the request will not be considered.
2. **All requests must be in writing to the principal** before May 31st.
3. Only a portion of each class list will be considered for special requests in order to maintain the best educational balance in each classroom.

Thank you for your cooperation and understanding in this issue. Please trust that the educational professionals at each school have the best educational interests of your child in mind.

From the Principals of Sylvan Lake Schools

**Angela Eadie- Gyori**

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We are still accepting sponsors for the Steffie Marathon. If you know of someone who may want to sponsor the event, please let Jennifer know. We also require prize donations! If you'd like to donate a prize, please let us know.

Thank you to the sponsors who have already committed! Also, the event requires many volunteers. If you are able to help out with volunteering, either on or before the day of the event, June 11th, please contact Jennifer Bahler at 403-505-5889.

Jennifer Bahler—School Council Chair

### Hot Lunch Program

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

**Christa Currier Lindsay Clark  
Trish Hammond**

The Mustard Seed School Lunch Program has supported our school all year long. This month we'd like to collect donations for the Mustard Seed as part of the Aloha School Run fundraiser. Big or small, your donation makes a positive impact. Your support, kindness and generosity is appreciated! All donations over \$25 will be receipted by The Mustard Seed.

### Steffie Kids Marathon

Due to Covid, being unsure of exactly what the marathon will look like, and to minimize contact and costs, we have decided to cut the pedometer of the marathon for this year. We know many kids love having the pedometer, but we feel we want to offer something and keep costs low as well as minimize contacts due to covid. There are many tracking apps that can be used as well to track your kilometers. Below is the **average** number of steps that each age group of students take in a 1/4 km. This will make it easier to keep track of how many kms your child has walked on the log sheet.

Age: 6-7 ~ 600 steps

Age: 8-9 ~ 500 steps

Age: 10-12 ~ 400 steps

TO register please fill out the registration form and send back to school with the fee in a sealed plastic bag. School Council members will collect the bags from each student directly every AM. If you would like to make other arrangements in registering please contact Jennifer. Happy Walking!

Remember the goal is to be more active together.

The deadline for registration is May 12.

Please make sure to register by May 12 to ensure you get a t-shirt.

Jennifer Bahler—School Council Chair

# Aloha School Run

## MAY 3 - 7



BE THE CHANGE

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