

# The Steffie Scoop

4720 45th Ave Sylvan Lake, AB T4S IA5 Website: steffiewoima.ca



# Chinook's Edge School Division #73

December 2022

# This month's Safe & Caring Message

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	treat yourself and others with kindness and respect.
December Dates	Some of the teaching and learning around this includes topics such as:
	 Respecting yourself- (i.e., Having a growth mindset, being your own inner coach, doing your best, etc.)

- Developing good social skills- (i.e., Being friendly, understanding facial expressions/ body language, being a good listener, understanding personal space, etc.).
- Being responsible for choices- (i.e., understand that everyone makes mistakes, what your part is and what could have done differently, make apologies, learn from mistakes, etc.).
- Develop problem solving skills & resolve conflicts- (i.e., understand other people's perspectives, strategies to use when there's a problem, etc.).
- Work through emotions- (i.e., everyone has emotions, expressing your emotions in a healthy way is important, strategies to get through emotions when upset, etc.).
- Treat people with kindness

So as parents, how do we grow caring children?

- Model treating others with respect. Children learn from the adults they are attached to.
- Your relationship with your child will help them to develop relationships with others. When they feel taken care of by us, they will be moved to take care of others.
- Preserve their caring spirit. There is no need to reward caring. It is just what we do.
- When children act in an uncaring way, help them understand why they feel as they do and through the relationship they have with you, they will want to be caring.
- Help them understand who they are their meanings, intentions, purpose, feelings, and desires so they will be better equipped to understand another person's experiences.
- Set them up to be in a position to care for others who are younger or more dependent on them such as a pet or sibling.

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Information from, How to Grow Caring Kids by Deborah MacNamara, PhD; http://macnamara.ca/portfolio/how-to-grow-caring-kids/

# Booster Juice Lunch (T/T KG ONLY) 2 Booster Juice Lunch (Whole School) Kinder Christmas Concert (Daytime 6/7 only) Hot Dog Donation Lunch (whole school) Hot Dog Donation Lunch (T/Th Kinder 8 9 No School- Non Instructional Day 13 Grade 1 & 2 Christmas Concert 15 Grade 3 & 4 Christmas Concert 19 /20 Christmas Store Shopping 22 Night Before Christmas PJ Day Assembly at 11:00 am (Choir 23 performance) & Grade 4-6 Christmas Dance at 1:00 pm Christmas Break Begins 24 January Dates 9 Back to School 10 January Hot Lunch Order Deadline

# Parent Council

The School Council in conjunction with the Fundraising Society will be doing our 3rd Annual Food Bank and Toy Donation Drive. December 6-8 in the back drop off loop. 8:20 AM-9:00 AM and 3:05 PM-3:45 PM. Let's see if we can surpass last year's donations!

Our next meeting is Tuesday, January, 17th, 7:00 p.m. In the Library.

Steffie Woima School Council met on November 15th. We had updates from the Fundraising Society, Breakfast Program and Hot Lunch.

Along with Numeracy, Literacy continues to be a focus at Steffie Woima this year. We love seeing literacy continue as a focus and are planning the reinvented 6th Annual School Wide Book Club in January! If you have any fabulous books you've read that you would like to suggest to use for the School Wide book club, please contact Jennifer at <a href="mailto:jbahler17@gmail.com">jbahler17@gmail.com</a>. We hope to see you at our next meeting!

Jenn Bahler

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## A Message From the Principal

November has been a very busy and productive month at Steffie Woima. A huge thank you to our parents for attending Parent-Teacher conferences and for supporting our Book Fair! Our **Remembrance Day** service was very well done and meaningful with our choir performing, students leading the service, Legion members in attendance and poignant music and images. Thank you to the many parents who attended and to Ms. Anderson for all of her time and work in putting together our Remembrance Day service.



Thank you for continuing to **read with your child** regularly and/or setting time aside for your older student to read. As we build skills for lifelong learning, education beyond high school and the world of work, these foundational reading skills are critically important. Reading regularly helps develop students' vocabulary which significantly improves comprehension with reading. Even a few minutes of reading regularly makes a significant difference in the achievement of students.

We are very excited to be returning to in-person **Christmas concerts** this year. Kindergarten concerts will be December 6 and 7, the Grade 1 and 2 concert will be December 13th and the grade 3 and 4 concert is scheduled for December 15th. Students in grades 5 and 6 will not be having a concert, but they were invited to join the drama club. Our older students will be doing the speaking roles in the concerts for the younger students. At the concert, we will be accepting food bank donations, items for our Christmas Store (garage sale), and there will be a 50-50 happening! The funds raised will be going into our playground fund!

Have a wonderful Christmas season and all the very best in 2023!

Ms. Eadie-Gyori-Principal

#### **SWES Fundraising**

Thank you for all the Growing Smiles Christmas plant orders. Pick up will be on November 29, 2022 in the gym. Pick up time will be determined. Please watch for emails/texts with updated information.

There are a couple events to watch out for in December that the fundraising society will be putting on:

There will be 50/50 ticket sales happening at the Christmas concerts this year with the proceeds going towards the SWES playground.

Candy cane sales for Steffie student's will be happening during the lunch hour on December  $20^{th}$ ,  $21^{st}$ ,  $22^{nd}$ . Candy cane's can be purchased for \$1.00 each.

As always if you are interested in helping on any of these days, please reach out and we will be happy to have the help. I can be reached at johnson c@hotmail.com or 403.396.0048.

The next SWES fundraising meeting will be held at SWES on January 17, 2023 following the parent council meeting at 7pm. Hope to see you

Merry Christmas & Happy New Year!

Christa Currier



# **Hot Lunch**

Thank you to all who came out to help with November Hot Lunch

Brian Maciejko Nadine Flear Christa Currier Troy Christie

#### **After School Conversations**

Have you noticed it's difficult to get details about your child's day out of them?

The first two months of school have already gone by and for many students it was a transitional time that can cause a lot of stress and anxiety. For some students might have changed schools, others have changed classrooms, cohorts and teachers. By the end of the day they are mentally exhausted and often don't even recall all the details of their day because it was such a blur of information, social experiences, and quick transitions. They can sometimes seem irritated at home after school, and that is completely normal. Kids use home as their place to fall apart. When they feel safe and have a space to let it all go, they will.

This can be frustrating as a caregiver, as you haven't seen them all day and are now getting the worst of them. Rather than jumping into a punishment or confronting them about their behaviour, you can try to give them the time and space to let out their emotions if they are being safe.

We all have bad days, and even adults can get out of control. We can't expect children to have all the tools to express themselves just yet. The best we can do is lead by example. "Children do what you do, not what you say".

Here are some questions you can ask later on when they are calm.

Tell me about what you were doing?

Why do you think this happened?

Did you feel safe?

What was the best/worst part about your day?

What can we do to make this better?

How did you spend your lunch break?

Contributed by Kristy Friesen YES Program Coordinator

HARD COPIES OF THE NEWSLETTER ARE AVAILABLE IN THE OFFICE







Our warmest wishes this Holiday season!

From the staff at École Steffie Woima Elementary

