



# COLLEGE PARK SCHOOL

## May 2016 Newsletter

K. David McLennan, Principal

Tracy Rideout-Brace, Vice-Principal

HOME  
OF  
THE  
COBRAS

*"Ensuring all  
students learn  
and thrive."*

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## Message From the Principal

May and June are a very busy time in schools with many activities, assessments, and year-end celebrations happening. Please check the calendar, on our website, often to keep up to date with our activities schedule.

Our spring fundraiser has come to a close at this point. Pickup will be available on May 17 throughout the day. The money raised from this fundraiser helps pay for all of the extra and special activities that virtually all College Park students benefit from. Thank you to all the parents and families that have supported our fundraising efforts this year.

This year our SCC AGM will be held on May 17 at 7:00. If you are interested in sitting on the executive, or just want to come out and find out more about what our SCC was all about this year, please plan on attending this meeting.

Later in May we will be hosting a Volunteer Appreciation event, please stay tuned to our Twitter, Facebook or Website for more details in the coming week. We will try to ensure that all of our volunteers receive an invitation to this event, however, if you volunteered for anything, please feel free to join us at this event. Without our parents and community partners, our school would not be able to offer nearly as many activities to support the learning and growth of our students. Your efforts in this regard have been noticed and are appreciated.

Spring has sprung and with it comes the time to ensure that we are all on the same page with regards to appropriate clothing for a school environment. Please ensure that our students are dressed in a manner that is conducive to a focused working environment. Our Dress and Grooming guidelines are in the documents section on our Website for reference if needed. Thanks for helping us keep our school environment a respectful place to work and learn.

In closing I would like to wish everyone a fantastic spring. Enjoy the upcoming warm weather, get outside and get some sun and fresh air.

K. David McLennan, Principal



We are on the web!

[collegepark.lpsd.ca](http://collegepark.lpsd.ca)

Check us out for newsletters and more!

## Environment Club

Environment Club is still collecting rinsed milk jugs. Please send rinsed, dried and flattened milk jugs to the school. These can be brought to the Pre-K classroom (room 230). We really appreciate your donations.

We are still recycling products such as pens, markers, highlighters, small electronic devices, batteries, and printer cartridges. These items can be placed into the labelled containers throughout the school.

Gardening Club will be starting at the end of April until June for grade 4 students. As part of the club, students will be beautifying the front of the school with flower pots as well as growing vegetables in containers. Since this club is new to College Park, we are looking for donations of flower pots and containers of various sizes, potting soil, flower/vegetable seeds, and small gardening hand tools. Any of these items would be greatly appreciated by our club.



Us on facebook

[facebook.com/CollegeParkLPSD](https://facebook.com/CollegeParkLPSD)

Follow us on twitter!

[@CollegeParkLPSD](https://twitter.com/CollegeParkLPSD)



AUGUST 17-19

CAMP INFORMATION & REGISTRATION FORMS ON LCHS WEBSITE



## Fun Run

The deadline for earlybird Fun Run entries is May 6, 2016. We have 122 students and 52 adults registered so far at College Park School alone!



# Music News



Join us on May 2nd for **Music Monday!** This is a day we celebrate nationwide as we recognize that our Canadian Schools see the value in music and support of music programs in schools. Every year the Music Coalition runs a songwriting competition. This year Connor Ross won the contest of 200 entries. His song has been produced and shared across Canada. Please visit the website [www.musicmonday.ca](http://www.musicmonday.ca) and find the "We are One" song under the 'anthem' tab to have a listen and share our excitement as College Park is indeed Celebrating *OUR School and it's super Music Programs on May 2nd!*

## Senior Choir News

### Dates to Remember:

**April 27th** - Performance at the LloydMall (12:45-1:15) & Dr. Hemstock (1:30-2:00)

**May 2nd** - An Evening of Music @Lloydminster Comprehensive High School - Meet at 6:30 in Room 702

**May 12th** - Arts Afternoon/Cobra Creations 12:00-2:30- The Choir will perform @ approximately 12:15.

**LPSA**  
LLOYDMINSTER PUBLIC SCHOOL DIVISION

## Evening of Music

A showcase of student talent across the division

**May 2<sup>nd</sup> at 7:00 pm**

Doors open at 6:15 pm

A Silver Collection will be held at the door.

Held at the  
Lloydminster Comprehensive High School  
5615 - 42 Street, Lloydminster

JUST **ALL DANCE**

**Come Swing the Night Away!**

**Friday, May 6**  
7PM at E.S. Laird Middle School Gym

**Tickets: \$20**

Silent Auction  
Dessert & Refreshments Included

**FEATURING**

- Local band *Tangerine Blue* • 6 student jazz bands
- Special Guest: Reowned Canadian Saxophonist, Mark DeJong

Dance 7:00 - 11:00pm

Contact (306) 825-8826 for tickets.

"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music."

~ Albert Einstein

## Five Ways to Wellbeing

Each year, more than 500,000 Albertans visit a doctor about their mental health. Taking care of your health includes taking care of your mind too. Mental Health Week, celebrated from May 2 to 8<sup>th</sup>, 2016 is an annual event to raise awareness for all people to celebrate mentally healthy lifestyles and positive attitudes.

**What is Mental Health?** Mental Health is “a state of *wellbeing* that allows us to “feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face.” (Public Health Agency of Canada)

### Why promote wellbeing?

People with higher levels of wellbeing:

- Live longer
- Are more likely to work or be in full time education
- Are creative thinkers and perform better in school or workplace
- Positively influence the wellbeing of those close to them
- Have lower risk of stroke, heart disease and mental health problems

Can we really influence our wellbeing?

Yes! The way we feel and function is not just down to our genes, up-bringing, or our life circumstances. Research suggests that wellbeing is also down to our personal outlook on life and the activities we do. So, yes, we can influence our own wellbeing and the wellbeing of others!

**Starting with one small step can make a difference!**

Adapted from:

<http://www.bucksmind.nhs.uk/wellbeing>

<http://www.bucksmind.org.uk/services/five-ways-to-wellbeing/>

### Practice the Five Ways to Wellbeing with your family:

**Connect:** Being well connected is associated with increased mental health and wellbeing. Connect with the people around you, like family, friends, team mates or neighbours.

Building these connections will support and enrich you every day.

**Keep Learning:** Ongoing learning is a great way to boost your mental health and wellbeing. Take time as a family to try something new or rediscover an old interest.

Set a new challenge that you will all enjoy achieving. Learning can be fun.

**Give Back:** People who enjoy giving and are open to receiving have improved mental health and wellbeing. Do something nice for a friend or a stranger. Volunteer your time together. Get to know your neighbours or join a community group.

It creates connections with the people around you and adds joy to your life.

**Take Notice:** Being aware and mindful is associated with mental health and wellbeing. Be curious as a family, remark on the unusual, notice the changing seasons, and catch sight of the beautiful.

Be aware of the world around you and what you are feeling.

**Be Active:** People who are active have improved mental health and wellbeing. Find simple ways to be active as a family: go for a walk or run, ride bikes, garden, or dance. Exercise makes you feel good so do whatever works for your family.

For more information or for available programs and services in your area contact:

Mental Health Help Line	1-877-303-2642
Addiction Help Line	1-866-332-2322
Health Link	811



## April, May & June 2016 Programs for Parents

Pre-registration is required for all programs

To register, please call Midwest Family Connections at 306-825-5911



### Triple P Seminars

Focus on ages 2-12

#### The Power of Positive Parenting

Wednesday, April 13<sup>th</sup> 6:30 to 8:00 pm



This seminar introduces parents to the five core principles of positive parenting. These principles include creating a safe, interesting environment, having a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent. Join us for this chance to hear about positive parenting, meet other parents and ask questions.

Held at: **Mother Teresa Early Learning Centre**

5129-39 Street



#### Raising Confident, Competent Children

Wednesday, May 11<sup>th</sup> 6:30 to 8:00 pm

This seminar introduces parents to the six key building blocks children need to do well in life. These skills include showing respect, being cooperative, being considerate of others, becoming independent, having healthy self-esteem and becoming a good problem-solver.

Held at: **Father Gorman Community School**

3112—47 Avenue



### Infant Massage

Fridays, June 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> 10:00-11:00 am

Do you have a baby who is 3 weeks or older? Join us for information and massage techniques that can: help deepen the bond with your child, improve communication with your baby, stimulate your baby's growth and development and learn how to help relieve stress in both your child and yourself.

Held at: **Midwest Family Connections #103 4910-50 Street**

# LPSD Excellence in Teaching Award

Over the years, parents and students have thanked teachers for the excellent work they have done through the LPSD's Excellence in Teaching Award. The LPSD Excellence in Teaching Award was created not only in an effort to acknowledge LPSD teachers but to also provide an opportunity for parents and students to celebrate their teachers with the community every year.

Parents wishing to nominate their child's teacher may do so via email sent to [charlene.hill@lpsd.ca](mailto:charlene.hill@lpsd.ca) by Friday, May 13, 2016. Parents are asked to highlight the teacher's actions and contributions that have made a difference and served as an exemplar of excellence in teaching. Teachers will be recognized publicly by the Board of Education at the opening ceremonies for the 2016/2017 school year. Portions of the written submissions will be used to capture the essence of the nomination for the teacher and to celebrate his or her accomplishments. Our teaching colleagues will also be recognized and celebrated in local media and on LPSD's social media platforms

For more information please contact Charlene Hill, at the Lloydminster Public School Division at 780 875 5541. Please forward your nominations to [charlene.hill@lpsd.ca](mailto:charlene.hill@lpsd.ca).



## DAILY EVENTS:

### MONDAYS

Grades 5-6 Badminton Practice 7-8 am

Jazz 2 3:15 pm

Grades 7-9 Badminton Practice 3:30-4:30 pm

Middle School Art Club 3:30-5pm

### TUESDAYS

Grades 7-9 Badminton Practice 7-8 am

Jazz 1 7:45-8:30 am

Chess Club @ Noon

Middle School Math Club 12:30 pm

### WEDNESDAYS

Grades 7-9 Badminton Practice 7-8 am

Grades 4-6 Lego Club @ Noon

GAAC @ Noon (Even Days)

Gold Band 3:30 pm

### THURSDAYS

Grades 7-9 Badminton Practice 7-8 am

Jazz 1 7:45-8:30 am

Chess Club @ Noon

Grades 5-6 Badminton Practice 3:30-4:30 pm

## Put Your Heart Into It...

Jump Rope for Heart is set to hit College Park School on Thursday, June 2<sup>nd</sup> for our 2nd year! All College Park students in grades K-6 will be participating on Jump Day.

Fundraising for grades 4-6 has officially begun, and will run from May 2<sup>nd</sup> to May 20<sup>th</sup>. Our school goal is to raise \$5000 for the Heart and Stroke Foundation. Your child needs to have permission to fundraise, so please sign and return the form as soon as possible! All envelopes **must be returned to your child's teacher by May 20<sup>th</sup>, regardless if funds were collected or not.** Remember to safe fundraise!

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## Grade 2 Bake Sale

On Monday, May 16 and Tuesday, May 17, 2016, the grade 2 classes will be hosting a bake sale for their field trip to Frenchman Butte in June. All items will be sold for \$1.





# MAY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Music Monday  K2	3  K1/K3	4  K2	5 Middle School Dance @ BL 6:30-10pm  K1/K3	6 2A Mother's Day Tea  Just Jazz Big Band Dance  K2	7
8	9  K1/K3	10  K2	11 Middle Years Track  Early Dismissal  K1/K3	12 Cobra Creations  K2	13  K1/K3	14
15	16 Middle Years Alternate Track Date Gr 2 Bake Sale Monday and Tuesday K2	17 City Track Meet (Middle Years)  Fundraiser Pickup ← SCC AGM 7pm Kindergarten Orientation →	18  K2	19  K1/K3	20  K2	21
22	23 No School Victoria Day	24 District Track  K1/K3	25 District Track  K2	26 Celebrations Assembly 1:10 pm  Grade 5 Trip to Edmonton K1/K3	27 Hot Lunch  Grade 4 Field Trip to Battleford  K2	28
29	30  K1/K3	31 Grades 4-6 Track  K2				