



The Steffie Scoop

JANUARY 2022

Chinook's Edge School Division #73

UPCOMING EVENTS

JANUARY 2022

- January 9th- Students Return
- January 10th- January Hot Lunch Order Deadline
- January 17th- School Council/Fundraising 7:00pm
- January 20th- Hot Lunch Pizza Hut
- January 26th- Family Dance
February Hot Lunch Order Deadline
- January 27th- Hot Lunch Sobey's
Young Readers Choice Deadline
- January 30th- No School
- January 31st- Report Cards for K-Gr 6

big thanks! to the Labelle family for the "Hot Paws". Our supervision staff appreciates it very much!

Feelin' the Love

We want to thank all of our Steffie Neighbours who have called the school and sent social media shout outs to our students for their neighbourhood Christmas card deliveries!

We have enjoyed listening to, and sharing, the feedback with our students and staff.

We are so happy to hear we brightened someone's day!



Ready, Set, Go!
Welcome to Kindergarten

**Online Kindergarten
Registration for the
2023-2024 school year
begins on January 9!**



Principal's Message

Firstly, on behalf of our staff, I would like to wish all of you a Merry Christmas and a Happy New Year! We hope you have a wonderful Christmas with your family and friends. Thank you so much to all of our families who supported our playground fundraiser, the Christmas store. The Environment Club and Ms. VandenHeuvel did an amazing job with the project, but it would not have been successful without your support! All proceeds of our Christmas store will be going to the playground fund! Our next playground fundraiser will be an evening dance on January 26th! So, mark your calendars and come join the fun!

In January, we will once again be very focused on helping all of our students develop their reading and writing skills. The early grades and the elementary years are critically important years as students develop their foundational skills for learning in high school and beyond high school. The literacy skills developed in the early grades are also foundational for success in the world of work. It is very important that students read at home regularly to ensure strong literacy skills. To become great readers, our students need to practice their skills regularly. Setting aside a few minutes each day to read will make a difference!

While the last few years and months have been difficult with so much illness, it is critically important that students attend school regularly, whenever possible. Regular attendance is essential for student learning and success in school so thank you in advance for getting your child(ren) to school whenever they are well. Our children have had so many learning disruptions during the past few years making consistent attendance even more important!

Lastly, thank you so very much for your help and support during this past year. Your words of encouragement and kindness have been so appreciated by our staff. All the very best in 2023!

Ms. Eadie-Gyori—Principal



Library News

Steffie Young Readers Choice Awards 2022/23

Write an original story that has 200 to 1000 words. You may enter 1 time. Stories must be submitted by one person, not by a group. Stories may not be the retelling of a story, movie or video game. Please remember to have your name, your teacher's name and the title of your story on your first page. Enter a story with neat writing or typing, and remember—spelling, punctuation, and capitals count! Stories should be sent in a digital format. You may share with Google Drive or you may email your story to Ms. Sandberg at esandberg@cesd73.ca. Please let Ms. Sandberg know if you do not receive an email saying she received your story.

Finalists will be selected by Ms. Sandberg and her panel of judges. Students at our school will vote for the winning story. The winner will receive a \$25.00 gift card from Chapters and a copy of The Steffie, a book published by our school with stories by this year's winners and runner-ups. Runner ups will also receive a copy of the book.

Stories are due Friday, January 27th, 2023.

Tips: Think about the words you are using for your story and descriptions. Try to write so your reader is able to feel like they can really imagine your story, or feel they are really there. You may choose to do some research to make your story feel more real. Also refer to the author checklist on the back of this page to be sure your story may be considered in the finals.

Ms. Sandberg



School Council News



Fundraising

January SWES Fundraising

December was a busy month for fundraising. A HUGE thank you to all those who helped out with the Growing Smiles Christmas plants, candy cane sales, & the 50/50 Christmas concert sales, which raised a total of \$1072.50 for the upcoming SWES playground!

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 there!

Happy New Year!

~Christa Currier~

Hot Lunch

Thank you to all who came to help with December Hot Lunches!

Jennifer Bahler
Christa Currier
Jenni Miller
Sarah Waddell



Thank you to Rhonda for coordinating!



SWES' Safe & Caring Message

TIPS TO BUILD RESILIENT KIDS



Life events, school and friendships can all create pressures that may feel overwhelming for kids. As adults, we can't protect our kids from difficulties or stress or ensure that they are always comfortable and happy-- life doesn't work that way!

Resilience is the ability to bounce back from or adapt well to adversity, trauma, tragedy, or even significant sources of stress. We can support our kids by showing them that they can count on their adults, by encouraging them to ask for help and modeling as well as teaching them to be able to problem-solve next steps in difficult situations. They can learn healthy ways to cope with difficult moments.

Tips to create resilient kids:

- **It's all about relationships!** Kids need to be able to rely on at least one supportive relationship to have the opportunity to develop vital coping skills.
- **Avoid eliminating all risk.** Parents want to keep their kids safe but the key is to allow appropriate risks and teach children the essential skills to get through them. Allowing them to avoid difficult things or opt out creates larger problems especially as they get older! Instead nurture that confident, brave feeling in them - that one that reminds them they can do hard things; Acknowledge their strengths, the brave things they do, their effort in doing something difficult. This creates a sense of mastery; making them more likely to handle future challenges.
- **Teach your child self-care practices.** It is essential to take the time to eat properly, exercise, and get sufficient sleep. Make time for fun and to pursue passions and interests. Balance screen time and teach them about online safety.
- **Notice out loud when you see something bothering your child but don't accommodate every need.** Let your child know that you notice that something's bothering them. If you can, name the feeling you think he/she is experiencing. ("It seems like you're still frustrated about what happened at the playground.") Be sympathetic, listen, show you care and want to understand but don't be quick to solve their problems for them.
- **Teach them to problem solve.** Help your child think of possible things to try when there is a specific problem that's causing stress. Talk together about what might help. Encourage your child to think of a couple of ideas. Brainstorm but don't do all the work! Support the good ideas and add to them as needed. Ask, "How do you think this will work? How might we handle that? How will you fix that?"
- **Let your kids make mistakes.** Everyone messes up and makes mistakes sometimes. Failure is not the end of the world but an opportunity to figure out what to do next. Letting kids mess up can be hard to watch as their adults but it helps kids learn how to fix slip-ups and make better decisions next time. It sends the message to them that they can get through and handle tough things.
- **Help them manage their emotions.** Emotional regulation is key in resilience. Teach your kids that all emotions are okay. It's okay to feel frustrated that the math homework is difficult, sad when you disagree with a friend or disappointed when you lose a game. Teach them that everyone has feelings and how to express them in healthy ways.
- **Model resiliency.** Always try to be calm and consistent. Model the healthy ways you cope with stress.



Get more info at <https://www.heysigmund.com/building-resilience-children/>

Winter Family Dance!

Date: Thursday, January 26, 2023

Students and their families are invited to join us at the Steffie Woima School Gym for our Winter Family Dance! Come have some fun with the school community!

This dance is only open to students of Steffie Woima and their families. All students must be accompanied by an adult.

There will be glow sticks for sale, as well as some drinks and snacks. All funds raised will go towards our new playground.

Photo Booth with props - No Extra Cost!
Admission is \$3 per person or \$10 per family.
Hope to see you there!!

