



**Tracy Beattie** – Principal/directrice

**Carroll Glidden** – Assistant Principal/directrice adjointe

## **Principal's Message**

Our previous warm weather made us hopeful that spring would soon be here but recent cold weather and large amounts of snow reminds us that March is always unpredictable. We are optimistic that warm weather is right around the corner and will be here during our upcoming spring break.

Due to the recent announcement regarding COVID-19 restrictions being lifted in the province, we know that our families may have questions regarding what these changes will look like at the school. As of March 1st, we will no longer need to keep our students in cohorts. This will enable us to resume many of our activities such as a school wide Sports Day which will take place in June, field trips and assemblies. The boot room and side doors of the school will be open for students at 8:15 each morning and students will still be coming into the school to start activities in their classes before school starts at 8:35. A reminder to our families that we do not have supervision at the school prior to 8:15 and it is important especially on cold days that students are not dropped off until that time. Our front doors will remain closed at this time. Parents are welcome to come into the school and can ring the doorbell upon their arrival. As in the past, all parents and visitors to the school must sign in at the office.

We have had some inquiries about our recess times and schedules and whether there would be any changes in these routines. We had very positive feedback regarding both our separate recesses for younger and older students as well as our rotation of classes on areas of the playground. These procedures were put into place at the beginning of the year based on this feedback and were in place prior to the cohorting requirement. We will continue to keep our classes on separate sections of the playground at this time. This has enabled us to increase the number of supervisors and ensured that students are familiar with the supervisor with them. It has also provided more equity regarding the use of equipment and has resulted in far fewer recess incidences. We hope with the return of activities such as our Houses and school wide activities, this will enable all of our students to interact at those times.

Our students and staff have been busy the past few weeks and the remainder of March also proves to be a busy time around the school. Students have already been able to take advantage of resuming field trips as our grade four and five classes attended a performance at the Jeanne & Peter Lougheed Center last week. Many of our other classes were also able to see this production virtually. This past week we celebrated our annual Carnival. Students were involved in daily activities outside, in the gym and classroom associated with Carnival. Highlights of the week were the hot chocolate served by the School Council (a special thank you to Mr. and Mrs. Zimmerman for their hard work in providing this to our students) and a couple of visits by Bonhomme. On one of these visits Bonhomme delivered maple candies to all of our students. During this busy week our students also celebrated 100 Days of School and participated in activities to show their support to those in Ukraine. This week our students enjoyed heading to the rink to skate and will be treated to yogurt parfaits at the end of the month. All these activities will make the time before spring break go by very quickly. A reminder that the last day of school prior to spring break is March 25th.

March is also a busy time at school as we are beginning preparations for report cards and for the upcoming school year. Please watch for report cards for the end of quarter three to go home on April 14th. We look forward to discussing students' successes and strategies for improvement at our upcoming parent/teacher conferences which will be held both in person and via Google Meets on April 20th and 21st. We will again use our scheduler program to book these interviews. Further information will be sent home soon regarding the procedures for signing up for these interviews.

As we prepare for the coming school year, we are in the process of taking registrations for our Kindergarten programs for the fall. We are excited to announce that full time programs for Kindergarten will be available should we have sufficient registrations in these programs. If you have students that will be ready for either Pre K or ECS in the fall, or know someone who is, please contact us for information on how to register. Our schedules for these will be determined once we have more information regarding the interest in full time Kindergarten. There will be parent information nights for each of these programs being hosted at the school later this spring. Please watch for information in our local papers, the Battle River School Division website as well as our own website and on Twitter for more information.

We would like to remind all of our parents that our next school council meeting will be held on Tuesday, March 22nd at 7 pm via Google Meet. At this time we are still looking to fill the position of Chairperson. We are hoping to fill this position at our upcoming meeting. Our school council also has money available to support parent engagement. If there are any parent sessions you would be interested in the council hosting, please contact us at the office.

Finally a reminder that this Sunday, March 13th we will be setting our watches ahead one hour. It will be great to have that additional daylight at the end of the day, particularly as our weather starts to warm up. We hope that all of our students, staff and their families have a relaxing Spring Break!! Enjoy!



## Library News

January 27 was Family Literacy Day across Canada. At Sifton we celebrated with multiple school wide and classroom initiated activities. We dressed up as literacy characters, participated in a school wide story creation and had a google meet where a story was read to us. Thank you all for participating.

## Important Dates

Mar 22 - Yogurt Fruit Parfaits

Mar 22 - Parent Council Meeting at 7 PM via Google Meet

Mar 28-Apr 1 No School for Spring Break

Apr 7 - Early Dismissal at 2:15

Apr 14 - Report Cards Go Home

Apr 15-18 - No School for Good Friday and Easter Monday

Apr 20-21 - Parent Teacher Interviews

Apr 29 - No School for Staff Collaboration Day

Kindergarten /Maternelle Friday's

March 11 - Monday/Wednesday Class

March 18 - Tuesday/Thursday Class

March 25 - Monday/Wednesday Class

April 8 - Tuesday/Thursday Class

Apr 22 - Monday/Wednesday Class

**Remember to bring a water bottle to school**



Parent Council is looking for volunteers to help with fruit & yogurt parfaits on March 22 from 9-11 AM. If you would be available to help please email [siftoncouncil@gmail.com](mailto:siftoncouncil@gmail.com) or call the school.

If you are interested in participating in parent council please come to a meeting, or join the School Council virtual sessions hosted by BRSD Board of Trustees on March 12, April 12, May 10 at 6:30 PM. More details about these sessions is on the next page of this newsletter. They are open to current members and those interested in parent council.

To begin the kindergarten registration process fill in the a short form "Kindergarten 2022/23 Expression of Interest" at <https://www.brsd.ab.ca/learning/pre-k-and-kindergarten>



# Success Starts Early

## Sign up now for **KINDERGARTEN**

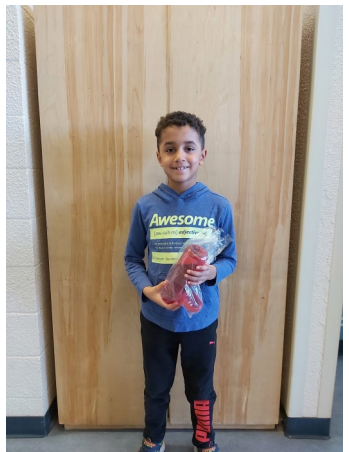
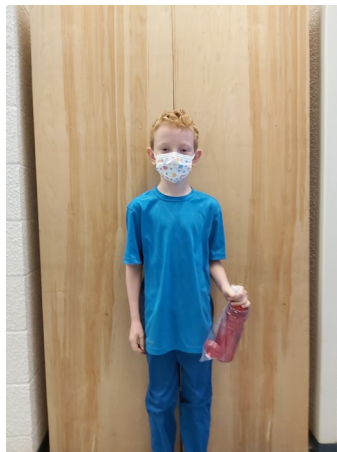
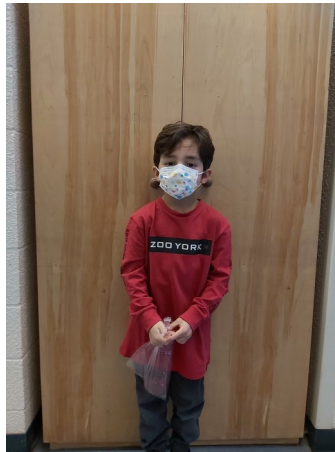
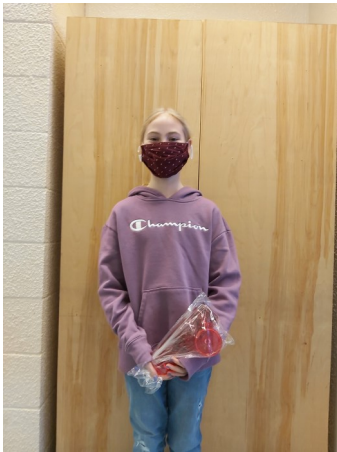
Full-time Kindergarten options available.  
Please check our website [brsd.ab.ca](https://www.brsd.ab.ca) for details.





**R**espect  
**O**wnership  
**A**chievement  
**R**esponsibility

### ROAR Winners from January



The BRSD Board of Trustees is sponsoring three workshops for School Council members and those who are interested in joining council, to help gain new skills and learn more about how to support their schools.

The sessions are being held in a virtual format in the months of March, April and May:

- Tuesday, March 15, 6:30 p.m. The Role of School Council
- Tuesday, April 12, 6:30 p.m.—Tools for Effective School Councils
- Tuesday, May 10, 6:30 p.m.—School Council / Trustee Relationship

Please contact the school to register.



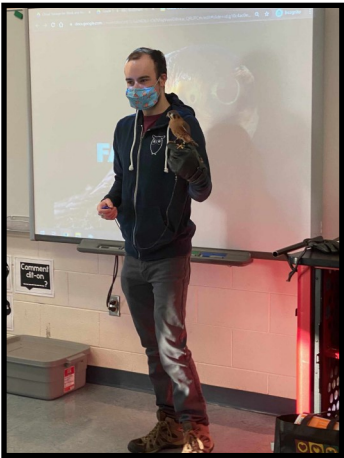


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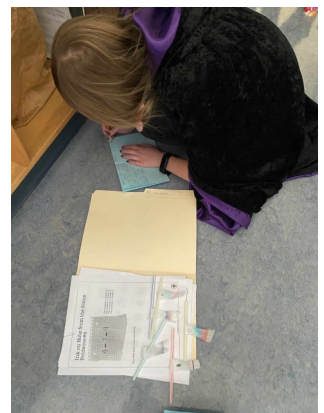
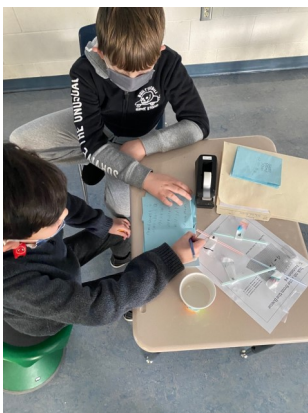
ROAR Winners from February







Top Left: Bird Smart Presentation  
 Top Right & Above: Skating At Right: A beautiful bulletin board by M. Zoukekang celebrating Black History Month  
 Below: For Literacy week, Mme Maisonneuve's grade 4 class investigated a mystery in their classroom. More Pictures from carnival and skating on the following pages







# BRSD Mental Health Capacity Building WELLNESS COACH CORNER

Hi! I'm Emma Enright the Mental Health Capacity Building (MHCB) Wellness Coach for Sifton School. The BRSD MHCB program promotes positive mental health through programming. I visit Sifton School 1 day a week. Here's what we've been up to this month!



*Ms. Emma*

### HOPEFUL MINDS

In grade 4H, we are learning about the meaning of hope and why hope is so important in our daily lives. Students will learn how to create, maintain, and grow hope even during the most challenging times.

### KIMOCHIS

In grade 1B, we will be practicing positive ways to think and act. We will learn that everyone has feelings, wants to be included and belong, and makes mistakes.

### SUPERFLEX

In grades 1K and 5J, we are learning about flexible thinking, problem solving, and perspective taking. Students are encouraged to practice calm down strategies.

### ZONES OF REGULATION

In grade 3Z, we are learning how to consciously regulate our bodies, emotions, and actions. Students are actively exploring calming tools, thought strategies, and body awareness.



*Safe. Calm. Connected.*

Have questions about mental health? Looking for information or mental health resources in your community? Connect with me:

**Emma Enright**  
MHCB Wellness Coach  
780-608-9428  
eenright@brsd.ab.ca







## Addiction & Mental Health News

March 2022

### The food and mental health connection

Good nutrition is essential for physical and mental well-being. Healthy food impacts mood, behaviour, and thinking.

Some tips to help your children eat healthy:

- Offer fruit & veggies more often
- Choose water to drink
- Start each day with breakfast
- Role model healthy eating
- Stock up on healthy snacks

### Connect through food

Eating meals together is a great way to connect! Children thrive when they are connected to others.

- Involve your children in planning and preparing family meals
- Cook, eat, and share recipes with others
- Relax with your children over a meal and share the events of the day

### Mindfulness and food

Learn about food choices and build a healthy eating routine with your children through mindful eating.

- Together, notice the flavors, textures, and smells of food
- Enjoy food at meal times by putting away distractions and taking your time
- Notice how you feel when you eat healthy food

### Connect to traditions through food

Help your children gain a sense of connection through cultural food.

- Celebrate special occasions with cultural foods
- Share with your children the stories behind traditional food
- Together with your children, prepare and eat a new cultural dish and discuss its history and importance

### MORE RESOURCES

[Ways to Wellness Eating Healthy Foods \(albertahealthservices.ca\)](#)  
[Canada's Food Guide](#)  
[School Age Nutrition on Vimeo](#)

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



MyHealthAlberta.ca

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

811 Health Link  
Health Advice 24/7

Alberta Health Services

