

Normandeau ... "Where People Grow" **NEWSLETTER**



NORMANDEAU SCHOOL

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

403-342-0727 Tuesday, September 20, 2016

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A Note From the Principal

Hello Everyone,

If I have not said it already, here it is again. Welcome to a brand new year. We are very excited to bring you a new and improved school. If you have not had a chance yet to visit office area and staffroom, please drop by for a tour. I love to brag about our school. We are going to be using these new areas in a variety of different ways over the course of the year because these areas are for the whole school, not just staff. We had to name the room something, after all.

SMART Fridays are continuing. We will have a focus on large group health and academic excellence in the morning. As always, we are going to have great and educational activities in the afternoon. We would love to have some help on SMART Friday, so if you have some extra time on that day, please come and have a chat with me. We are starting in October and I know that our staff members have already started planning the many lessons, activities and projects that will be done by our students. We had some amazing times together last year and I know that this will be even better this upcoming year.

Yearbooks are here. If you did not get a chance to order one, we do have some extra ones available for \$20. This is a very limited number so please pick yours up ASAP if you are interested. We are really excited that the yearbook is larger and more colourful this year. We hope that you will want to share in the memories we have created as a school community. The pictures from Normapalozza alone are worth the price of the book.

Breakfast Club is up and going. We would love to have some parental help with this program. We start feeding the kids at 7:50 and we offer a variety of different meals for kids over the course of the week. We are really happy that Save-On Foods North has been sponsoring us; we are so thankful for their community spirit and willingness to help our kids have full bellies.

Parent - Teacher interviews are just around the corner again. Please stop by my table and say hi.

Hans

Important Dates:

September 23 * 1:00 am Assembly and Turkey Trot

September 26 * Garden Harvest this week
* Bottle Drive this week

September 30 * Soup Day

October 4 * 7 pm City Wide School Council Meeting at Annie L Gaetz School

October 6 * No School
* 1-8 pm Parent/Teacher Conferences

October 7 * No School - Staff Learning Day

October 10 * No School - Thanksgiving

October 20 * Newsletter

Arriving Early or Late



Student entry is at 8:15 am. Playground supervision begins at 8:00 am. Please make sure your children arrive on the playground between 8:00 and 8:15. Afternoon entry is 12:30 pm and classes begin at 12:53 pm. Those students who go home for the lunch break are not to return before 12:25 pm. Students arriving after the entry times will need to come in to the school through the front door and sign in the late book.

Harvest Soup Day

Our annual Soup Day is coming! Vegetables are currently being harvested from our school garden by the students for the soup. We are always short of white onions (no red onions please) and noodles, so if you would like to contribute, please leave the items with Mr. Good or at the office. The soup will be prepared by our students in Foods Option and served on Friday, September 30. Please send a bowl or mug and spoon with your child on Soup Day. Parents, you are most welcome to bring a bowl and spoon and join us at lunch.



Bottle Drive

Normandeau School is having a bottle recycling fundraiser at the school the week of September 26. The funds raised will support Foods related activities which include Breakfast Club, Harvest Soup, Smoothie Days and more. Cans and bottles you wish to donate may be dropped off in front of the school at the marked trucks, kindly supplied by Scottsville Group. Thank you to Scottsville Group, Cosmos # 1 and to you and your families for your continued support of Foods in Education.

Updated Information

Parents, have you changed your address or phone numbers over the summer or has your family circumstances shifted? If yes, please contact the school with your updated information. When we have correct information on our student files we are in a better position to help your child(ren). Thank you for keeping us informed.

Middle School Fees

Letters will be sent home at the beginning of October outlining fees due for grade 6, 7 and 8 students. Payment would be appreciated by the end of October. If you have questions please contact Teryl at the school.

Waiver of fees Grade 6,7 & 8

Application forms for waiver of fees for 2015-2016 for grade 6, 7 and 8 students are available at the office. Application deadline is December 16, 2016. This waiver covers Instructional Materials Fees and Options Fees.

Our Website

Check out our school website for updates and school information. If there is something that you think could be added to the website please email Ms. Peters at lisa.peters@rdpsd.ab.ca.

Breakfast Club

The Breakfast Program is once again operating before school. Doors open at 7:50 am. Toast, fruit, and cheese are available until 8:10 am for the students that want to be involved in the program. The students eat a quick breakfast and then return outside to wait at their designated doors for the first bell of the school day.

The food for this program is generously supplied by Save-On-Food and is staffed by dedicated volunteers. Their support is greatly appreciated.

Parent School Council

Meetings are held the third Wednesday of the month. The next meeting will be on October 21st at 7:00 pm in the school library. An open invitation is extended for these meetings.

Executive for 2016-2017: Chair - Brenda Pesonen; Vice-Chair - Michelle Fischer; Secretary - Staci Clark; Treasurer - Julie Burke, City-Wide Rep - Staci Clark. Thank you to each of these individuals for contributing their time for the betterment of our students and school.

Alberta Health Services



Dental Outreach of Red Deer (DOoR)

The DOoR program at the Red Deer Johnstone Crossing Community Centre provides free urgent dental treatment for children 5-18 years of age having difficulty accessing dental care. It does not provide regular emergency dental care. If you have a dental emergency, please see your dentist or call Healthlink at 811.

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

Complete all 8 weeks
and your family will
have a chance to win
one of three prizes!

Fall Move Your Mood Family Challenge

This fall we are challenging you to get active & healthy with your family. The Move Your Mood Challenge will offer your family different active challenges each week as well as ways to eat healthy together and create healthy positive relationships. All you have to do is complete the challenge, and e-mail a photo of your family doing the activity each week and a description of your asset and healthy eating challenge completion. At the end of the 8 weeks, your family will be entered to win one of three family prizes.

REGISTRATION
DEADLINE
SEPT 26TH

Fall Family Challenge will run from
Oct 3rd – Nov 21st, 2016

To register please contact Move Your Mood Team, with your e-mail address and phone number. The challenges and instructions will be e-mailed to you each week starting Oct 3th, 2016.



Move Your Mood Team
403-755-1445
Denise.Fredesen@ahs.ca



ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSETS: 40 Keys to Effective Parenting

Assets are 40 key building blocks of development that help youth grow up healthy. The more assets youth have, the more likely they are to succeed.

56%
of youth surveyed by Search Institute have just 20 or fewer of these assets in their lives.*

What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed.

* Based on Search Institute survey of 317,377 kids in 12th grade youth throughout the United States during the 1997-2000 school year.

Powerful Parenting: The Asset-Building Way

It's easy to get scared as a parent. Watching the news, we see crime, drinking and driving, teen pregnancy, gang warfare, suicide. We wonder what's going to happen to our children.

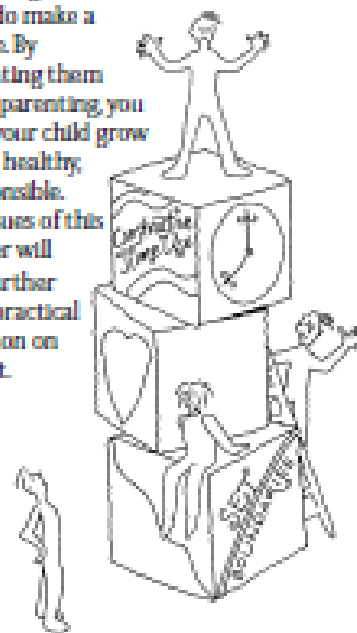
In our fear, we may end up scaring our kids so that they live in fear as well. Or, we may look the other way, thinking that these things would never affect our families.

Whatever the approach, most parents feel uncertain at times. We would like to know the secrets of healthy parenting in a world that often seems very unhealthy.

The idea of "developmental assets," introduced by Search Institute in Minneapolis, gives a new sense of hope and practical direction for parents. Researchers at Search

Institute have identified 40 assets that have a powerful, positive impact on young people. Children and teenagers who have a lot of assets get involved in very few risky behaviors—the kinds of problems we worry about. And when young people have a lot of assets, they are much more likely to do the positive things we value.

Assets do make a difference. By incorporating them into your parenting, you can help your child grow up happy, healthy, and responsible. Future issues of this newsletter will explain further and give practical information on each asset.



How to Start

Search Institute has identified eight types of assets that are crucial for helping young people grow up healthy:

- *Supporting and loving your child.*
- *Empowering your child.*
- *Setting clear and realistic boundaries and expectations.*
- *Helping your child use her or his time in meaningful, constructive ways.*
- *Encouraging your child to develop a lifetime commitment to learning.*
- *Instilling in your child positive values.*
- *Developing social competencies in your child.*
- *Encouraging your child to form a positive identity.*

Each area involves several specific assets. See the "asset quiz" for a list of all 40.

Quick Tip:
Focus on the positive and your children will, too.

Assets: How Does Your Child Rate?

Take this quiz to see how many assets you think your child has. Check each statement you feel is true.

- 1. My child receives a lot of love and support from family members.
- 2. My child and I communicate positively, and my child is willing to seek me out for advice and support.
- 3. My child receives support from three or more non-parent adults.
- 4. My child has neighbors that encourage and support her or him.
- 5. My child's school provides a caring, encouraging environment.
- 6. I am actively involved in helping my child succeed in school.
- 7. My child feels that adults in the community value youth and children.
- 8. My child is given useful roles in the community.
- 9. My child serves in the community one hour or more per week.
- 10. My child feels safe at home, at school, and in the neighborhood.
- 11. Our family has clear rules and consequences, and monitors our child's whereabouts.
- 12. My child's school provides clear rules and consequences.
- 13. Our neighbors take responsibility for monitoring my child's behavior.
- 14. I and other adults model positive, responsible behavior.
- 15. My child's best friends model responsible behavior.
- 16. I and my child's teachers encourage my child to do well.
- 17. My child spends three or more hours per week in lessons or practice in music, theater, or other arts.
- 18. My child spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
- 19. My child spends one or more hours per week in activities in a religious institution.
- 20. My child is out with friends with nothing special to do two or fewer nights per week.
- 21. My child wants to do well in school.
- 22. My child likes to learn new things.
- 23. My child does at least one hour of homework every school day.
- 24. My child cares about her or his school.
- 25. My child reads for pleasure three or more hours per week.
- 26. My child places high value on helping other people.
- 27. My child wants to promote equality and reduce hunger and poverty.
- 28. My child acts on convictions and stands up for her or his beliefs.
- 29. My child tells the truth even when it is not easy.
- 30. My child accepts and takes personal responsibility.
- 31. My child believes it is important not to be sexually active nor to use alcohol or other drugs.
- 32. My child knows how to plan ahead and make choices.
- 33. My child is good at making and keeping friends.
- 34. My child has knowledge of and comfort with people of different cultural, racial, and ethnic backgrounds.
- 35. My child can resist negative peer pressure and dangerous situations.
- 36. My child seeks to resolve conflict nonviolently.
- 37. My child feels he or she has control over things that happen to her or him.
- 38. My child feels good about her- or himself.
- 39. My child believes that her or his life has a purpose.
- 40. My child feels positive about her or his personal future.

Scoring: Give yourself one point for each "true." Total up the number of points. This is the number of assets you think your child has. Now ask your child how he or she would answer.

This checklist is an educational, awareness-raising tool. It is not intended nor appropriate as a scientific measurement of developmental assets of individuals.

FiNal WoRD

"Like a dream catcher, assets are the supporting threads in a young person's life that can keep away harm and invite goodness."—Helping Kids Succeed—Alaskan Style

This newsletter and other asset resources are produced by Search Institute, www.search-institute.org, 800-880-3030.
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Normandeau School



October, 2016




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 * 7 pm City-Wide School Council at ALG	5	6 * No School – Staff Learning Day* 1-8 pm – Parent/Teacher Conferences	7 No School – Staff Learning Day	8
9	10 Thanksgiving Day – No School 	11	12	13	14	15
16	17	18 * Newsletter	19 * 7 pm School Council Mtg	20	21 * 11 am Assembly	22
23	24	25	26	27 * 6:30 – 8:00 Family Fun Night	28	29

Normandeau School's Business Partnerships:





November, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 * AM – Photo Retakes	3	4	5
6	7	8 *10:45 am Day of Remembrance Gathering	9 * No School – Staff Learning Day	10 Fall Break – No School	11 Remembrance Day – No School 	12
13	14	15 * Newsletter	16 * 7 pm School Council Mtg	17	18	19
20	21	22 7 pm City-Wide School Council at FV	23 * 6:30-8:00 pm Family Fun Night	24	25 * Progress Reports home	26
27	28	29	30			

Normandeau School's Business Partnerships:

