NEWSLETTER

Aurora Elementary Newsletter February 2020

Half-Way There!

It's hard to believe that we are officially more than half way through the school year!

Kindergarten Assessments begin on March 2nd for students for the next school year. We will begin assessing for grades 1-4 at the end of March—the middle of May once we know how many students are returning next year.

If you are waiting for a spot for next year, don't forget to check your Familyzone account **to ensure your email address, phone numbers and address is up-to-date.** We will contact you by email when it is your turn for an assessment if a space becomes available. You only have 2 business days to respond or we will need to offer the spot to the next person on the list.

Please do not phone to check your position on the list—we cannot give out that information—but we will email you when it is your turn.

Follow the Elementary at our Twitter address:

@AACSElementary

Important Dates

February	7	Deadline to Order Hot Lunch
	3 –7	DancePlay Special Event all week
	14	Hot Lunch and Red/Pink/White MUFTI Day
	17	Family Day Holiday, no school
	21	Gr. 4 Science Fair (parent viewing 2:30-3:10 pm)
	26	Winter Heritage Day & Pink Shirt Day
	27 & 28	Teachers Convention, No School for students
March	13	Term 2 Report Cards 4pm Powerschool
	17	Hot Lunch & Mufti-Day: **Green**, **Gold, Yellow**, **Orange**
	19	Grade 4 Honour Roll Assembly 2:30pm Parent Teacher Interviews 4pm - 7pm
	20	Professional Development Day, no school

Important Surveys for Grade 4 Parents

A reminder that GRADE FOUR parents were sent surveys from Alberta Education in January. They must be mailed back to Alberta Education by February 23.

These surveys determine our goals for the next three years and are your chance to tell Alberta Education your opinion about our school. The government uses these surveys to determine how well we are meeting your needs.

They are very important to our future as we use the results to set goals for the upcoming year.

Time for Fun and Learning

Students in the Elementary are participating in the Jump Rope for Heart fundraiser in January and February. They are raising money for the Heart and Stroke Foundation

To start the event off, Christine from the Heart and Stroke foundation came to our school assembly and taught six of our grade four students a few skipping tricks. They also taught us to exercise and eat healthy to ensure a healthier life, as well as how to recognize the signs of a stroke. At a school in Ontario, a student actually saved his father's life after watching this video last year!

Students are practising their skipping skills in gym class during January and February. Skipping not only promotes heart health, but gross motor skills too!

Pledges are due by February 24. Students who collect $5 in pledges online receive a skipping rope from the Heart and Stroke Foundation.

Time for Fun and Learning

Grade 1-4 Floor Hockey Intramurals

Floor hockey intramurals have started and will run until Spring Break. Mrs. J. Ouellette ran intramurals for grades 1-3 in December and January, and Mrs. T. Ouellette has begun grade 4 intramurals for February.

Our thanks to all the teachers giving up their lunch time to supervise and organize this great opportunity for the kids!

CUBS News

Our CUBS have been having a wonderful year of service and leadership, as a way to instill good citizenship and a safe and caring school environment for all. Students used the acronym **CUBS** to describe who they are and what they do. The term **CUBS** stands for Confident, United, Benefitting Students.

Mittens & Socks Collection: The CUBS led the school in collecting warm mittens and socks for the Bissell Centre in January. Thank you to everyone who participated. We think that it is important to show our students how they are part of the Edmonton community as a whole.

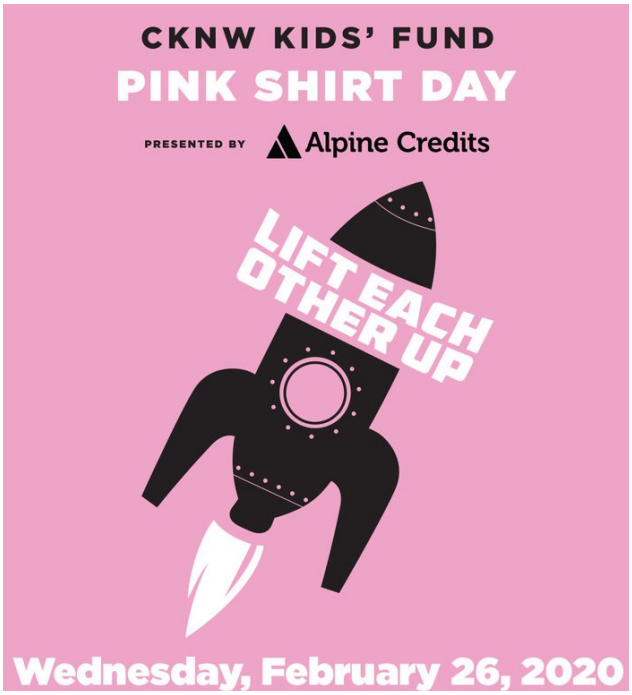
OnLine Bullying Presentation: In February, our CUBS will get a special presentation about online bullying, their responsibilities, and ways to protect themselves. We want to keep our kids safe as they grow up!

Safe and Caring School: Our CUBS will be leading Friendship Groups at recesses during the week of Pink Shirt Day. CUBS will be on the playground and fields leading fun activities and looking for students who seem a little shy or need help learning to be part of a group. Thanks for making our school a friendlier place, CUBS!

Our thanks to Mrs. Dias and Ms. Shields for leading our CUBS group!

Time for Fun and Learning

What is Pink Shirt Day?



Pink Shirt Day began in 2007 when a grade 9 student was bullied in Nova Scotia for wearing a pink shirt to school. Classmates stood up for him by all wearing pink shirts the next day.

We wear pink on February 26 to show support for all people who have been bullied and to pledge to be kind to others in our classrooms, workplaces, communities, and homes.

Aurora believes in Restorative Justice: when a student makes a mistake, it is a learning experience for everyone—the victim, the perpetrator, and the community. People who make mistakes need to make it better. While there is punishment, there is also the chance for the person who was hurt to heal.

We count on your support when we deal with students' mistakes. Mrs. Healy has done a wonderful job of reaching out to parents to ensure that you are always part of the learning and healing process. While these are always hard discussions, and sometimes the consequences are unpleasant or annoying—such as suspensions—they are important to ensure our children learn to be their best.

Thank you for everything you do to help support our school as a safe and caring place for everyone.

FRENCH HOMEWORK HELP—WEBSITE

Want to help your child with French homework?

Log on to Mme Marko-Kwasny's French website at http://french.auroraschool.ca/

All videos and tutorials are posted there!

School Earnback

Boston Pizza

Want an easy way to give to the school?

Boston Pizza will make a cash donation to Aurora School of 5% of every receipt turned into the school.

There is a basket outside the Elementary School Office where you can drop off receipts (just tell your server—you will need the itemized receipt, not the credit card one). Donations will be used to help fund clubs for the students at lunch! Thank you, Boston Pizza!

Special Reminders

Boston Pizza

Lunch Feb 14

Sign up by February 7th at HealthyHunger.ca

Parking and Driving Reminders

We would like to maintain a good relationship with our neighbours so we ask that parents do NOT park or drive through the parking areas of the townhouses across the street from the front of the school.
It is private property and city bylaw officers may give a fine to those who trespass onto the neighboring property. Your vehicle may be photographed by a resident of the property and sent in to city bylaws as a complaint.

Top Marks

Our uniform supplier, Top Marks, has not raised their prices in three years. They will be raising them this May, 2020 but they work hard to keep any increases to a minimum.

The increases are only $1 to $2 for most of the items and it is mainly due to the rise of the minimum wage in Quebec, where our uniform items are manufactured so that they remain ethically "Made in Canada".

Grade 4 Science Fair

Grade 4 students are busy working on their projects for the Grade 4 Science Fair. The Science Fair is an optional project to give students the chance to work in groups on project-based learning—if they would like the opportunity.

Last year, eight of our students qualified to go on to Regionals to compete in the Edmonton Area Science Fair!

Stop by the Learning Commons on February 21 from 2:30-3:10 to have a look at their hard work!

Messages During the Day

- Do you have an important message regarding pick-up or drop-off?
- Questions about tests, assignments, field trips, etc.?

Please write a note in the **homework book** for the fastest way to get in touch with the teacher. Mrs. Bali may not be able to answer the phone at the end of the day and teachers often can't check their emails. We've had some close calls with students getting on the bus in time, so please use the homework book whenever possible to be sure that we see your message.

School Council and Aurora Fundraising Society Message

Our **monthly** meetings will take place on the **first Wednesday of every month**. These are a great way to know what is happening in the school, share feedback, and meet other parents!

*Please note that the December meeting will be held on **February 5, 2020** at **6:00pm** in the Learning Commons.

If you cannot attend in person, please join us via google meets by going to the Aurora School Website, click on **Parents**, then **School Council** or **Aurora Fundraising Society** and click on the "join the meeting online" link.

Meeting Topic: We will be looking at the School Council Bi-laws and updating the voting options.

Agendas for the upcoming meetings will be uploaded to the website on February 3, 2020. If you are unable to attend but would like to send us feedback, information or if you have questions, please email us at **schoolcouncil@auroraschool.ca**.

***Congratulations* to the new and returning board members:**

Zahida Hirani-Saran (returning)
Shazin Mohamed-Standing (returning)
Robert Kossick (returning)
Welcome **Keira Hanrahan**!
Thank you to **Marcy Dormer** for all of your hard work and dedication to our school over the past two years!

Fundraising Information:

Worlds Finest Chocolates: We have sold a total of 348 boxes of chocolates, but there are still 100 boxes out there. Please ensure to return your money and/or any unsold chocolates by February 3, 2020. The draw for prizes will be on February 4, 2020. Presentation of prizes will follow.

A Few Reminders:

mabel's labels

Go to the website:
campaign.mabelslabels.com and select our school
Aurora Academic Charter School (Edmonton).

Traffic Flow in Front of the School:
Please continue to follow the flow of traffic, **West to East**, in front of the school, during drop off and pick up times so we may keep our students safe!

School Council and the Aurora Fundraising Society would like to thank you for all you do we truly appreciate it!

Cerebral Palsy Clothes Bin (Green)- The next time you have clothes you no longer need, please bring them to the school and drop them off in the **green bin that is located in the parking lot behind the school**.

Do you have a twitter account? Follow us @aacsSchCouncil **please join us on Facebook "Aurora School Council"**

Mrs. Harman's Musings

Jacquie Harman
Principal
Elementary School
jharman@auroraschool.ca

Mary Healy
Assistant Principal
Elementary School
mhealy@auroraschool.ca

We could not offer field trips, Winter Craft Night, Winter Heritage Day, or Summer Fun Day without you!

We have parents who help at events, parents who help in the office, parents who help us apply for grants and casinos, and parents who volunteer at field trips.

We also would like to thank those parents who volunteer their time to attend School Council and Aurora School Board meetings, as well as our incredibly hard -working executive members!

Our teachers spend countless hours at lunch and after school hosting clubs, intra-murals, and special events at the school. These are the things that make special memories for students.

Our truest thanks for taking the time to volunteer. We really are an Aurora Family!

M. Healy, Assistant Principal & J. Harman, Principal

2020-2021 CONFIRMATION OF REGISTRATION

OPENS Feb 10th and CLOSES Feb 28th on Family Zone

Please login to your Family Zone account and complete the online declarations, transportation requirements, information update and payment. There is a deposit of $100 for all students from kindergarten to Grade 9. If we do not receive your confirmation of registration by Feb 28th, we can not guarantee your seat!

Registration is not considered complete until payment is processed and approved.

Yellow Bus routes will be determined based on the $50 transportation deposits paid by Feb 28th

Contact Us

Aurora Academic Charter School
12245—131 Street NW
Edmonton, AB T5L 1M8

780-454-1855
Email us at: elementary@auroraschool.ca
Visit us on the web at www.auroraschool.ca

ANNUAL SURVEYS

AB EDUCATION ACCOUNTABILITY PILLAR

Watch Your Home Mailbox for Your Survey!

Every year, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

From January to the end of February, Alberta Education (not the school) will be conducting the annual Accountability Pillar Survey.

In January, parents of students in grade 4 are mailed a survey from Alberta Education. In February, students in grades 4 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

To see our excellent results from last year, visit our website at https://www.auroraschool.ca/documents for the last report on the page: ACCOUNTABILITY PILLAR SURVEY SUMMARIES ELEMENTARY (6006)

Achievement

- DancePlay Week: special presenter to enrich P.E. & Music
- Drama introduced through the French curriculum in grades 2-4.
- Mindfulness introduced into the Health curriculum to lower anxiety
- CTBS Scores: 84% of students above grade level on reading and 83% in math
- Grade 4 Honour Roll celebrates academic success
- Run Club competed in city track meets and individuals placed in top 10
- 100% of parents thought the school improved in the last 3 years

Continuous Improvement & Support

- Full time Literacy and ESL support teacher
- AHS Speech Language and Occupational Therapists visit weekly (doubled support)
- Weekly School Counsellor for support with school, non-school, and social/emotional questions (at parent request)
- Clubs: Running, Hockey Intramurals gr. 1-4, Science Fair, Leadership, CUBS leadership
- Career Info Week for grade 4 students
- New Elementary Entrance under construction
- New gym renovation and Sound Systems
- Elevator to help anyone with mobility issues
- Enhanced website for better communication
- Teacher mentorship and Action Research

Safe & Caring

- CUBS Leadership Anti-Bullying Club
- Internet Safety and Bullying Assemblies
- Pink Shirt Day and Anti-Bullying Week
- Health lessons focus on respect
- New Health units on mindfulness and mental wellness
- Kindergarten Buddies program helps build empathy and caring
- 3 Bus Supervisors; Bus Cameras and Beacons
- Before and After School Crossing Guards at all Entrances
- Doubled the number of students receiving support from Alberta Health Services; school counsellor available
- Craft Night to allow all members of the family to see the school and have fun
- Read-in Week & Heritage Day focus on infusing Indigenous content

Preparation for Life-Long Learning

- Ready for High School & University through habits: homework, diligence, studying, tests, mental math, Honour Roll & Science Fair
- Grade 4 Career Week: begin academic and career counselling early!
- Grade 5 Info Night for g. 4 students and Discovery Day in Middle School for and parents to help to transition students into kindergarten and the Middle School
- Students give back to community: fundraisers for many charities, clean-ups, special presenters
- Kindergarten Buddies teach importance of caring for others

Parental Involvement

- Live-Stream School Council Meetings online to give advice to Principal
- Open-Door Policy with Principal & Teachers
- Parents are partners in discipline—we work together!
- Restorative Discipline model— to teach along with parents and to heal, not just punish
- School Council Fundraisers and School Uniform Exchange
- Annual parent surveys set school goals
- Discovery Day for new parents to make connections
- Parents can run for all positions on School Board and Council—both elected by parents

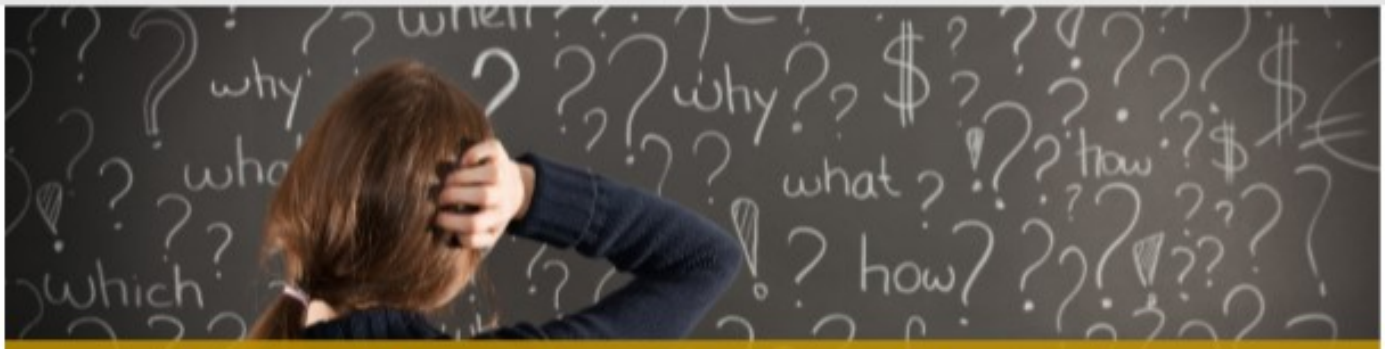
Student Learning

- Challenging, interesting work
- Updated health, math, and English units and lessons
- Focus on mental math and reading comprehension; cursive handwriting
- Aurora Math resources aligned from g. 1-6
- Transition planning from g. 4-5 to ensure students ready for Middle School
- DRAMA: Students perform Plays in French in Grades 2-4 and skits for Anti-Bullying Week
- G. 4 Science Fair with chance to go to Regionals
- G. 4 Math Contest competes Alberta-wide
- Clubs encourage interest in Fine Arts and Phys. Ed.
- Aurora begins French classes 2 years earlier than most schools
- Partnership with Amiskwaciy Academy and Enoch School to infuse Indigenous perspectives and build knowledge

Caregiver Education Series

Alberta Health Services

Regional Collaborative Service Delivery &
Children, Youth, and Families
Addiction and Mental Health, Edmonton Zone



Breaking the Cycle of Anxiety

Winter Sessions
January - March 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

A Step by Step Approach

Focus is on caregivers of kids and teens (Grades K-12).

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Register at
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, January 14, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Clement School
7620 Mill Woods Road South NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, January 30, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Sister Annata Brockman School
355 Hemmingway Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, February 13, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Archbishop O'Leary School
8760 132 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 19, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Holy Trinity School
7007 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 26, 2020
TIME: 6:00 – 7:30 pm
LOCATION: École Leduc Estates School
95 Alton Drive, Leduc, AB
Notes: This session is for adults only.

Register Now!

Healthy Children

February 2020 Parent Newsletter

Articles

Early Specialization in Sport

Developmental Assets

Early Specialization in Sport

Enrolling your child in sport is one of the best gifts you can give to them. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, children can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If a child spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

In regards to physical health, specializing in one sport too early can limit the range of skills a child possesses as well as their overall motor skill development. This lack of skills and, often, a lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the child from participating in other activities. Lastly, early specialization in sport can actually change the way your child's body grows and develops due to increased stress on the body and repetitive injuries.

If you do choose to specialize your child early, pay attention to signs of burnout and isolation and talk to the coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

For more information visit http://canadiansportforlife.ca/parents

One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca

Alberta Health Services

Healthy Children

February 2020 Parent Newsletter

Developmental Assets

Parents and caregivers are a major influence in a child's life and it's normal to feel uncertain at times when it comes to raising your children. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are a few examples of developmental assets for you as a parent to consider discussing with your child.

- Supporting and loving your child – Do you and your child communicate openly, respectfully and frequently? Does your child receive support from other non-parent adults?
- Empowering your child - Does your child contribute to family decisions? Is your child given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences? Do you monitor your child's whereabouts?
- Helping your child use her or his time in meaningful, constructive ways – Is your child involved in weekly extra-curricular activities?
- Encouraging your child to develop a lifetime commitment to learning – Does your child want to do well in school?
- Instilling in your child positive values – Do you encourage your child's development in recognizing and telling the truth?
- Developing social competencies in your child – Does your child recognize risky or dangerous situations and are they able to seek help from trusted adults?
- Encouraging your child to form a positive identity – Does your child feel good about themself? Does your child seem curious about the world?

For the full list of developmental assets and to learn more visit www.search-institute.org

PARENT EDUCATION AND REFLECTION (P.E.A.R.) GROUP

For caregivers of children ages 4-12 years old.

The Parent Education and Reflection (P.E.A.R.) Group is a ***FREE*** parenting program for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's healthy social and emotional development. In these series of classes, parents will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

Winter/Spring Sessions 2020 - Level 1

Monsignor William Irwin School - 2629 Taylor Green NW, Edmonton, AB
Mondays - Feb 24, Mar 2, Mar 9, Mar 16, / 5:30 - 8:00 pm

Dr. Margaret-Ann Armour School - 3815 Allan Dr. SW, Edmonton, AB
Wednesdays - Feb 26, Mar 4, Mar 11, Mar 18 / 5:30 - 8:00 pm

Caregivers must complete Level 1 sessions before joining Level 2 sessions. No drop ins - registration is required.
Childcare is available upon request.

To register, go to **www.cyfcaregivereducation.ca/pear** or call **780-342-6885**

Alberta Health Services
City of Edmonton RCSD Regional Collaborative Service Delivery
EDMONTON PUBLIC SCHOOLS
EDMONTON CATHOLIC SCHOOLS