

Normandeu... "Where People Grow" **NEWSLETTER**



NORMANDEAU SCHOOL

<http://normandeu.rdpsd.ab.ca>

403-342-0727

Tuesday, December 13, 2016

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A Note From the Principal

Hans

On behalf of the staff of Normandeu School, I would like to take this opportunity to wish you and yours a joyous and wonderful holiday season. This is always a good time to see what we have done in the last calendar year: new experiences for students, special events and opportunities or changes to the school building itself. All of these changes affect us in different ways but I hope that they are positive. We look forward to a new year because who knows what new things will be heading our way. It is always exciting.

We hope that you will join us for our **Normandeu Community Christmas Carnival** on Wednesday, December 21st, starting at 6:30. We will be having a variety of different activities, organized by the staff of Normandeu School. Hopefully you have already received your invitation in your mailbox. If you have not, please come anyway, we would love to see you there. We are also asking for a 12 cookie donation to our sharing table, if you are able. We will also be holding a special draw for a night out in a hockey suite at the Rebels game so bring your loonies. All proceeds will be going to our Band program

Thank you to those parents that made time to come to Parent -Teacher Interviews on December 8th. We always enjoy the opportunity to talk about the students with you and how to encourage them in their school career. We always work together so we can make our kids successful in whatever they want to do later on in life.

Our next assembly will be on Friday, December 17th, at 11 am. We are holding a special tribute to Mrs. Jane Bechthold at that time, so we as a school community can celebrate her life and contributions to our school. We hope that you can find some time to join us.

Merry Christmas and see you in the New Year,
Hans

Important Dates:

December 21 * 6:30-8:00 pm Christmas Carnival
December 23 * 1:50 pm early dismissal
Dec. 24-Jan. 8 * No School - Christmas Break
January 9 * Classes resume

Kindergarten 2017-2018

Kindergarten registrations for next school year for are being accepted on-line and at the office. A child who will be 5 years of age by December 31, 2017 is eligible to be registered. The child's birth certificate (or to be in process of applying) is required.

Check the Red Deer Public Schools website at www.rdpsd.ab.ca for on-line registration.

Pre-Kindergarten Applications

Red Deer Public Schools offers early education programming in the form of Pre-Kindergarten programs for young children. Priority for programming is given to children with delays. Application forms and information are available at the office.

School Library

Thanks to everyone who supported our Scholastic Book Fair. We had another very successful sale and as a result we will earn \$2,100.00 worth of books for our library. The Family Event winner was Tyson (6M), winning \$25 in books for himself and \$25 in books for his class.

Christmas Carnival

Please come join us on Wednesday, December 21st, from 6:30 - 8:00 pm. We are hosting a Christmas Carnival for the whole family including grandparents. We will be singing carols, doing crafts, going outside for games or skating, or decorating cookies or a tree ornament.

We sure hope that you can make it for this special evening of Christmas Cheer. Please consider bringing a dozen cookies for our sharing table.



Christmas Bureau and Food Bank

Donation collection boxes for both the Christmas Bureau and the Food Bank will be in the school foyer until December 15th. Along with new items, the Christmas Bureau appreciates receiving the gently used toys, puzzles, books, etc. that your children no longer need. Thank you for helping out these worthy charities.

Parent School Council

Meetings are held the third Wednesday of the month. The next meeting will be on January 25th at 7:00 pm in the school library. An open invitation is extended for these meetings.



ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSET #1: Family Support

Youth are more likely to grow up healthy when their families provide them with high levels of love and support.

70%
of youth surveyed by Search Institute have this asset in their lives.*

What Are Assets?
Assets are 40 values, experiences, and qualities that help kids succeed. "Family support" is one of six support assets.

* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

Love and Support: The Family Foundation

Love and support. It sounds easy. We know we give it. Everyone does. Right?

But giving your child consistent love and support can be tricky. How often does your child feel supported when you come home from an exhausting day and he or she wants to talk—but you want a break?

When your child messes up, do you provide support rather than discipline?

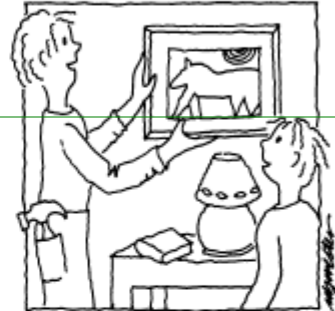
Young people know our body language. They listen to what we say—and don't say. They notice when our words and our actions don't match.

Supporting and loving our children refer to the many ways we affirm, love, and accept them, both verbally and nonverbally. When we hug them or say "I love you," the expression is obvious. Paying attention to them, listening to them, and taking an interest in what they're doing are less obvious ways of giving support,

but they're just as important.

The next time you're exhausted, say so. If you're mad, be honest. If you don't tell your child what you're feeling, he or she will read one message from your body and hear the opposite. And children usually interpret inconsistent messages as meaning they have done something wrong.

Be consistent. Be loving. Develop an openness so that your child always knows that you're available and you'll love her or him—no matter what.



Helpful Hints

Tips that make loving your child easier:

- **Loving touch means a lot.** Hug. Put your arm around your child. Comb your child's hair.
- **Use loving words.** Try: "I care about you." "I love you." "I think you're terrific." "You're great!"
- **Be loving in your interactions.** Look your child in the eyes when you talk with her or him.
- **Tell your child when he or she does something that makes you feel loved and cared for.**

time together

Three ways to be supportive of your child:

1. **Have a weekly family game night.** Take turns choosing games.
2. **Spend one hour a week with each child alone.** Take a walk, listen to music, or just hang out.
3. **Find out one area where your child is struggling.** Listen to your child's concerns. Help your child think of ways to address the issue.

10 Creative Ways to Care ^{1 2}

1. Do something new together. Instead of a walk, go jogging—or skipping. Have a leaf fight.
2. If possible, eat at least one meal a day together.
3. Choose a book to read together as a family. Each day read 10 pages.
4. Ask what your child's highs and lows were for the day. Tell about your day.
5. Every day show love through hugs, words, kisses, smiles.
6. Frame your child's artwork and hang it on the wall.
7. Give your child space to think, to rest, to rejuvenate.
8. Lie under the stars together and talk about whatever crosses your mind.
9. When you're feeling stressed, reassure your child that he or she isn't the reason.
10. Write "family care" resolutions. Then keep them.

Quick Tip:
Hide an affirming note for your child to find.

More Help for Parents

Catch 'Em Being Good! This 10-minute video gives tips on how to build relationships and how to encourage your child to act in positive ways. (Available from Boys Town Press, www.girlsandboystown.org; 800-282-6657.)

talk together

Questions to discuss with your child:

- If you were to write new messages to put on candy hearts, what would they say?
- When have you felt most supported by our family? Least supported?
- How can our family support each other more?

FiNAL WoRD

"The one thing children need most to grow up happy and secure is a close-knit, loving family."

—T. Berry Brazelton, M.D.

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Dental Outreach of Red Deer (DOoR)

Free urgent dental treatment for children 5-18 years of age having difficulty accessing dental care.

Services are provided at the Red Deer Johnstone Crossing Community Health Centre

For more information, please call 403-356-6302 and ask for the DOoR program.

Community Notes

Health Canada has announced the launch of the *First Nations and Inuit Hope for Wellness Help Line: [1-855-242-3310](tel:1-855-242-3310) (Toll free)*

Callers can access the Help Line 24/7 effective immediately.

The Hope for Wellness Help Line is to provide immediate *culturally competent* telephone-based *crisis intervention counselling* to *First Nations and Inuit young people and adults* experiencing distress. Help Line calls will be answered by experienced crisis intervention counsellors, and service will be available in English and French. Callers may also ask about the availability of service in Cree, Ojibway and Inuktitut.



The poster is for a 'Community Christmas Feast' and features a light blue background with a decorative border of blue and white snowflakes. In the bottom left corner, there is a small illustration of a green Christmas tree with red and yellow ornaments, surrounded by several wrapped gifts in red, yellow, and blue. The text is centered and includes the event title, date, time, and location. There are three boxes containing instructions for attendees: one for bringing non-perishable food to a food bank, one for an 'Ugly Sweater Contest' with activities like 'Visit from Santa', 'Open Mic', and 'Door Prizes', and one asking attendees to bring 'feast kits'. At the bottom, it lists sponsors including the Government of Canada, Red Deer Public Schools, and the City of Red Deer. A contact email is provided for questions.

Community Christmas Feast

Friday, December 16

Pipe Ceremony 1:00pm
Christmas Feast 5:00pm-9:00pm
Festival Hall 4214 58 St, Red Deer

Please bring non-perishable food items to donate to the food bank!!	-Ugly Sweater Contest -Children's Activities -Visit from Santa -Open Mic -Door Prizes	Please bring your feast kits!!
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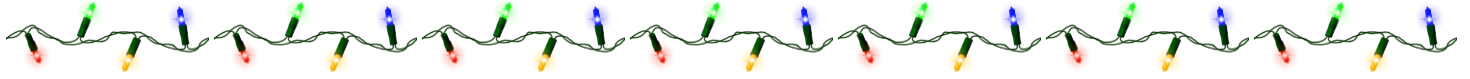
Sponsored by:  Indigenous and Northern Affairs Canada / Affaires autochtones et du Nord Canada

  RED DEER PUBLIC SCHOOLS  Canada

If you have any questions please contact urbanaboriginalvoices@gmail.com

Normandeau School

January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Christmas Break - No School	3 Christmas Break - No School	4 Christmas Break - No School	5 Christmas Break - No School	6 Christmas Break - No School	7
8	9 Classes Resume	10	11	12	13 *SMART Friday	14
15	16	17	18	19	20 No School Professional Development Day	21
22	23	24 * Newsletter * 7 pm City-Wide School Council at MME	25 * 7 pm School Council	26	27 * SMART Friday *11 am Assembly	28
29	30	31 * End of Term 1 for Options				

Normandeau School's Business Partnerships:



Normandean School

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 *SMART Friday	4
5	6	7	8 * Spell-a-thon Test * K-3 Oral Health	9 * K-3 Oral Health	10 *SMART Friday	11
12	13	14 * Newsletter * District Ski Loppet	15 * Spell-a-thon Funds Due * 7 pm School Council Mtg	16	17 No School Professional Development Day	18
19	20 No School Family Day	21 No School Family Day	22 No School Family Day	23 No School Teachers' Convention	24 No School Teachers' Convention	25
26	27	28 * 11 am Assembly *District Ski Loppet Alternate				

Normandean School's Business Partnerships:

