

# COLLEGE PARK SCHOOL

### June 2016 Newsletter

K. David McLennan, Principal

Tracy Rideout-Brace, Vice-Principal

# Message From the Principal

Celebrate Success

Wow, we are here in June, and the final month of the year. This is a great time to reflect on the many accomplishments of the students, families and staff of College Park School. This year, we were able to start the year in our school. We still had a few glitches to problem solve, but were able to do so and spend an entire year at home in College Park School, and we celebrated our first birthday. We are much further down the path of creating a positive school culture that values individual uniqueness and this is a testament to the students, staff and families of College Park School. Give yourselves a big pat on the back and a "way to go".

In June we will host our final Band Concert, and we will celebrate academic and extra-curricular success at our "Honouring our Cobras" evening; a year end assembly. This year we have enjoyed many academic, musical, sporting, and leadership successes both in our school and in our community.

It is also important to recognize the citizenship efforts our students have made both locally and around the world. The students and staff at College park have supported the United Way, SPCA, the Olive Tree, Relay for Life, Terry Fox Run, Heart and Stroke Foundation, MS Walk for life, and more, as well as our WE team's global Clean Water initiative.

I am proud to be associated with the students, staff and families that make up the College Park school community.

K. David McLennan, Principal

Are you moving over the summer? Plan on switching schools? Let the office know at 780-875-7518 or email michelle.cowan@lpsd.ca

HOME OF THE COBRAS

"Ensuring all students learn and thrive."

#### INSIDE This issue:

Music News	2
Midwest Family Connections	3
Addictions and Mental Health	4
What's Happening	5
Calendar	6

# From the Band Room

Well folks, June is upon us! It is hard to believe that another year of hard work by our band and music students is coming to a close. I want to take a moment to congratulate our Grade 8 Band, in particular, as they were the recipients of the Band Award at our local festival for the highest mark out of all of the bands who participated. Congratulations Grade 8's for a great showing!

### **GRADE 5 STUDENTS**

All Grade 5 students have now been paired with band instruments for next year. Letters were sent home in May outlining each student's instrument selection, and some pointers for arranging that band instrument for September. Please contact Mr. Jones ASAP if you have any questions or need help to find an instrument for the fall.

### **GRADE 6 BAND STUDENTS**

Your BAND BLAST will be happening in the College Park gymnasium on Thursday, June 16 with music starting at 6:30 PM. This exciting tradition will feature ALL LPSD GRADE 6's in a giant band performing four exciting pieces of music! Be sure to be there for this momentous occasion! Our students are to wear black bottoms and white tops for concert dress.

### SPRING SOUNDS CONCERT

On June 7th at the Vic Juba Theatre, our grade 7-9 bands will be presenting an evening of music influenced by film! Concert starts at 7:00 PM with students needing to arrive by 6:30. This will be the

last opportunity for some of our kids to perform and it is sure to be a highlight! See you there!

### CONGRATULATIONS

Congratulations to Brett Stephens, Krissy McCallum, and Dustin Nickerson, who were all recipients of \$500 LPSD Band Bursaries to attend Summer Camps!



### JUST JAZZ

This year we participated in the 3rd annual "Just Jazz" Big Band Dance evening. All LPSD jazz bands were featured in performance, including our own Jazz 1 and Jazz 2 bands along with guest artist Mark DeJong of Calgary and local band Tangerine Blue. It was a great night and we were able to raise a lot of money to support jazz education in Lloydminster!

### END ROUTINES

Just a reminder that we will be doing our end routines in the band room on June 16th and 17th. During this time, all LPSD owned instruments must be returned for the summer and we will be collecting all music and school-owned music books for inventory and maintenance over the summer. All students must have their lockers cleaned out by June 17th,

Have a fantastic summer and we hope to see you all at our final concerts!

When words leave off, music begins. ~Heinrich Heine





## May & June 2016 Lloydminster Programs for Parents

Pre-registration is required for all programs

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



### **Triple P Seminar**

Focus on ages 2-12



### 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<sup>th</sup> 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<sup>th</sup> Street

Government of Alberta Human Services





Human Services

# Addiction and Alberta Health Mental Health News

June 2016

### Social and Emotional Learning

Social and emotional learning (SEL) is the way that children develop the ability to experience, regulate and express emotions, form close and secure relationships, explore their environment and to learn. When social and emotional skills are taught and mastered, they help children to be more successful in school and in other areas of their life. Studies have found that children who possess these social and emotional skills are in fact happier, more confident and more capable as students, family members and friends. At the same time, they are far less likely to experience harmful behaviors such as substance abuse, depression or violence.

### Social & emotional learning is a powerful way to help children become healthy, caring &competent in these domains:



#### For more information on Social and Emotional Skills go to the source of this article:

http://education.praguesummerschools.org/files/educatio n/patrikakou 3.pdf

### Building Social Emotional Skills

Focus on strengths - When your child brings home a test, talk about what he/she did well, and then ways to improve. Praise specific strengths.

Ask children how they feel - Asking about feelings sends the message that you care and teaches them to use words to express emotions.

Find ways to stay calm when angry - It's normal to become irritated or angry with our children from time to time. Find ways to calm down and be a role model for children on managing emotions.

Be willing to apologize - Role model how to apologize if you have said or done something hurtful. This teaches children that it's possible to work through problems with respect for the other person.

Avoid humiliating or mocking your child. Unfair criticism and sarcasm hurts the bond of trust between children and parents, and can lead to a lack of self-confidence. Instead. give them the room to make mistakes as they learn new skills.

Encourage sharing and helping. There are many ways to do this. Together you and your child can prepare food in a homeless shelter or help a neighbor. This teaches children that what they do can make a difference in the lives of others.

Ask questions that help children solve problems on their own. When parents hear their child has a problem, it's tempting to step in and take over. This can harm a child's ability to find solutions on his or her own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution. what will be the consequences of that choice?"

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



## DAILY EVENTS:

### MONDAYS

Middle School Art Club 3:30-5pm

### TUESDAYS

Chess Club @ Noon Middle School Math Club 12:30 pm

### WEDNESDAYS

Grades 4-6 Lego Club @ Noon

GAAC @ Noon (Even Days)

THURSDAYS

Chess Club @ Noon

Follow us on twitter! @CollegeParkLPSD Like us on facebook facebook.com/ CollegeParkLPSD

### Put Your Heart Into It...

Jump Rope for Heart is set to hit College Park School on Thursday, June 2nd for our **2nd** year! All College Park students in grades K-6 will be participating on Jump Day. Our event starts about 1:00pm with a performance in the gym and goes until about 2:45pm. If you are able to help out for the afternoon, please contact Mrs. Wilchynski or Mr. Armstrong. Any time you can give will be appreciated!

A great big thank you goes to the grades 4-6 students this year! In our second year, College Park students raised a total of \$5998.25! Amazing! Our top 3 fundraisers were Gracie Phipps, Carson Tremblay, and Keevan Thiessen. Great job you three, and all the fundraisers!

See you all on Thursday! Let's make our second year memorable!

### **K2** Celebrations

Mrs. Smith's K2 class will hold their Year End Celebration on Wednesday, June 22nd from 1:30-3 pm in the College Park School theatre. K2 has a field trip planned to Bud Miller on Thursday, June 16. Dress appropriately for the weather, please!

Thank you to the current group of grade 6 students who participated in safety patrol this school year. They were awesome at keeping the pedestrians crossing the street safe and secure. They were always dependable and responsible. As a way to say thank you for their year of service, the grade 6 patrollers will also get to go on a field trip to Kinsmen Park in Edmonton for the AMA School Safety Patrol picnic on June 3. College Park also had over 20 grade fives take the safety patrol training this spring and have already begun to job shadow to get ready for next year.

~Mr. Walker

AMA SCHOOL SAFETY PATROL CORNER *Friendly* TIPS FOR SCHOOL ZONE Safety

Distracted driving is a factor in one out of three collisions. Set an example by staying focused with your hands on the wheel and eyes on the road. Follow the same rules as a pedestrian – put the phone away, avoid headphones and watch for traffic.

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







Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Jump Rope for Heart		
				Provincial	Track in Regina (Mi	ddle Years)
			К1/КЗ	К2	K1/K3	
5	6	7	8	9	10	11
	SCC Meeting	Twilight Track	Early Dismissal	K-3 Track		LPSD Fun Run
	6:30 pm	Meet Spring Band	2:15 pm	Honours Night		
		Concert 7 pm				
	К2	K1/K3	К2	K1/K3	К2	
12	13	14	15	16	17	18
				Grade 6 Big Band Blast 7 pm	Pancake Lunch	
	K1/K3	К2	К1/КЗ	K1/K3	К2	
19	20	21	22	23	24	25
				Grade 3 Field Trip		
	K1/K3	К2	K1/K3	К2	K1/K3	
26	27	28	29	30	X	
		Final Day for Students				
		Report Cards Home				
	К2	K1/K3				

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." — Henry James