

Dear Parents & Guardians,

We have faced a cold January, but we kept active with our Winter Active Program. To ensure all students got some daily physical activity they've joined their Jag Pride Teams to participate in the indoor walking club and recess intramurals in the gym. We are also keeping active Skiing at Vista Ridge and after School Skating Club on Mondays. Thanks to **Ms. Misner** and **Ms. Maclean** for leading the After School Skating, and thank you to all the parents who walked to the arena with our students, tied skates, and skated with us.

February 21st is our second day of skiing with the Division 2 (Grade 4-6) students at Vista Ridge. We appreciate the parent support that we have received. If you are interested in volunteering please let us know. If you don't have a criminal record check on file, you can stop by the office to pick up the application, or give us a call, we would be happy to send one home with your child.

"**Polar Bear Club**" is up and running for students that wish to be active on colder days. They have the option to go outside once a day with a signed permission slip and appropriate clothing. Thanks to the many teachers that volunteered to do an extra supervise for this initiative.

On **February 5th**, we have John Dunn visiting the school to share his travel experience to the Arctic. This will align with many Alberta Curriculum outcomes in Social Studies. He will be presenting at 9:00 am to the Grade 1-6, parents are welcome to attend.

We know how busy Good Shepherd families are during the evening and sometimes sitting down and having lunch with your son or daughter could be a great gift. We would like to offer a **Family Lunch program**. If you would like to enjoy lunch with your child(ren) we would be happy to set you up in the Steam Lab from 12:45- 1:05. Please let us know what day you'd like to come in.

The Lighthouse team has been working hard developing our School WIG for problem-solving and higher-level thinking questions and preparing for a Lighthouse Milestone checkup on February 10th with our School Coach, Mike Suto.

Yours sincerely,

Sheldon Germain

FEBRUARY

FEBRUARY HOT LUNCH

4th – Boston Pizza
6th – Mitchell's Cafe
10th - STACS
12th – Pizza Hut
14th – Taco in a Bag
18th – Boston Pizza
20th – Mitchell's Cafe

Please make note of these dates on
your calendar!

**March Hot Lunch Orders open
on February 4th
& close on
February 18th @ 3:00pm**

SAVE THE DATES

Celebration of Learning

February 11th – 4:00–7:00pm

February 19th – 4:00–7:00pm

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**TEACHER'S CONVENTION**

*No School/Office Closed*

**February 24-28, 2020**

**Classes resume on Monday, March 2**

## Early Entry Program Open House

Wednesday, May 22, 2020

## Kindergarten Open House

April 23, 2020

Registration forms are now being accepted for both EEP and Kindergarten classes. Registration forms can be completed at our school office or online at

**Register Now!**

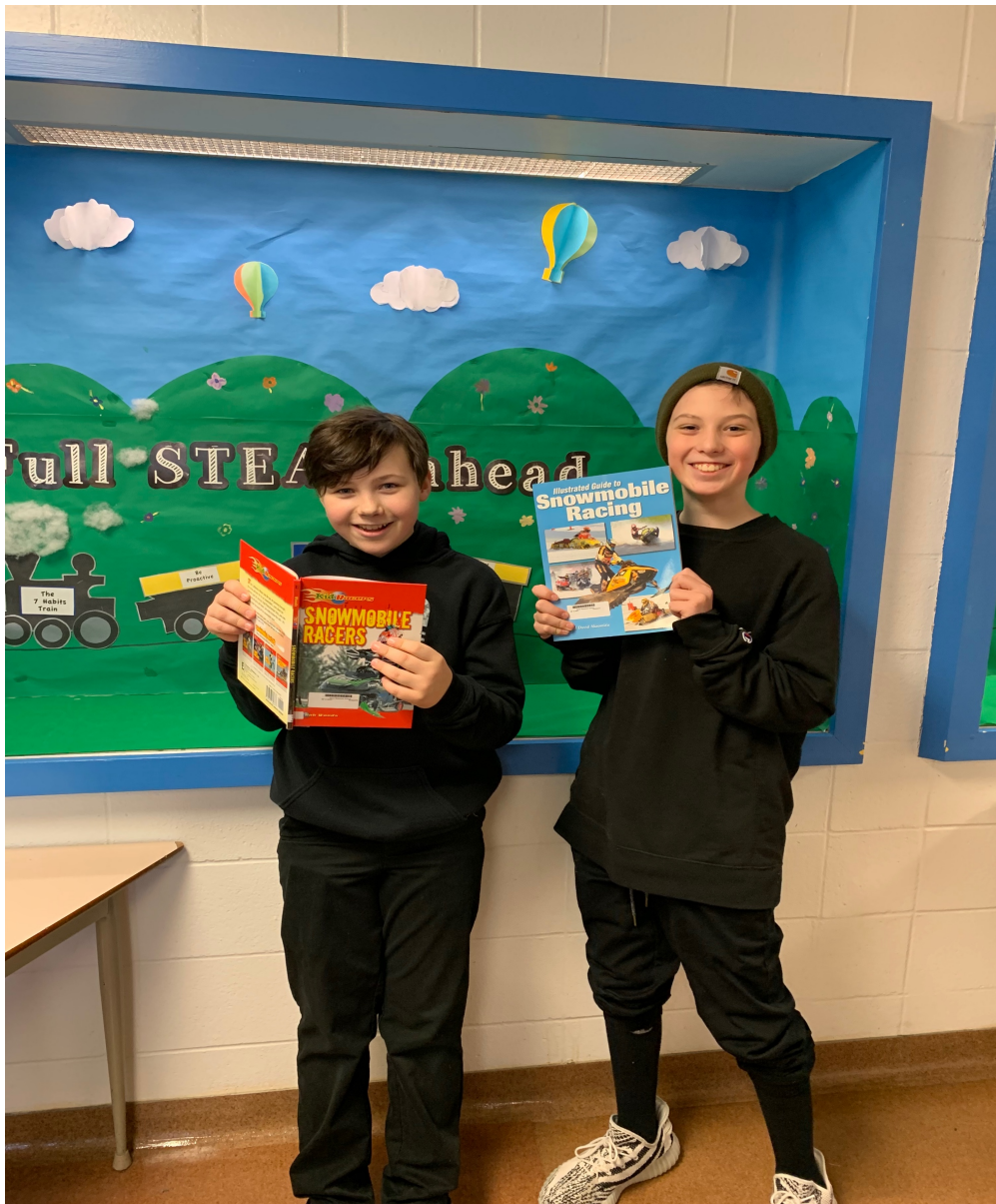
<https://fmcschools.ca/form-school-registration/>

When registered you will be contacted to schedule an appointment for the Open House

## Secret Sender



Parent Council and Good Shepherd's **Kindness Squad** have teamed up to bring you a new and exciting fundraiser! On **February 10<sup>th</sup>–13<sup>th</sup>**, they will be selling crayon hearts at lunchtime. These hearts are being made from the **recycled crayons** that you all donated over the past months. Students will be able to buy, and send, two crayon hearts to someone of their choice (staff and/or students) in the school. They will also be able to buy two for any family members or friends that do not attend our School. The hearts will be delivered on **February 14<sup>th</sup>** to each classroom! Hearts will be two for **\$1.00** and all money will be donated back to the school. We want to send out a special thanks to our **Parent Council, Kindness Squad** and the **heart maker, Melissa Kellington**, for all their hard work. **#spreadkindness #secretsender**



Another BIG thank you to all those who supported the book fair in November.

It is always great to be able to purchase books that the students request with the money that was raised!!

Looking forward to our next Book Fair March 23-26<sup>th</sup> – Save the date!!

### CHECK OUT WHAT'S HAPPENING IN THE GOOD SHEPHERD MUSIC WORLD

Mr. McLean has created a website for our Music Program.

Please visit

<https://tinyurl.com/yygsctg>

[v](#)

### BUS LOOP SAFETY

Please use caution when walking in the bus loop and around the buses.

Bus Drivers pay close attention to their surroundings, but the bus is big and it's sometimes hard to see a small child.

**Please remind your children to STOP, look around, make eye contact with the Driver before proceeding to cross the bus loop**

The **Leader**  **in Me** great happens here  
 **Good Shepherd School**

# 7 HABITS OF HAPPY KIDS: HABIT 5

Seek First to Understand, Then to be Understood - Listen  
Before you Talk

STUDENTS HAVE BEEN LEARNING ABOUT HABIT 5. IT TEACHES STUDENTS TO LISTEN TO THE SPEAKER, THINK, AND THEN RESPOND.

TO THE RIGHT, YOU'LL FIND A CHECKLIST OF CHARACTERISTICS OF SOMEONE WHO PRACTICES SEEKING FIRST TO UNDERSTAND. WHILE STUDENTS ARE ENCOURAGED TO USE THESE CHARACTERISTICS AT SCHOOL, PLEASE REINFORCE THEM AT HOME BY COMPLETING ONE OF THE ACTIVITIES BELOW.

**Seek First to Understand by:**

- Being a good listener; listening with your eyes, ears and heart
- Looking at the speaker
- Being confident

| STORY TIME                                                                                           | TALK TIME                                                                                                                             | WORK TIME                                                                                          | PLAY TIME                                                                                        |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| READ "THE TRUE STORY OF THE 3 LITTLE PIGS" BY JON SCIESZKA AND DISCUSS HOW A WOLF WAS MISUNDERSTOOD. | USE A "TALKING STICK" WHEN HAVING A DISCUSSION. ONLY THE PERSON HOLDING THE STICK MAY SPEAK. THE LISTENER REPEATS BACK WHAT WAS SAID. | EMPHASIZE DIFFERENT WORDS IN THE PHRASE "I DIDN'T SAY YOU DID IT" DISCUSS HOW THE MEANING CHANGES. | BODY LANGUAGE CAN BE MORE IMPORTANT THAN WORDS. TRY USING GESTURES TO COMMUNICATE WHAT YOU WANT. |

The \_\_\_\_\_ family completed a Seek First to Understand Activity.

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Complete and return the bottom part of this sheet to be entered into a monthly draw. Please drop off in the office or have it passed in to your child's teacher.



# A Bite of Health



As an APPLE School, we strive to build a healthy school community, focusing on improving students' healthy eating, physical activity, and mental health habits.

## Show Your Heart Some Love

This month, students are learning how to keep their heart healthy through a monthly campaign called Show Your Heart Some Love. Here is a summary of the learnings.

### What is heart disease?

It's a general term meaning the heart is not working properly. Some forms of heart disease are present at birth, and others develop as we age. Many forms of heart disease can be prevented by living an active, healthy lifestyle<sup>1</sup>.

### How can I prevent heart disease?

The Heart and Stroke Foundation of Canada has 9 recommendations for reducing your risk of developing heart disease. This campaign will address 3 of them:

- Physical activity
- Eating a healthy diet
- Reducing stress

As an APPLE school, we strive to build healthy habits around these recommendations in our day-to-day life.



### A good place to start is to **GET STRESS FIT!**

**G**ive yourself a break  
**E**at a healthy diet  
**T**alk it out with someone

**S**pend time with loved ones  
**T**ake time for yourself  
**R**elax with a book or music  
**E**xercise: walk, swim, bike  
**S**et priorities  
**S**chedule your time

**F**ind new hobbies  
**I**ncrease stress awareness  
**T**ake action

#### References

<sup>1</sup> <http://www.heartandstroke.ca>



For more information about APPLE Schools, visit  
[www.appleschools.ca](http://www.appleschools.ca)



# SEE THE CHILD BEFORE THE DISABILITY

With Sarah Rivard



## March 7

Unifor Building

10019 MacDonald Ave,  
Fort McMurray

### Workshop A

10am - 12pm

- See my child before the disability.
- How to get others to see my child first.
- How we can advocate for our children and encourage them to advocate for themselves.

### Workshop B

2pm - 4pm

- Creating relationships with parents and professionals
- What are our roles and how we can work as a team to support each other.

#### Workshop A or B

\$50/single Ticket  
\$75/Parent Double Ticket

#### Workshop A & B

\$75/single Ticket  
\$125/Parent Double Ticket

#### Scholarship

Subsidized ticket available for those on fixed/ limited income.

**Limited space Register today**

<https://disabilityworkshopfm.eventbrite.ca>





Celebrate Wood Buffalo region's northern spirit with a winter festival like no other at WinterPLAY from February 28 – March 1<sup>st</sup> at Snye Park. Embrace the magic of winter and join your neighbours, friends, and family.

WinterPLAY activities:

- Shootout on The Snye
- Dog sled rides
- Petting zoo
- Talent Show
- Fireworks
- Ice Sculptures and many more!

Visit [rmwb.ca/WinterPLAY](http://rmwb.ca/WinterPLAY) for more information.