



COLLEGE PARK SCHOOL

February 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

Welcome to February 2016

It's official, the days are getting longer. By the end of the month, each day will have almost two hours more daylight than at the beginning, Yahoo.

February 6th & 7th will see our basketball teams participating in district play downs hosted by College Park. Unfortunately, the teams from La Loche will not be participating this year due to the tragic events that occurred recently at their school. Our hearts go out to the students, staff and entire community of La Loche during this time and there will be special recognition at this year's district event.

If you have a child in grade 4 or 7 you may have received a survey from Alberta Education, called the Accountability Pillars Survey. Feel free to complete this survey as it will provide some data for Alberta Education, however, we are not contracting the use of this data for LPSD as we report to Saskatchewan's Ministry of Education and as such the information will not find its way back to us. We will be using another survey for students and parents this year to ensure we are accessing your voice.

As we enter the second half of our school year we will be gearing up to prepare our grade 9's for their transition to LCHS and the world of High school. This process will begin in February with Mr. McLennan visiting each class to discuss the High School environment, terminology, graduation requirements, etc. and answer any questions the students may have.

I invite you to take some time this month and ask your son or daughter about their learning at College Park School. As always if you have feedback or questions, feel free to contact someone at the school or attend an SCC meeting (the next one is February 9th at 7:00 in the staff room).

Have a great second half of the 2015-2016 school year.

Safety Patrollers are from grade 6 and have been trained in how to safely cross pedestrians across the street. Thank you for looking out for the yellow vested patrollers and using the crosswalk in front of our school. Drivers, please remember to park away from the crosswalk area on 56 Avenue. Safety Patrollers of the month are October - Jenna W; November - Christine Y; December - Dasha N; and January - Brett S

AMA SCHOOL SAFETY PATROL CORNER

Friendly TIPS FOR SCHOOL ZONE Safety

Set a great example – be a leader, not a follower. Instead of pointing fingers, we want students to join hands and solve school zone safety challenges. We need cyclists, pedestrians and drivers to play it safe, share the road and look out for each other.

Teach 'mini-me' to be safe at school with fun activities at www.WayToBe.ca





We are on
the web!

collegepark.lpsd.ca
Check us out for
newsletters
and more!



Us on facebook

facebook.com/
CollegeParkLPSD

Follow us on
twitter!

@CollegeParkLPSD



Basketball

The hard work and dedication of the girls' A team has paid off so far. Starting off the season, the girls achieved a silver place finish at the Holy Rosary tournament. They also finished second in their league which gives them a bye into the playoffs. The girls are looking forward to their last two tournaments of the season before they get to districts. Not only are they a strong skilled team, the girls have also been complemented by coaches and referees on their good sportsmanship. Keep working hard as players and school ambassadors girls!



SLC/We Team

Candy Grams:

Every student in the school will receive a Candy Gram from the SLC. Students can purchase candy grams for friends, family, teachers etc. February 4 & 5 at lunch. Candy grams will be delivered Friday, February 12th. For the Kindergarten class(es) not here that day we will deliver them on Thursday, February 11th.

Anti-Bullying/Pink T-shirt Day is Wednesday, February 24th.

Here is a little on the history of Pink Shirt Day:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]... [They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. 'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled. The bullies were never heard from again."

In support of this important day we would love to see every student in College Park School in pink! This could be pink clothing, pink hair, pink faces, anything pink!

Kindergarten Art Club

Kindergarten Art Club will be starting on January 28. It will continue every Thursday during the second portion of the lunch hour. We will be making seasonal Arts and Crafts. Kindergarten teachers will take care of forwarding students names to us. We look forward to crafting with you, Kindergarten!!
Mrs. Willard, Erin, Jayva, Brianna, Katelyn, and Payton



Environment Club

Bring out your batteries, your printer cartridges, your spent markers and pens and pencils. The Environment club will recycle them all and small electronic devices as well as dead screens (TV's and computer screens). Bring them in and put them in the green bins. large items can be left at the front desk or see Mr. Hamilton.

3 on 3 Basketball

3 on 3 Elementary Basketball League is in full swing. With 32 kids from grades 5 and 6 showing high interest in basketball, College Park has divided players into two teams. Mr. Walker coaches CP1 and Mrs. Smith and Mrs. Mestre coach CP2. Both teams have shown success, skill, and sportsmanship playing teams around LPSD. The wrap tournament will be held on Thursday, February 11.



Students in the band room are working with some new concepts right now that I'm excited to share:

THE POWER 5 FUNDAMENTALS

1. Posture
2. Breathing
3. Embouchure
4. Articulation
5. Releases

THE 3 Ss

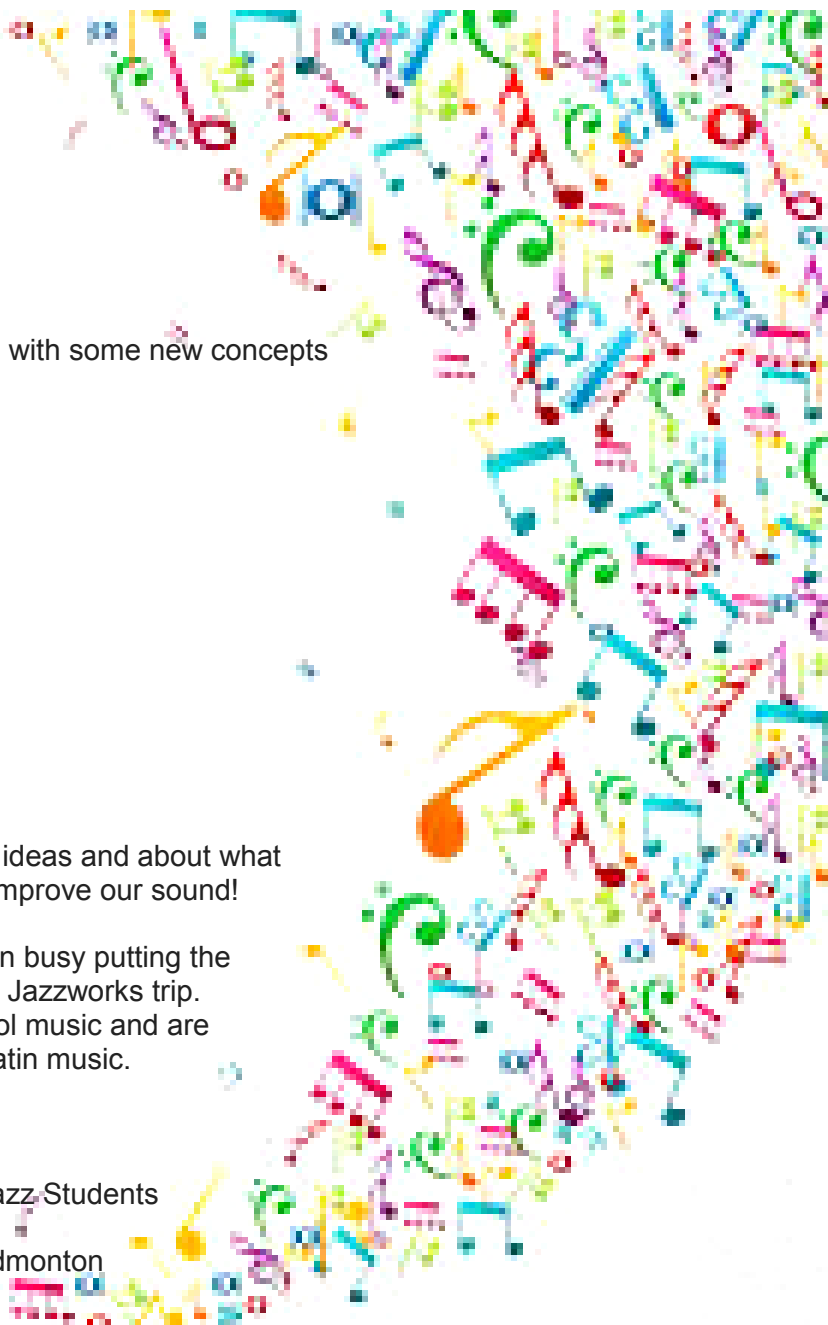
1. Starts
2. Sustains
3. Stops

Feel free to ask your child about these ideas and about what they understand about how these will improve our sound!

Our Jazz 1 and 2 ensembles have been busy putting the finishing touches on their music for our Jazzworks trip. The students are doing some really cool music and are learning a lot about swing, rock, and Latin music.

Upcoming Dates:

- February 3-4 - Jazzworks Trip for all Jazz Students
- March 15-16 - Gold Band Trip
- March 16-17 - Grade 8 Band Trip to Edmonton



Library News

COLLEGE PARK SCHOOL'S SPRING SCHOLASTIC BOOK FAIR

Monday, February 8, 2016

From 9:00 am - 7:00 pm

College Park School Theatre

Books, Posters, and Stationery items (pens, erasers, bookmarks) for all ages pre-school, primary picture books, chapter books, novels, teen series, and adult reads.

Cash, Cheque, Credit Card and Debit accepted.

We are super excited to be hosting the Spring Scholastic book fair at College Park School on Monday, Feb. 8. Students will get a chance to preview items in the days before the actual sale to plan their purchases. For parents of students in **Grades K-2**, please feel free to join us after school if you want to shop with your child or during the school day if you are available. We can briefly pull your child from class in order to shop with them. **Grades 3-5** students will have a chance to purchase during the school day, so if you are confident in your child's ability to purchase without you, feel free to send money in a labelled ziploc bag. You are welcome to join us after school or during the day as well. For parents of students in **Grades 6-9**, students will have a chance to purchase during the school day. You are also welcome to join us after school or during the day. As with the fall book fair, we would appreciate any parents who would like to volunteer. Volunteers are asked to visit <http://www.volunteerspot.com/login/entry/699410234085> to choose a time.



Chess Club

Chess Club is growing and the kids are getting really good. If you have some free time and would like to help improve the gameplay of some students we would love to play against you. Contact me at the e-mail below and we will arrange a time.

Cornelius Krahn, Teacher Librarian
cornelius.krahn@lpsd.ca



February 2016 PROGRAM CALENDAR

Programs are free and all families are welcome!

Please call 306-825-5911 to register for any programs with a  indicated.

Programs are held @ **Midwest Family Connections #103, 4910-50th Street, Lloydminster, SK**
unless otherwise stated*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Family Play 'n Learn 9:30 to 11:30 am	3 Parenting Tips & Playtime 9:30 to 11:30 am Pajama Party! 6:00 to 8:00 pm	4  Triple P Discussion Group 9:00-11:00 am Let's Play 9:30 to 11:30 am  Mothers First 1:30 to 3:00 pm	5  PALS Club at Jack Kemp Community School * 10:30 to 11:30 am	6 Let's Play 11 am to 2 pm Prenatal Class 9am-4pm *Please call 306-820-6120 to register
9 Family Play 'n Learn 9:30 to 11:30 am	10 Parenting Tips & Playtime 9:30 to 11:30 am Pajama Party! 6:00 to 8:00 pm  Kids Have Stress Too* Lakeland College, Lloydminster Room 1017 6:00-8:00 pm	11  Triple P Discussion Group 9:00-11:00 am Let's Play 9:30 to 11:30 am  Mothers First 1:30 to 3:00 pm	12  PALS Club at Mother Teresa Early Childhood Education Centre* 10:30 to 11:30 am	13 Indoor Playground CLOSED
16 Family Play 'n Learn 9:30 to 11:30 am	17 Parenting Tips & Playtime 9:30 to 11:30 am Pajama Party! 6:00 to 8:00 pm  Kids Have Stress Too* Lakeland College, Lloydminster Room 1017 6:00-8:00 pm	18 Let's Play 9:30 to 11:30 am  Mothers First 1:30 to 3:00 pm	19	20 Indoor Playground CLOSED
23 Family Play 'n Learn 9:30 to 11:30 am	24 Parenting Tips & Playtime 9:30 to 11:30 am Pajama Party! 6:00 to 8:00 pm  Kids Have Stress Too* Lakeland College, Lloydminster Room 1017 6:00-8:00 pm	25 Let's Play 9:30 to 11:30 am  Mothers First 1:30 to 3:00 pm	26	27 Let's Play 11 am to 2 pm

WINTERFEST: Monday, February 15 from 10 a.m. to 2 p.m. Servus Sports Centre*



In addition to all of the other fun activities happening at Winterfest, we will be hosting lots of fun activities in a field house for you as parents and caregivers to enjoy with the children in your lives. Activities are geared to children from birth to 6 years of age however children of all ages are welcome to attend with their families.

Rural Outreach

Kitscoty Family Play 'n Learn @ Kitscoty Community Church

February 1,8,22 & 29 from 10:30 to 11:30 am

Clandonald Kids Connection @ Clandonald School

February 5 from 10 to 11:30 am

Let's Play Vermilion! @ Kiddie Oasis


February 2,9,16 & 23 from 9:30 to 11:30 am

Vermilion Kids Connection @ Vermilion Public Library

February 3,10,17 & 24 from 10:30 to 12:00 pm


McLaughlin Family Play 'n Learn @ McLaughlin Community Hall

February 25 from 10:30 am to noon

 **Lashburn Teddy Bear Picnic** @ JH Moore Elementary School

February 29 from 10 to 11:30 am

Please call the school @ 306-285-3200 or Midwest Family Connections @ 1-866-651-5911 to register.

 **Marshall Teddy Bear Picnic** @ Marshall School

February 8 9:30-11:00 am Please call the school at 306-387-6288 or Midwest Family Connections @ 306-825-5911 to register.



CALL 306-825-5911 FOR MORE INFORMATION

or if you need assistance with transportation to our Centre or programs. Program descriptions can be found in our newsletter on our website at www.midwestfamilyconnections.ca





February 2016

Programs for Parents

Pre-registration is required for all programs

Class sizes are limited, so register early!

306-825-5911

Triple P Positive Discussion Groups



Focuses on ages 2-12

Held at *Midwest Family Connections*

#103 4910 -50 Street



MANAGING FIGHTING AND AGGRESSION

Thursday, February 4 from 9:00 to 11:00 a.m.

It is natural for children to have disagreements and arguments. However, if not dealt with early we risk someone getting hurt as this can escalate to fighting and aggression. After attending this workshop, you will go home with a plan that you have developed to help your children solve problems and get along.

DEVELOPING GOOD BEDTIME ROUTINES

Thursday, February 11 from 9:00 to 11:00 a.m.

Children need a good night sleep so they have enough energy for the next day's activities. Parents also need adequate sleep and some child-free time to ensure their own needs are being met. After attending this discussion group, you will go home with a plan to help develop good bedtime routines .



KIDS HAVE STRESS TOO!

Wednesdays, February 10, 17 & 24 from 6:00 to 8:00 pm

Lakeland College, Lloydminster Campus, Room 1017

Recognize and understand children's stress and the impact on their health and development. Learn approaches to help children deal with stress and behaviors that may be stressing you out! Focuses on ages 2 to 12.

We've all experienced life's ups and downs. Things don't always go our way, or turn out as planned. How well we cope with hardship and change is based on a concept called *resiliency*.

Resiliency is the ability to bounce back from setbacks and cope with adversity. Being able to deal with those setbacks is a key factor in positive mental health, as well as school, career and relationship success.

Resiliency is not something parents can control or determine, but we do play an important role in helping our children develop the *assets* that enable them to be *resilient*. Personal *resiliency* is about our *assets* – the

resources, attributes and skills – that help us recover from negative events or feelings, cope with challenges and adversity, and look after ourselves when things aren't going well. People who are *resilient* are more likely to have the confidence to seek support from others in times of trouble.



Resilience building makes a difference! Research demonstrates that building *resilience* leads to:

 Decrease	<ul style="list-style-type: none"> ▪ substance abuse ▪ mental health concerns ▪ violence 	 Increase	<ul style="list-style-type: none"> ▪ positive mental health ▪ leadership skills ▪ maintenance of good health ▪ success in school
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So how do you build *resilience* in children and youth?

- **Increase bonding and create a sense of belonging.** Spend time talking, dreaming, planning and playing together. Tell your kids often that you will always love and accept them.
- **Set clear and consistent boundaries.** Respect their privacy, but take interest in their friends and activities. Always ask where they are going, with whom, and when they'll be back. It is important to have open conversations about important topics such as; the use of drug or alcohol and dating relationships, and to be clear about your expectations before you need to. Kids respect our clear limits and boundaries when they know what to expect in advance.
- **Teach life skills** like gardening, meal planning and preparation, and money management.
- **Provide caring and support.** Show empathy for how they are feeling and help them find solutions to life's challenges.
- **Set and communicate high expectations.** Talk with your kids about success in school or activities, help them set realistic goals and support them to reach their goals. Encourage them to do their best!
- **Provide opportunities for meaningful involvement.** Put kids in charge of planning the activities for a family night or celebration, help them find volunteer opportunities and talk about ways they would like to make a difference or give back in their community.

For more great ideas, check out Resiliency at the Alberta Health Services' website, www.ahs.ca. You can also find additional parent resources at www.psychologyfoundation.org

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
HEALTHLINK Alberta 811

DAILY EVENTS:

MONDAYS

Girls' A Basketball Practice 7 am
Jazz 2 3:15 pm
Boys' A Basketball Practice 3:15-5pm
Middle School Art Club 3:30-5pm

TUESDAYS

Boys' Basketball Practice 7am
Jazz 1 7:45-8:30 am
Yoga Club 12:10 pm
Middle School Math Club 12:30 pm
3 on 3 Home Games 3:30-5pm

WEDNESDAYS

Boys' A Basketball Practice 7am
GAAC @ Noon (Even Days)
Girls' A Basketball Practice 3:15-5pm
Gold Band 3:30 pm

THURSDAYS

3 on 3 Basketball 7:30-8:15 am
Jazz 1 7:45-8:30 am
3 on 3 Away Games 3:15

FRIDAYS

B Basketball Practice 7-8:15 am
3 on 3 Basketball Practice 12:10 pm

Middle Years Art Club
Art club will be held on only the following dates for February:
February 8 and 29

Senior Choir



Senior Choir will be starting up on Tuesday, February 2nd. It is open to any students that are in grade four and above. We will be meeting and singing each Tuesday at lunch hour in the Music Room. Permission slips are available from the office or Mrs. Moline. Feel free to print one off from our College Park School Website. You can find us at: College Park School - >Clubs and athletics-> Choir. You will find updated information and any letters that we send home posted to this website.

Senior Choir will conclude with a performance at the Lloydminster Comprehensive High School this May. This concert will see all of the Lloydminster Public Schools' performing music of some variety during this evening in May. More information to follow!

We hope to see (and hear) your child on Tuesday, February 2nd.



FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Day 2 Semester 2 Begins	2 Day 3 Groundhog Day	3 Day 4 Jazz Band trip to Jazzworks in Edmonton	4 Day 5 Candygram Sales	5 Day 6 Candygram Sales	6 District Basketball
	K2	K1/K3	K2	K1/K3	K2	
7	8 Day 1 Chinese New Year (Year of the Monkey) Book Fair	9 Day 2 SCC Meeting 7pm	10 Day 3 Early Dismissal 2:15pm	11 Day 4 100th Day of School Grade7 Trip Kindergarten Open House 7pm	12 Day 5 Candygram Deliveries	13
	K1/K3	K2	K1/K3	K2	K1/K3	
14 Valentine's Day 	15 Family Day	16	17	18	19	20
						
21	22 Day 6	23 Day 1 Spelling Bee 1pm	24 Day 2 Celebrations Assembly 1:10pm Pink Shirt Day	25 Day 3	26 Day 4 Hot Lunch Grade 1-2 Skating @ Bud Miller (PM)	27
	K2	K1/K3	K2	K1/K3	K2	
28	29 Day 5					
	K1/K3					

"All you need is love. But a little chocolate now and then doesn't hurt. "
 ~ Charles M. Schulz