



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

## Principal's Message

It is hard to believe that a month of the school year is already behind us. The business of September and the warm weather that we enjoyed made this month go by very quickly. It has been an exciting start to the school year as we welcomed students back and resumed many of our regular activities.

Thank you to all of our families that supported our Parent Council fundraiser this year. We were able to raise \$2500 to support the purchase of sports equipment and to support activities for our students. Thank you as well to our parent council, our parent volunteers, Mrs. Barclay's class for unloading all the cases of apples and to Mme Bonzi for her help in organizing the event.

There have been a variety of events that occurred during the month of September that kept our students and staff very busy. We hosted our annual Terry Fox Run on September 23. Students gathered in the gym in their assigned "Houses" and recognized the importance and significance of this event. We hosted another assembly the following week in recognition of Orange Shirt Day and the upcoming Day of Truth and Reconciliation. Students watched a video discussing the significance of wearing an orange shirt and we enjoyed a drumming presentation from Mme Jutai's grade 5 class. It was great to see the enthusiasm, engagement and participation of our students in these events

Our cross country running team traveled to New Norway last Thursday and are participating in their last run of the year in Camrose at the Viking Run on Thursday, October 6th. Our runners were very excited to wear their new track singlets. The new singlets are in our school colors (black and red) and also have our school name on them. Thank you to our school council for providing these to our runners. The runners also appreciated the new canopy/tent that has been purchased to provide them with shelter from weather and to act as a meeting place for the team. Our grade 5 students were excited to participate in the annual Golf Scramble on September 28th. Thank you to our supervisors/coaches Mme Moore, Mme Maisonneuve, Mme Lowe, Mrs. Kelly and Mr. Heidt for making these events possible for our students.

As our cross country season ends, our grade 4 & 5 students will be starting their Volleyball season next week. Thank you to Mr. Heidt, Mme Jutai and Mme Lowe for coaching and supervising the teams this year. Please watch for practice and game schedules which will be available shortly. The volleyball tournament for grade 5 students will be held on November 26th at Jack Stuart School.

We would like to thank all of our parents that help support our students each year by volunteering at events and for field trips. I would like to clarify some information that we have recently sent out regarding the need for Criminal Record Checks and Intervention Checks. When volunteers are in direct supervision of students without a teacher present, we need to go through the process of making these parents an Agent of the Board. Examples of this might be when coaching a team or leading a group of students on a field trip. BRSD's Administrative [Procedure 270 - Volunteer Coaches and Supervisors](#) provides additional information regarding this process. In addition to obtaining a criminal record check and intervention check, these volunteers sign a confidentiality agreement and meet with an administrator to discuss aspects of supervising students. We then submit these documents and request that the parent becomes an Agent of the Board. For volunteers that will not be working directly with students, or will be assisting with the teacher present, they need to complete a [Confidentiality form](#). If you have any questions with this process, please do not hesitate to contact me at the school. Thank you in advance for your assistance with this.

As we head into the long weekend we would like to wish all of our students and their families a Happy Thanksgiving. We hope you are able to spend some time with family and friends and to reflect on the many things we are thankful for. A reminder that Tuesday, October 11th is a Teacher Collaboration Day and there is no school on that day. Happy Thanksgiving!

## Library News

Thank you to all the students who participated in the Summer Reading Challenge. We had 30 students who returned their sheets. Each student won a certificate of achievement and a gift card to the Sweeterie. A great big thank you to Camrose Energy for generously donating the prizes for our hard working readers.



Classes have started coming down to the library to take out books. Please help your child to remember to bring their library books back each week so that they may pick out a new book. We kindly ask that all students have a waterproof bag (an extra large Ziplock bag works great) to carry their library books in. It helps protect the books from damage and keeps them in good reading condition, for more students to enjoy.

We are looking for volunteers to help with hot lunch on Fridays from 12:40-1:10PM if you would be available for one or more please fill in the [google form](#).



## Important Dates

Oct 6 - Viking Run for students who signed up

Oct 6 - Early Dismissal at 2:15

Oct 10 - Thanksgiving Day. Schools closed

Oct 11 - Staff Collaboration Day. No school for students

Oct 17 - School Photo's

Oct 18 - Photos for T/Th maternelle students and students who were absent Oct 17.

Subscribe to our calendar by going to <https://sifton.brsd.ab.ca/about/calendar> and choosing "Download to iCal", "Add to Google Calendar" or "Subscribe to Calendar"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Viking Run 1:00 pm	4	5	6 2022 Fall County Run 10:30 am - 12:00 pm *Those who signed up	7 Thankful Lunch Boxes 1:00 pm	8
9	10 Thanksgiving Day (School and businesses closed)	11 Staff Collaboration Day (no school)	12	13	14 Early Dismissal / Staff Meeting (School and staff subject to their own arrangements)	15
16	17 School Photo Session of School 8:00 am	18 School Photos for T/Th Maternelle 8:00 am	19	20	21 School Photo Session of Staff 1:00 pm	22
23	24	25	26	27	28	29

## Kindergarten / Maternelle Fridays

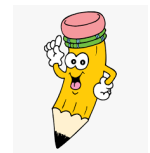
### Monday/Wednesday Classes

October 7

October 21

November 18

December 9



### Tuesday/Thursday Classes

October 14

October 28

November 25

December 2





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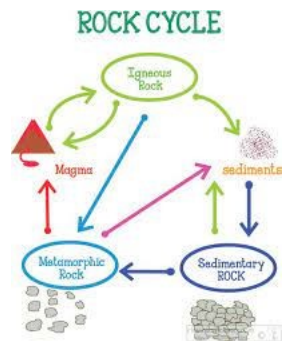
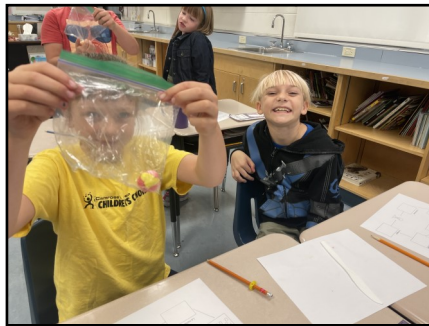
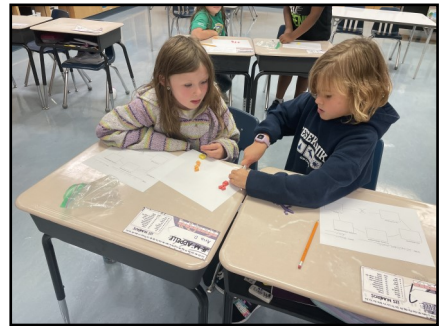
Respect  
Ownership  
Achievement  
Responsibility



We were so excited to hold our ROAR draw at an assembly this month.  
Congratulations to our students who's names were drawn.

It was great to see so many students with tickets in the bucket, and so many students showing their ROAR. Keep up the good work everyone!

3M FIM  
Rock cycle experiment with starbursts!



Assembly on Thursday, September 29  
To recognize  
Truth & Reconciliation Day



Thank you to the Canadian Northern Society & Camrose Heritage Railway Station for hosting our grade 4 & 5 classes during Rail Safety Week.



# PICTURE DAY!!

Ecole Sifton

## Monday, October 17

All students are photographed against Green screen.

### IT'S ALL ONLINE NOW!

View images and order pictures online at [SmartOrders.ca](http://SmartOrders.ca)  
Ordering information will be sent home with students on picture day.



www.smartphotography.ca

The Tuesday/Thursday Maternelle Class will have their photos taken on Tuesday, October 18. Any students who are absent on the 17th will also have their photos taken on the 18th.



BRSD MENTAL HEALTH CAPACITY BUILDING (MHCB)

# WELLNESS COACH CORNER

**Hi there! I'm Emma, the MHCB Wellness Coach for Sifton School.**

The BRSD MHCB program supports the mental wellness of all students through in-school programming. I am happy to once again be working with the students and staff of Sifton School! This month I'll be visiting each classroom to introduce myself and to practice a few fun strategies to help students feel calm and manage the transition back to school in a healthy way. Later on this fall I'll be doing some fun and engaging programs that support student wellness by building positive coping skills, know how to have healthy relationships, be good social thinkers, understand and express emotions, and much more! I look forward to sharing more with you about what we've been working on later on this fall!



**Emma Enright**

Questions about mental health? Connect with me!  
[eenright@brsd.ab.ca](mailto:eenright@brsd.ab.ca)

Grade 5B painted rocks for the National Day for Truth and Reconciliation. Mrs. Barclay has placed them in the valley trails, an excellent reminder to pause and reflect on your next valley walk.



Scenes from the New Norway Cross Country Run.  
Congratulations to all of our cross country team  
on their excellent racing.





## We want to know what you think!

You can help determine the BRSD school calendar for 2023-2024. Just take a few minutes to complete this [survey](#), which is open until Friday, October 28.

Thank you. We appreciate your input!



# Battle River School Division

2022-2023 School Calendar - Approved by BRSD Board January 27, 2022

Su	M	Tu	W	Th	F	Sa
31	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

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30	31					

- Holidays (Schools Closed)
- Non-Instructional Planning Day (No School for Students)
- Professional Learning (No School for Students)
- First and Last Day of School for Students

- Day-in-Lies of Parent/Teacher Interview (Schools Closed)
- Teachers' Convention (Schools Closed)
- Schools Closed

- Staff Collaboration (No School for Students)
- Staff Meeting (Early Dismissal)
- Last Operational Day (No School for Students)

### Rationale

**Professional Learning and Staff Collaboration Days** - As an organization that learns, we are ensuring sacred time for staff professional development and skill enhancement, using research-based practice and opportunities for collaboration to support mastery of our Critical 2 priorities and to support student needs.

**Staff Meeting Days** - We have incorporated an early dismissal of 60 minutes on the first operational Thursday of every month except September and January.



Canadian Parents for French (CPF) is a national network of parents, volunteers and advocates dedicated to the promotion and creation of French Second Language learning opportunities for young Canadians.

Did you know Camrose has a CPF Chapter? Membership includes access to resources, special events for French learning, French classes for parents, and more. CPF Chapter members also work to help support and provide learning opportunities for French in their communities. Join us October 20, 7pm at the Camrose Public Library for the CPF Camrose AGM for members or anyone interested in learning more information. You can also check out the website: <https://ab.cpf.ca/en/> or email: [cpfcamrose@gmail.com](mailto:cpfcamrose@gmail.com)



## Free Community Spaghetti Supper

Wednesdays, Moose Lodge

Starting Wednesday, August 31  
Seatings at 5:00, 6:00 and 7:00 p.m.  
Loyal Order of the Moose Lodge Camrose  
5001-52 Avenue

Open to those in the community who are struggling to make ends meet and need a helping hand up.

For more information on the supper, volunteering or donating to the Spaghetti Supper initiative, contact Bonnie Cooke at 780-672-1026 or Holly McIndoe at 780-679-3960.



**Camrose & Area  
CHILDREN'S CHOIRS**  
2022-23 Season: *Stories in Song*  
**Choirs for  
all ages!**

**Enroll now, or at  
Community Registration  
Night - Sept 8, 6:30-9pm  
at the Fieldhouse**

**First Rehearsals Sept 13-14**

**GROUPS:**  
Junior Choir - grades 1 to 3  
4:30-5:30 pm Tuesdays  
Senior Choir - grades 4-9  
5:45-7:15 pm Tuesdays  
Vivo Cantando\* - gr 5-12  
7:30-8:30 pm Tuesdays  
\*auditioned ensemble, call to arrange audition

**Instrumental Groups (pitched percussion)**  
**RESOUND! 1 - beginners**  
4:00-4:45 pm Wednesdays  
**RESOUND! 2 - note readers**  
4:00-4:45 pm Wednesdays

**CONTACT US: [camrosesings.ca](http://camrosesings.ca) 780-672-3372 FaceBook/IG**



# Recreation Programs

**Registration now open for Fall and Winter  
Programs**

**Six THURSDAY Sessions, 6:15-7:15 pm at  
Sifton School**

**Starts September 29th - November 3rd, or  
January 5th - February 9th**

**Cost: \$160 (includes a rope)**

**Email [jump@camrospirals.ca](mailto:jump@camrospirals.ca) for  
registration package**

**Visit [camrospirals.ca](http://camrospirals.ca) for more  
information**





# Camrose Family Resource Centre

Proud to be part of the Camrose and Area Family Resource Network

## September - December 2022

Welcome Back—to school, routines and ‘normal’ activities!

We are excited to return to our regular routine as well. We are putting this newsletter out for the last quarter of the year. We had been only putting it out every two months because who knew how things would change in a month or two. We are feeling confident that we can do it by quarter (hope we didn't jinx ourselves lol).

We are offering a number of programs for the whole family in person and virtually. We have found that some families still want a virtual option, so we are going to offer this in addition to our in person programming. We are hoping that everyone can find something for their interest.

We also want to say goodbye to Kim. Kim was a staff at the FRC for over 10 years. She is going to be working with the school division now. We wish her all the best in her new endeavors. She will be missed.

At the same time, we are excited to welcome Kalea Gougoulas to our team. Kalea comes to us with a wealth of experience and is relatively new to the Camrose Community. We know that she will make an excellent addition to our team.

As always, if you need any kind of support or information, please give us a call. We are here to support you.

FRC

780 672-0141



For more information call:  
**780-672-0141**

Or email:

Laurie:  
l.jansen@camrosefrc.com

Daneille:  
d.ostafichuk@camrosefrc.com

Vanessa  
v.simonot@camrosefrc.com

Jolene:  
j.doig@camrosefrc.com

Krista:  
k.lantz@camrosefrc.com

Kalea:  
K.gougoulas@camrosefrc.com

Proudly serving the City of Camrose and the Counties of Camrose, Flagstaff and Beaver.

Main Office Location:  
4823-51 Street  
Camrose, AB  
T4V 1R9  
[www.camrosefrc.com](http://www.camrosefrc.com)

**Lets Connect**

We are here to help! We are here to assist you in any way you need. We can listen, provide a referral, gather information for you or just about anything else. Please call or email for further information.



**Create Connections = Build Resilience**

When we are connected with others, it makes us more resilient. Resilient children often feel a strong bond with friends, family members, teachers and other people in caregiver roles. They feel protected and believe they can count on their network to be there for them.

Meaningful participation in the home, school and neighbourhood contributes to the resilience of children and youth. It increases their sense of connection, decreases their isolation, and helps them succeed in school.

**Family Connections = Build Resilience**

Build family connections by creating family routines where you eat meals together, read together and be active together.

- Show interest in activities your children enjoy and do them together.
- Help your children develop healthy relationships with their siblings and encourage them to spend time together, have fun, and be active and creative.
- Intentionally connect with extended family members to build your children's circle of supportive, trusted adults.

**Neighbourhood Connections = Build Resilience**

The Neighbourhood is an important place where children build independence, resilience, and self-reliance and develop skills to connect with others.

When you and your children get to know people in your Neighbourhood, you'll benefit in many ways, including:

- Increasing your sense of belonging and safety.
- Building social and emotional skills.
- Contributing to your community, accepting others and building empathy.

When children play with others, they learn to be active and more creative.

**School Connections = Build Resilience**

Here are simple ways to build connections at school:

- Connect with your child's teacher early to establish a good relationship and invite open communication.
- Share information to help the teacher connect with your child and support their success.
- Connect with your child daily, be there to cheer them on and help them brainstorm solutions for any challenges.
- Encourage your child to participate in school activities. Volunteer when you can.

Positive peer relationships in childhood are one of the best predictors of good mental health in adulthood.

**MORE RESOURCES**

Simple Connections, Stronger Families

[Colouring Book](#)

[AHS Back to School Health](#)

[Family Resources](#)

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





**Parents promoting positive mental health**

Parents play an important role in supporting a child's mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

**Focus on strengths**

When your child brings home a test, talk first about what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

**Ask questions about feelings**

Help your child name and calm feelings; start by asking how they feel.

Let them know that it's OK to talk about feelings.

Feelings are not right or wrong, and you can't control how you feel.

You can control how to act when you have strong feelings.

**Listen and show empathy**

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

**MORE RESOURCES**

[Parents Promoting Positive Mental Health \(alberta.ca\)](#)

[Helpful Tips and Strategies \(alberta.ca\)](#)

[Parent Information Series | Alberta](#)

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



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