

# NEWSLETTER

Aurora Elementary Newsletter

February 2021

## Groundhog Day!

We've made it through the (first round of) cold weather. We have extra warm clothing at school if your child has outgrown their jacket or snow pants—just let us know and we will give them something warm.

We are running short on warm mittens/gloves if you have a gently used pair to donate. Mittens are never shared—just given away.

If you have larger sizes of old uniform pants that you would like to donate, we could also use them for when students get wet. We especially need sizes for students in grades 3-4 (we already have many for the K-2 students).

If you are short uniform items and need some help, we can loan you an item for the year if your size is available. At the end of the year, return anything that is still in good condition for the next family.

Please email [nmykytiuk@auroraschool.ca](mailto:nmykytiuk@auroraschool.ca) for more information.

## Important Dates

February	9	Valentine's Cards due (if sending in) - no gifts/food
	12	ADD St. Valentine's Day—Red/Pink/ White
	15	Family Day Holiday, no school
	24	ADD Anti-Bullying—PINK shirt Day
	24	Term 3 Choice Form: At Home or At School
	25 & 26	Teachers Convention: No School for students
	26	Re-registration due for current students
March	5	ADD Polka Dots & Crazy Socks
	5	Form Due for Term 3: At School or At Home
	15	Professional Development Day: No School
	17	ADD St. Patrick's Day: Green/Gold/Yellow/Orange
	19	Term 2 Report Cards 4pm Powerschool
	19	Last Day of School before Spring Break
April	6	First Day Term 3
	8	Parent-Teacher Interviews (with Term 2 Teachers)

Art in the halls—staying warm!



Follow the Elementary at  
our Twitter address:

**@AACSElementary**

# Time for Fun and Learning

## VALENTINE'S DAY IMPORTANT NEWS!

We spent much time talking to our school health nurse at Alberta Health Services (AHS) about how we can have a safe and enjoyable Valentine's Day.

**Students are allowed to bring PAPER valentines to school by Tuesday, February 9** (homemade or store-bought). Feel free to send them earlier if you are worried about forgetting (like me!)

Valentines will sit for 72 hours to decontaminate. Students will be able to open their Valentines on February 12 as we celebrate caring for each other. AHS has said that 72 hours isolation is enough time for any possible virus to be gone.

Please do NOT send any baked goods, food, gifts, gift bags, or other treats—we can NOT give them out to students safely. If you send paper Valentines to school after Tuesday, they will be held until February 16 to ensure they are safe to give out.

We are so excited to be able to have something “normal” and special during COVID, just like we did with our Craft Day December 17.

## Art in the Halls





# Safe and Caring School

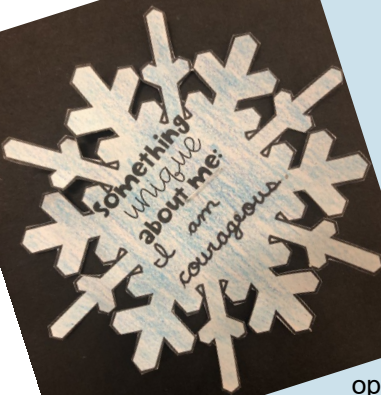


## Important Surveys for Grade 4 Parents

A reminder that GRADE FOUR parents will receive important surveys directly from Alberta Education. Grade Four parents and students are the sample for the entire school.

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. A "Don't Know" counts as a negative score, so feel free to reach out if you have questions.

Our results the last 3 years have been absolutely fantastic and we want to continue to meet your needs!



# 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 24 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.

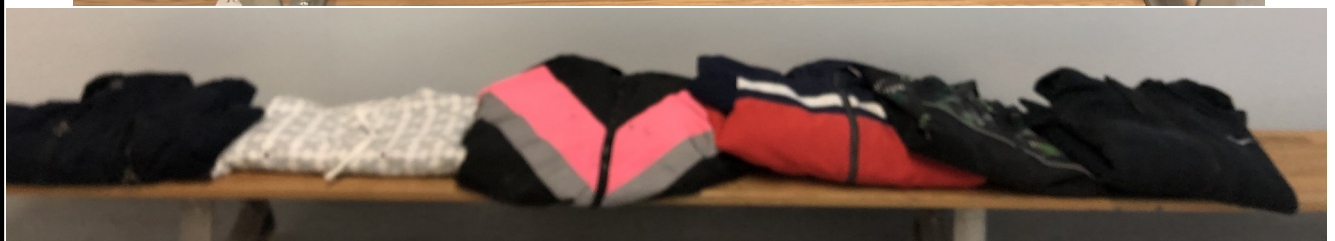
Aurora believes in Restorative Justice: when a student makes a mistake, it is a learning experience for everyone—the victim, the perpetrator, and the community. People who make mistakes need to make it better. While there is a consequence, there is also the chance for the person who was hurt to heal.

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.

## Lost & Found

*Students can pick up items from outside  
Cub Corner*





## Acting Superintendent's Corner

With plenty of enthusiasm, hope and energy, we begin 2021. Aurora was excited to welcome all students back on January 11, 2021. We wish everyone health and happiness as we move through the second half of the school year.

We thank you for your continued support during this uncertain time. We greatly appreciate your ongoing commitment to the wellness of all, and appreciate your communication regarding student illness, your willingness to keep students home when necessary, and your positive messages to school staff as we continue to be flexible as a school community. We know that this is a very challenging time for many, and we encourage you to reach out to your respective school for support as needed. We believe positive relationships and meaningful connections with students and our school community are foundational to our success. In 2021, Aurora will be actively participating in stakeholder engagement to ensure that all that we do is focused on student success. Aurora wishes everyone an exciting year ahead—you deserve it!



J. Rockwood

Acting Superintendent

J. Rockwood, Acting Superintendent

### Topic: Organizational Skills and Workspaces for Student Success

When: **February 2, 2021** 7:00 PM - 8:00 PM Zoom Webinar

If you would like to attend, please register in advance for this zoom webinar by clicking the link below.

[https://zoom.us/webinar/register/WN\\_ojxmw6HUTJWzAod8d8gETA](https://zoom.us/webinar/register/WN_ojxmw6HUTJWzAod8d8gETA)

Early and middle school years are so important for a student's academic career. This is a time when habits are formed that will remain with students through high school and college. It is important to lay a solid foundation when it comes to organizational skills, time management and taking responsibility for the actions that lead to school success. Join us for a presentation on establishing organizational and time management skills and setting up a home workspace for homework success. There will be time for questions at the end of the presentation.

Presented by  
Michelle Curtis, BScOT, MSc (OT – Post Professional)  
Occupational Therapist

### 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.

# Mrs. Harman's Musings



Jacquie Harman

Principal  
Elementary School  
[jharman@auroraschool.ca](mailto:jharman@auroraschool.ca)

## 2021-2022 School Year

We are excited to begin planning for the 2021/2022 school year. Our steps stay the same, even though we have enhanced safety procedures for COVID.

1) **February:** Re-Registration for current students takes place.

2) **Early March:** We count how many students did not re-register so that we can fill their spaces. Teachers begin making class lists for next year.

3) **Late March-April:** We invite new students to our entrance assessments for any open spots. We start with the first student on the wait list. If they do not take the spot, we move to the next student on the wait list. Students, even siblings, must show they are ready for the grade as we want them to be successful.

4) **June & August:** We fill any spots for students who give up their spots.

If you have children who are waiting for a spot to open up, please ensure their Family Zone account has been updated. Waitlist registrations for previous years are hidden—so we will not know you are waiting for a spot unless you updated for the 2021-2022 school year! Please do not phone to check your spot, as we cannot give out that information.

Every year we have parents who miss their chance as they have not updated their registration year/grade or they have changed their email address and missed their invitation.

### COVID ASSESSMENT PROCEDURES:

Alberta Health Services worked with us to ensure our procedures are safe for students coming to the school for assessments. We can assess up to 10 students at a time so long as they have individual desks spaced 2 meters apart and use only individual materials, desks are sanitized between groups, students have a private bathroom that is separate from current students, and teachers/students are masked. To ensure the safety of everyone in the building, at no time will current students interact with new students during assessments (separate entrance, washrooms, area, etc.) and parents will not be allowed in the building.

We hope this information helps with your planning.

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



Mary Healy

Assistant Principal  
Elementary School  
[mhealy@auroraschool.ca](mailto:mhealy@auroraschool.ca)

## Contact Us

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Email us at: [elementary@auroraschool.ca](mailto:elementary@auroraschool.ca)  
Visit us on the web at [www.auroraschool.ca](http://www.auroraschool.ca)



# RE-REGISTRATION 2021-2022

## February 1 - 26, 2021

For current Aurora Students Only

**Confirmation of Re-Registration through Family Zone for current Aurora Academic Charter School students opens Monday, February 1 and ends Friday, February 26, 2021.**

Please note that the February 1 – 26, 2021 time period will not be extended or changed. Re-Registration will not be available after February 26th.

Please login to Family Zone to complete the re-registration process for the 2021-2022 school year for your child(ren).

*If you have outstanding fees, you will not be able to re-register until they are paid. To pay outstanding fees, click Pay Fees and follow the prompts.*



[How To Add Your Child To WaitList](#)

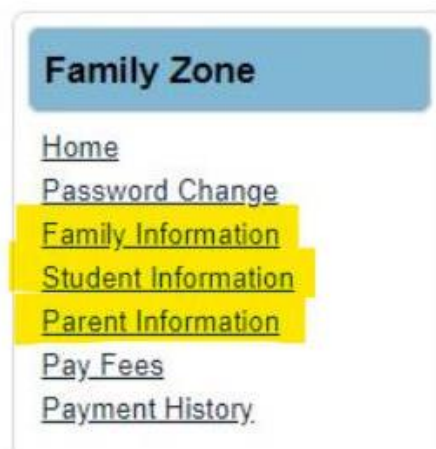


[Login Difficulties](#)



[Commonly Asked Questions](#)

**Please remember you must complete the following sections (highlighted) before you can pay the resource fees.**



Please contact your school principal if you have concerns about re-registration for the 2021-2022 school year. Thank you.



# *Alternative Dress Days*

**Jan 2021 - June 2021**

- Bottoms should be uniform pants, jeans, or navy/black bottoms

## **January**

- Friday, January 15 - Stripes
- Thursday, January 28 - Celebrate Canada (red & white) OR Travel Shirt - no costumes

## **February**

- Friday, February 12 - St. Valentine's Day: red, pink, white
- Wednesday, February 24 - Pink Shirt Day (anti-bullying)

## **March**

- Friday, March 5 - Polka Dots and Crazy Socks
- Wednesday, March 17 - St. Patrick's Day: green, gold, yellow, orange

## **April**

- Tuesday, April 13 - Dress Your Best (Photos: Middle School photos tentatively booked)

## **May**

- Tuesday, May 4 - Hats on for Mental Health
- Friday, May 28 - Your Favourite Colour

## **June**

- Thursday, June 3 - Summer Casual/Hawaiian
- Friday, June 25 - Sports Jersey / athletic wear



## School Council and Aurora Fundraising Society Message

**Welcome back!!**

**We hope you all had an excellent break and cheers to an excellent 2021!**

Our February meeting will be held on **February 3, 2021 @ 6:00pm**. The meeting will be held through google meets, the link will be located on the Aurora Website under School Council.

<https://www.auroraschool.ca/school-council>

We hope to see you all there!

### Uniform Exchange:

If you are in need of some uniform pieces, please **email school council** with the pieces you need and sizes and we can see what we have available. If you have uniform pieces that you do not use, they can be brought to the school. If your child attends in person school the uniform pieces can be brought with them, if your child attend online learning, **email school council** and we can work out a drop off time.

### Fundraising Updates:

We are working on a virtual 50/50 to help raise money for school council!  
Once we work out the details, we will let you know!

Do not forget to register for:

### **FLIPGIVE**

Flipgive is an easy and effective way to earn funds for our school while purchasing items you actually need and gifts for the holidays! Shop your favourite brands and stores online, through the Flipgive app and in-store and the company donates a percentage of the item price back to the school.

Please see the attached instructions as to how to get the APP!

Please join our **Facebook** group for reminders and information that we post, just search "**Aurora School Council**" and ask to join!

You can also email us if you have questions or concerns:

[schoolcouncil@auroraschool.ca](mailto:schoolcouncil@auroraschool.ca)

or

[fundraising@auroraschool.ca](mailto:fundraising@auroraschool.ca)

# Caregiver Education Team Newsletter

February 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Lunch & Learn Webinars

### **Parenting Teens in the 21<sup>st</sup> Century – Part 1**

Monday, February 1  
12:00 – 1:00 pm

### **Parenting Teens in the 21<sup>st</sup> Century – Part 2**

Monday, February 8  
12:00 – 1:00 pm

### **Mental Health and Resiliency Series**

#### **Positive Communication that Promotes Growth**

Tuesday, February 2  
12:00 – 1:00 pm

#### **Calming Our Bodies and Minds**

Tuesday, February 9  
12:00 – 1:00 pm

#### **Resilient Mindsets**

Tuesday, February 16  
12:00 – 1:00 pm

#### **Collaborative Problem Solving**

Tuesday, February 23  
12:00 – 1:00 pm

## Caregiver Education Sessions

### **Parenting Strategies that Promote Positive Mental Health**

Wednesday, February 3  
6:00 – 7:30 pm

### **More Than Just a Bad Day:**

Understanding Depression and Self-Injury in Youth  
Wednesday, February 10  
6:00 – 7:30 pm

### **Keeping Scattered Kids on Track:**

Understanding and Supporting Children and Youth with ADHD  
Wednesday, February 17  
6:00 – 7:30 pm

### **Mindfulness:**

Benefits for the Whole Family  
Wednesday, February 24  
6:00 – 7:30 pm

## Drop-In Series

### **Support, Education & Engagement Series (SEEDS)**

#### **Supporting Your Child With Structure and Routine**

Thursday, February 4  
6:00 – 7:30 pm

#### **Managing Meltdowns and Shutdowns**

Thursday, February 11  
6:00 – 7:30 pm

#### **Helping Our Kids Figure Things Out**

Thursday, February 18  
6:00 – 7:30 pm

#### **Effective Consequences**

Thursday, February 25  
6:00 – 7:30 pm



Mental Health Foundation

**Alberta Health Services**  
Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

February 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

**Date: Wednesday, February 3, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## More Than Just a Bad Day:

### Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. Strategies for support will be discussed.

**Date: Wednesday, February 10, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

*(Continued on next page...)*

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

"I'm very encouraged that sessions like this are available."

"Really enjoyed the interactions with everyone and the videos."

"Content, delivery and duration were 'just right'. Online is nice, I don't have to drive anywhere."

"Instructors went above and beyond to answer individual questions."



Mental Health Foundation



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# Caregiver Education Sessions

February 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

(...continued)

## Keeping Scattered Kids on Track

### Understanding and Supporting ADHD in Children and Youth

This session will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and strategies for supporting success in children and youth with ADHD.

**Date: Wednesday, February 17, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Mindfulness

### Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

**Date: Wednesday, February 24, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-12; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Good acknowledgement to ‘real life’ difficulties – very identifiable and relatable. Thank you.”

“Kuddos to everyone making this kind of informative/participative session.”

“I ended up liking the virtual delivery more than I thought. Liked typing in my responses to questions.”

“Great program – would recommend to anyone. Great presenters!”



Mental Health Foundation

**Alberta Health Services**  
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# Lunch & Learn Webinars

February 2021



These free 60 minute online sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. Each topic is presented over two sessions; participants can attend one or both sessions.

## Caregiver Education Sessions

### Parenting Teens in the 21<sup>st</sup> Century – Part 1 Respectful Limit Setting with Adolescents

In this session, we will explore the challenges of being a teenager, parenting a teenager, and the importance of the parent/teen relationship.

**Date: Monday, February 1, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

### Parenting Teens in the 21<sup>st</sup> Century – Part 2 Respectful Limit Setting with Adolescents

In this session, we will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

**Date: Monday, February 8, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades 7-12; for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

“This helped me to understand more about what is happening with my teenager and some ways to help.”

“I find these are great reminders to be positive when it is so easy to be negative.”

“Fabulous Content! I can’t wait to continue joining you for all the upcoming sessions.”



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# Lunch & Learn Webinars

February 2021

These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

## Mental Health & Resiliency Series

### Positive Communication that Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and to encourage our child to engage with others in positive ways that foster resilience.

**Date: Tuesday, February 2, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Calming Our Bodies and Minds

In this online session, we will discuss the ways that our bodies and minds respond to stress and learn strategies for equipping our children to regain a sense of calm and control in the midst of life's stressors.

**Date: Tuesday, February 9, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Resilient Mindsets

In this online session, we will look at specific behaviours and habits that parents can encourage in the home to develop a more positive mindset in their child for reducing stress, increasing empathy, and equipping our child to tackle new challenges.

**Date: Tuesday, February 16, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Collaborative Problem Solving

In this online session, we will explore ways that parents can foster effective problem solving in their child through empathy, clear communication, and collaboration in a way that reduce struggles when challenges arise.

**Date: Tuesday, February 23, 2021**

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-9; for adults only.

### Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

### Parent Feedback:

"The speakers were easy to listen to and understand. The content was relevant, helpful and immediately applicable."

"I thought that the method of engagement was very effective. The presenters immediately read out the messages and tied it to the topics."

"All the strategies given out so far have been very helpful. They are simple, easy steps to accomplish."



Mental Health Foundation



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# Drop-in Series

February 2021

These free **Support, Education & Engagement Drop-In Sessions (SEEDS)** are designed to help caregivers explore parenting strategies that support healthy relationships and child development. As part of a 7 session series, parents are welcome to attend one session or join us each week.

## SEEDS: Growing Parenting Skills

### Supporting Your Child With Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

**Date: Thursday, February 4, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

**Date: Thursday, February 11 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

**Date: Thursday, February 18, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

### Effective Consequences

In this session, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

**Date: Thursday, February 25, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

### Please note:

These sessions are for parents / caregivers of children grades K-6.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback

"I learned some great skills and I can't wait to implement them with my kids."

"Fabulous Content! I can't wait to continue joining you for all the upcoming sessions."

"Makes me think of things in a new light. The 'homework' feels like practical application of stuff we discussed."



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