



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

It is very hard to believe that we have less than two weeks remaining in this school year. It makes it ever harder to believe as the school is usually bursting with excitement in June with students and staff excited about year end activities, upcoming field trips and anxiously awaiting summer holidays. Although we are not spending the last two weeks of the school year as we would like to be, teachers and staff have many exciting events planned for students to engage in as we approach the end of a very interesting and unusual school year.

As is the case at the end of every school year, we would like to take this opportunity to acknowledge some of our staff that will not be returning in the fall. It is with mixed feelings that I announce that Elaine Myers has decided to retire at the end of this school year. Mrs. Myers has been a huge part of the school community at École Sifton School for the last 40 years. Although we are going to miss her warm smile and her passion for teaching her students, we are excited that she will be able to take some time for herself and spend more time with Mr. Myers, Max and Beau. Mrs. Myers on behalf of the students, staff and entire school community I would like to wish you all the best in your retirement. École Sifton School is not going to be the same without you but we are very excited because we know that you will come back and visit us often.

We would also like to congratulate Mrs. Connie Trach on her upcoming retirement. Mrs. Trach has been an Educational Assistant for 20 years at École Sifton School. During that time she has had the opportunity to work with many different students and staff members who all greatly appreciate the support that she has provided them. We would also like to wish you all the best in your retirement and we hope that you will come back and see us. We will miss you!!!

The next two weeks will be busy ones as teachers finish off classes, prepare report cards and plan year end activities. The last day of classes for grade one to five is Friday, June 19th. We would ask families to please drop off any textbooks, library books or other school resources on June 22 - 24th. We would also ask that all grade five band instruments be dropped off at this time. These items can be dropped off between 9 am and 3 pm on these days. Tables will be placed outside the school and will be clearly marked as to which books/materials should be left there. We ask that families send one person to drop off these materials, that social distancing guidelines are followed and that those dropping off materials are not experiencing any symptoms. A reminder that report cards will be mailed to families on June 26th.

As we approach summer holidays I know that all of our students, staff and parents are wondering what the upcoming school year will look like. Alberta Education is working with a variety of stakeholders and information from families across Alberta to decide what format learning will have when we return in September. They have indicated that we will be provided with this information by August 1st at the latest. In the meantime, we are currently working with the BRSD learning team, administrations throughout the school division and our own staff on potential plans for reentering in the fall. Please watch for information coming out in early August via School Messenger, emails and on our website.

On behalf of all the staff of École Sifton School I would like to thank you for all your support over this past year. Mrs. Glidden and I would especially like to thank you for making us feel so welcome this year. This has been a very interesting and challenging time. We hope that all of our students, staff and their families have a very relaxing and rejuvenating summer holiday. We are looking forward to reconnecting with all of you in the fall. Have a great summer!!



Register for your 2020/21 City of

Camrose Bus Pass at <https://www.brsd.ab.ca/families/transportation/registration>

City of Camrose Bus Passes must be applied for every year



Yearbooks are over 90% sold, if you would like to order one go to <https://www.brsd.ab.ca/families/online-payments-ordering>



Our Tumblebook Subscription is active through the summer, please continue to use it!

www.tumblebookslibrary.com

Parent Re-Entry Survey

As we look to next school year, BRSD wants to hear your thoughts on going back to school in the fall. Please complete the attached anonymous survey by Monday, June 15. Thank you for your input!

Parent Survey: <https://forms.gle/agCrXigPfZX22Tpb8>



We are planning for next school year...

Kindergarten Registration

is open for all BRSD schools

You can call your local school to register. Download the registration form from our website: brsd.ab.ca
In Camrose, Kindergarten programs are available at:

Chester Ronning School

Phone 780-672-5588

- Full days on Monday / Wednesday with occasional Fridays
- Full days Tuesday / Thursday with occasional Fridays

Jack Stuart School

Phone 780-672-0880

- Full days on Monday / Wednesday with occasional Fridays
- Full days Tuesday / Thursday with occasional Fridays

École Sifton School

Phone 780-672-2980

- French Immersion Kindergarten: Full Days on Monday / Wednesday with occasional Fridays
- English Program: Full Days on Monday / Wednesday with occasional Fridays

Sparling School

Phone 780-672-0106

- Full Day Tuesday / Thursday with occasional Fridays

New opportunity for Nature Kindergarten available at Sparling School

- Regular programming on Monday / Wednesday
- Alternate Fridays are for discovering trails, forests and other outdoor venues in the local area



If you have a three- or four-year-old child who has been recommended to apply for Program Unit Funding (PUF) support by a medical professional, AHS or current Speech and Language consultant, please contact the BRSD Division Office to be considered for the limited program spaces for the 2020-21 school year. You will be required to complete a questionnaire and provide current assessment reports. The number to call is 780-672-6131 or forward name, age and reports to inclusion@brsd.ab.ca. Details of the program, such as days / times / location will be shared with you as soon as they are available. At this time, we are only accepting registrations from this group. It is possible additional Pre-K program spaces may become available later in the spring.





CANADIAN PARENTS FOR FRENCH ALBERTA

RESOURCES FOR FRENCH LANGUAGE LEARNING

CANADIAN PARENTS FOR FRENCH IS A NATIONWIDE, RESEARCH-INFORMED VOLUNTEER ORGANIZATION THAT FURTHERS BILINGUALISM BY PROMOTING AND CREATING OPPORTUNITIES FOR STUDENTS TO LEARN AND USE FRENCH.

For an extensive resource list of websites, activities, movies, worksheets, tours and much more for students (all levels), parents and teachers please visit

[CPF ALBERTA](#)
[WEBSITE](#)

cpfab@ab.cpf.ca 780-433-7311



Self-Care in Action

Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own pressure. True self-care is not bubble baths and chocolate cake.

Self-care is making the choice to build a life you don't need to regularly escape from.

Parents take care of yourselves:
<http://www.ahs.ca/healthytogether>

Self-Care and Movement

Think about ways you enjoy being active like gardening, walking with your pet or family, or trying a sport.

Set aside some time to do your favorite physical activity.

Do something outside of your comfort zone. Some of the best memories are created in unexpected moments or situations!

Self-Care through Parenting

It's essential that parents care for themselves - first, for your own well-being, but also because any effort you put into self-care also has huge payoffs for your children.

Practice self-compassion. Parents who "fill their own cups," have more patience, energy, and passion to spread to their family. You can't pour from an empty cup.

<https://self-compassion.org/>

Tips for Self-Care

Drink an extra glass of water. Keeping hydrated will help you stay alert. Try adding lemon, lime, cucumber, fresh mint or berries.

Laugh today! Try to find humor in situations. Laughing can boost your mood and help you reframe your perspective during stressful times.

Start a gratitude journal and make a list of things that you appreciate or things that bring you joy. Reflect back on these when you need some extra positivity.

MORE RESOURCES

<http://www.ahs.ca/helpintoughtimes>

[Text4Hope](#) To subscribe text
COVID19HOPE to 393939

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

