



# 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  
2022

## UPCOMING EVENTS

|    | May Dates                            |
|----|--------------------------------------|
| 5  | Hot Lunch– Taco Time (T/Th Kinder)   |
| 6  | No School– Non Instructional Day     |
| 12 | Wear Colourful Clothing              |
| 13 | Hot Lunch– Sobey's (T/Th Kinder)     |
| 17 | Virtual Student Council Meeting 7:00 |
| 20 | No School– Non Instructional Day     |
| 23 | No School– Victoria Day              |
| 26 | June Hot Lunch Order Deadline        |
| 27 | Booster Juice– Original (M/W Kinder) |

Thank you to the supporters of  
our Breakfast Program!



THANK YOU TO THE

SYLVAN LAKE PAINT STOP FOR THEIR  
DONATION OF PAINT STICKS FOR SHELF  
MARKERS IN OUR LIBRARY.

ANOTHER BIG **THANK YOU** TO THE SYLVAN  
LAKE SENIOR CITIZENS BUS FOUNDATION  
FOR THEIR GENEROUS DONATION TO OUR  
BREAKFAST PROGRAM!

### Safe & Caring Message

#### Supporting Your Child's Mental Health



May 4th is **Hats On! For Mental Health**. Mental health affects the way people think, feel and act. Poor mental health can result in poor physical and mental health, poor social skills, and even poor school achievement. Taking care of our mental health is just as important as having a healthy body. Children today are experiencing more stress and anxiety than ever before.

As the caring adults in children's lives, we can support them in enhancing their well-being and modeling positive mental health strategies. We can promote good mental health by the things we say and do, and through the environments we create for them at school and home.

Ways to proactively nurture children's mental health:

Strong, caring adult relationships

- Spend quality time together; put away the technology
- Model and talk through how to solve problems and conflict
- Have clear, consistent expectations. Message that we all make mistakes and use those moments as an opportunity for teaching what to do next time. Recognize their efforts.

- Show acceptance and unconditional positive regard
- Listen, and respect their feelings

- It's normal to feel disappointed, frustrated, sad or angry at times. Acknowledge and talk about the feeling. Sometimes there are no solutions, we just need to listen and they just need to feel the feelings

- Teach and model strategies to get through those moments when they feel upset (deep breathing, do something calming, time and space, listening to music, talking to an adult...)

Use healthy strategies to deal with stress

- Teach them to take care of their bodies by getting plenty of rest, exercise, drinking lots of water, eating healthy food, spending time outside, taking nice deep breathes

- Have them set time for themselves; do activities that fill the soul, sing, belly laugh, have fun

- Practice growth mindsets; focusing on the things that are in their circle of control

Create safe, positive environments:

- Be aware of media use, (content, amount of time spent on screens, who they might be interacting with and what those interactions look/ sound like)

- Be careful about discussing serious adult problems such as finances, marital problems, or illness around your children. This can create worry

- Teach the importance of being kind to yourself and others

More information:

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

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

<https://macnamara.ca/kids-best-bet-blog/>

**Spring picture orders are due May 6, 2022 for those who are sending orders through the School. Thank you!**





## Ensuring the highest levels of safety in our schools A Message from the Superintendent

Chinook's Edge has an outstanding record of meeting safety standards in our schools, and our annual safety audit shows our division's steadfast commitment. Our staff and students are mindful of maintaining the detailed safety protocols that are embedded in our division culture. This means that, while we continue to deal with the ebb and flow that the pandemic has required of us, our attention to our safety program is strong.

We are very grateful to everyone in our school communities for working to maintain our high standards of safety. We strive for optimum safety levels throughout our division because we care about the people in our buildings – our students, staff, parents, volunteers and guests – and this priority ensures everyone continues to thrive in our safe and caring schools.

### Kurt Sacher Superintendent

We would love to hear your thoughts on this month's parent survey [at this link](#).

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



## A Message from our Principal

The year has flown by and it is hard to believe that it will be May soon!

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 to ensure adequate sleep.



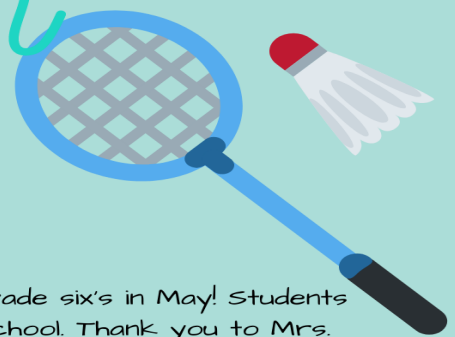
The Steffie Marathon is scheduled for June 10th. More information will be coming out shortly and a huge thank you to Jenn Bahler for all of her work in planning and organizing this event. It encourages kids and families to get outside and get active!

Teachers have been busy planning and booking field trips and we are excited for our students to be able to engage in these enriching learning experiences. Please watch for information from your child's teacher. We want all of our students to be able to go on the trips, so please remember that we do have sponsorships available for field trips should you need one. Please feel free to email me or contact the front office and we will arrange the sponsorship.

Our Fundraising Society is paying for each of our students to have an ice-cream cone as part of a walking field trip at the end of June. They have also provided each class with a couple of new games as well as some money towards a special event. Some grade teams have used the money to reduce the cost of the field trips for parents while others have used the funds for a virtual field trip or other interesting experience. A big thank you to our fundraising society for these opportunities for our students!

Angela Eadie-Gyori

# GRADE 6 Badminton



SWES will be running badminton, Mondays, after school for our grade six's in May! Students will work on skills that will help them for opportunities in middle school. Thank you to Mrs. Lehto for organizing!

**HARD COPIES OF THE NEWSLETTER ARE AVAILABLE IN THE OFFICE**



## Hot Lunch Program

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

**Christa Currier**    **Lindsay Clark**  
**Trish Hammond**    **Rhonda Christie**

The Mustard Seed School Lunch Program has supported our school all year long. For June Pizza Lunch we'd like to collect donations for the Mustard Seed. Big or small, your donation makes a positive impact. Your support, kindness and generosity is appreciated! All donations over \$25 will receive a receipt from The Mustard Seed.

## Parent Request For Class Placements 2022/2023 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



## 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 attached registration form and send back to school with the fee attached. School Council members will be at the front doors, May 3-6 from 815-900 to collect form and fee. 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 9.

Please make sure to register by May 9 to ensure you get a t-shirt.

## Sponsorship

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 10th, please contact Jennifer Bahler at 403-505-5889.

Jennifer Bahler—School Council Chair

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