

November 2019 Newsletter



Dear Parents and Guardians,

We have had a great fall with super weather. However, winter is now upon us.... Make sure you are dressing your child appropriately for the weather. As it gets colder they will need mittens, a hat, a warm coat, and boots. It is very helpful to have these items labeled with your child's name.

November is report card time. Report cards go home on Thursday, November 21st.

Please make time to attend our upcoming Student Led Conferences. Student-Led Conferences take place on Monday, November 25th from 5:00 pm - 8:00 pm and Wednesday, November 27th from 3:30 pm - 6:30 pm. Free babysitting will be provided for those who need it. Thank you to the School Council for covering the cost of babysitting.

EEP and Kindergarten do not receive report cards for this first reporting term. The teachers of EEP and Kindergarten will go over the Early Years Evaluation (EYE) information with parents during interviews. EEP and Kindergarten also have an additional day for interviews to accommodate all families. The extra day for interviews is Thursday, November 28th. There are no EEP or Kindergarten classes on that day.

A great way to become more involved in your child's schooling is through volunteering. Volunteers are required to complete a Criminal Record Check with the RCMP before working with groups of children. We are always looking for volunteers for the Hot Lunch Program and assistance with upcoming special events at the school. We are also doing our Winter Activity program again this year with December Skating Trips to Frank Lacroix Arena on December 9 - 19. So, if you would like to volunteer please contact the office for a Criminal Record form.

Parents are always welcome to attend monthly Leadership Success Assemblies as well as Liturgies. We have our Remembrance Day Liturgy on November 7th at 2:00 pm and the Leadership Awards on November 28 at 2:00 pm.

Prior to Awards, we will be hosting a Parent Session in the Steam Lab at 1:50 to update parents on Leader In Me and other School Initiatives, this is a student leadership job and a great way to get some additional information about the programming at Good Shepherd.

Attending a School Council Meeting is also a great way to find out more about what is going on in our school and have a chance to have input into decisions that are made, our November 14 meeting starts at 6:15 pm in the Steam Lab. Free babysitting is provided for School Council Meetings.

Thank you for your continued support and I am looking forward to a great November!

Mr. Sheldon Germain
Principal

NOVEMBER HOT LUNCH

5th – Mitchell's Café

7th – OPA!

13th – Pizza Hut

15th – Booster Juice

19th – Boston Pizza

21st – Mitchell's Café

26th – OPA!

28th – Pizza Hut

**Please make note of these dates on
your calendar!**

December Hot Lunch Orders open on
November 12th
& close on
November 26th @ 3:00pm

Ball Hockey

Grade 5-6 Co-ed

Mondays & Wednesdays 3:00-4:00pm

See Calendar for dates



Santa's Anonymous

If you feel that your family needs support
during the Christmas Season please email

Mr. Rob O'Brien @
robert.obrien@fmcsd.ab.ca

STUDENT NEWS

Student Vote *Lily Cranswick*

This past week at Good Shepherd school we did a student election.

Here is the process on how we did it and the steps we took.

The first step to an election is nominating. At Good Shepherd school we did not do nominating because the public doesn't do nominating and we tried to keep it like a real election.

The next step to an election is campaigning. For campaigning we did posters for all the candidates and went to all the classes that were going to vote to do a presentation on why they should vote for a certain candidate.

The third step to an election is preparing the polling stations. For the third step there were application forms for the grade six students who wanted to participate in a job. The grade sixes had to write why they wanted to participate in a job. Once students were picked for a job some of the grade six students took time out of their day to go in the steam lab and prepare all the voting stations.

For the next step showing eligibility to vote the students running the election had to set up tables with the class list on them and when people came to vote we would have a student with the list to cross off people's names so they couldn't vote twice.

The fifth step to an election is casting and counting the votes. When the election was done some of the grade six students took more time to stay back and count the votes by hand like they do in a real election.

The last step to all elections is declaring the outcome. For the last step we announced the winner over the speakers when we were doing announcements.

This activity was a fun experiment. I thought that it was cool that grades 3-6 got a chance to find their voice and had a chance to have an option in our election.

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/yygsctgv>

If you have a child in Choir please see our website and take the 20 second survey regarding a special upcoming event!!

Click here to skip to the survey
<https://tinyurl.com/y68tlt5j>

Students vs Parents Volleyball Game

**Wednesday, November 6th
3:00-4:00pm**

**Great way to end a fantastic
season!**

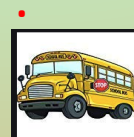
**Come out to play, cheer, and
have some fun**

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**



7 HABITS OF HAPPY KIDS: HABIT 2

Begin with the End in Mind - Have a Plan!

STUDENTS HAVE BEEN LEARNING ABOUT HABIT 2. IT TEACHES STUDENTS TO NOT ONLY SET GOALS IN LIFE, BUT TO HAVE A PLAN TO REACH THOSE GOALS AS WELL.

TO THE RIGHT, YOU'LL FIND A CHECKLIST OF CHARACTERISTICS OF SOMEONE WHO *BEGINS WITH THE END IN MIND.*

WHILE STUDENTS ARE ENCOURAGED TO USE THESE CHARACTERISTICS AT SCHOOL, PLEASE REINFORCE THEM AT HOME BY COMPLETING ONE OF THE ACTIVITIES BELOW.

Beginning with the End in Mind means:

- Planning ahead
- Setting goals
- Being a good citizen
- Contributing to the school's mission and vision

STORY TIME	TALK TIME	WORK TIME	PLAY TIME
READ "THE VERY BUSY SPIDER" BY ERIC CARLE AND DISCUSS WHETHER THE SPIDER BEGAN WITH THE END IN MIND.	TALK WITH YOUR CHILD ABOUT THE HABIT AND WAYS TO PRACTICE BEGINNING WITH THE END IN MIND IN THEIR DAILY LIVES.	SET AN ALLOWANCE AND DISCUSS WAYS TO SAVE TO BUY SOMETHING YOUR CHILD WOULD LIKE TO BUY.	CREATE A PERSONAL OR ACADEMIC GOAL WITH YOUR CHILD ALONG WITH AN ACTION PLAN TO HELP THEM ACHIEVE THE GOAL.

The _____ family completed a Begin with the End in Mind 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.

Unwind Your Mind

This month, students are learning the benefits of being mindful through a campaign called Unwind Your Mind. Here is a summary of the learnings.

What is mindfulness?

It's about maintaining awareness of our thoughts, feelings, bodily sensations, and the surrounding environment.

Being mindful helps us pay attention and practice being present in the moment, instead of thinking about the past or the future.²

Mindfulness teaches you to be in control of your mind, instead of the other way around.¹



How do you practice mindfulness?

Meditation, relaxation, deep breathing, reading, and stretching are all ways to train your mind and body to relax while you take time for yourself.¹

Let's try a breathing exercise.²

1. Take a slow breath in through your nose all the way down to your lower belly for about 4 seconds.
2. Hold that breath for 1-2 seconds.
3. Exhale your breath slowly through your mouth for about 4 seconds.
4. Wait 2-3 seconds before taking another breath. Repeat.

Try doing this about 6-8 times per minute for about 5 minutes, twice a day

Slowing down and taking long, deep breaths can help you get perspective, come up with creative solutions to problems, and decrease your anxiety.¹

References

¹ <http://www.albertahealthservices.ca/news/Page13125.aspx>

² https://greatergood.berkeley.edu/mindfulness/definition#what_is



For more information about APPLE Schools, visit
www.appleschools.ca



"Happening Around Town"



Fort McMurray Catholic Schools want to ensure that we are supporting our parents as best we can. As a part of this effort we will be hosting Parent Seminars each month.

FOR MORE INFORMATION ON UPCOMING SEMINARS PLEASE CONTACT
CHANTAL SEYMOUR

P: 587-960-4852
@: chantal.seymour@fmcsc.ab.ca

NOVEMBER 20TH, 2019
@ 9:30 - 11:00 AM

ELSIE YANIK CATHOLIC
SCHOOL
331 CALLEN DRIVE

KIDS HAVE STRESS TOO
PART 2

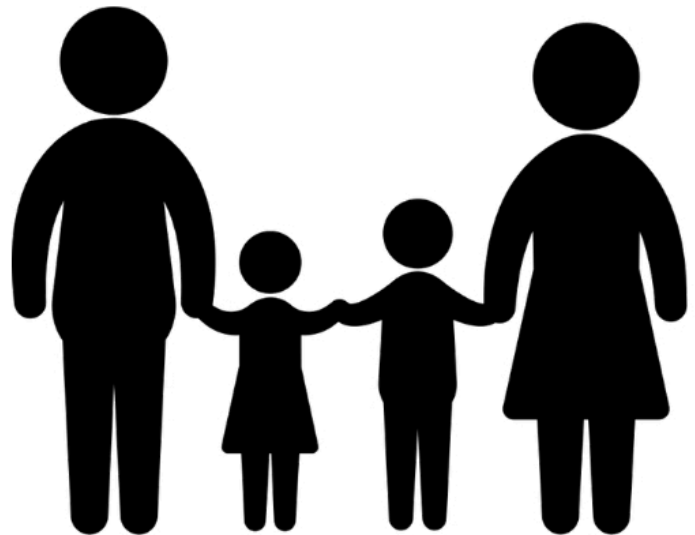
Material will focus on stress prevention, concentrating primarily on problem solving, with opportunities to practice. Discussion will follow about ways to create a less stressful home.

In Partnership with:



Parent Seminar and Support

Open To All Families.





Come join us on November 2, 2019 for our 3rd annual Extra Life Game Day, a charity event with all the proceeds going to the Stollery Children's Hospital. This is a 24-hour gaming marathon for all ages with board games, video games, card games, and more. Everyone is welcome, come at any time to have some fun! Stop by for a quick game or bring some friends and stay awhile. There is no admission fee or need to register. All funds will be raised through donations. There will be raffle prizes and silent auction items. Last year was a great success and we hope to see you there!

Location: Avenue Coffee and The Station Events Center: 8102 Fraser Avenue in the River Station District

Date: November 2 @ 6:00 am to November 3 @ 6:00 am

For more information, check out our website or Facebook page:

<https://www.extra-life.org/team/45730>

<https://www.facebook.com/events/410563569633460/>



We are excited to bring hockey to Wood Buffalo for all our special needs kids. This program is all-inclusive; to accommodate all children aged 5-17 regardless of physical, cognitive, or social limitations. The team, Wood Buffalo Royals, will be part of the Fort McMurray Minor Hockey Association as a non-competitive team.

During ice time we want parents to enjoy watching their kids enjoy the sport as all typical parents get to experience. There will be buddies on the ice to help as well as volunteer coaching staff so they will not be completely on their own. If your child requires 1-1 please come to us and we will accommodate accordingly. Please remember that this will not be a full hockey game experience, it is for the kids to have fun, learn hockey skills to the best of their ability and have the sport camaraderie as a group.

Equipment

Children will be required to wear a minimum of skates/sledges, hockey helmet with face guard, hockey gloves and a stick

If your child is able to wear full hockey gear, that would be preferred

There is some second hand hockey gear available to borrow

Skates and helmets are also available to rent from the Sk8Lab at MacIsland (\$5 for skates, \$2 for helmet)

Sledges available for usage if a family does not have one

Anyone assisting on the ice will also be required to have skates, gloves and a helmet

Location

All ice times will be at MacDonald Island

Dates

There are two free "Come try it out" dates: Oct. 21 & 27 from 12-1pm

You do not have to attend both, but are welcome to if you would like

The season officially starts on Saturday November 9 and will run until the end of March

Ice times will be Saturdays from 3:00-4:15

Registration

You do not need to register until after the "Try it out" dates.

Registration fee for the year \$100 (there are programs available to those families who may need assistance, contact Minor Hockey for more info)

For more information, please contact royals@fmmha.com, or visit the Facebook group: **Fort McMurray Royals (Inclusive non competitive hockey)**