



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

We hope that everyone enjoyed the recent fall break. November is always a very busy month around the school. With parent teacher interviews this week and preparations for the Winter Concert underway, the time remaining before holidays will go by very quickly.

Report cards went home with all students in grades one to five on last Friday, November 18th. A reminder that parent/teacher interviews will be held this week on November 23rd and 24th from 4 - 7:30 pm. An email was sent home with information about how to schedule an interview, but if you have any questions please do not hesitate to contact the office. A reminder that ECS and Pre K students will not be receiving report cards at this time however there are interviews for these students this week. Please see information from your teacher for further details.

Our Learning Commons area will be a very busy one this week as we host the Book Fair. The book fair will be opened late on parent interview nights. Thank you to Mme Grant for her hard work in providing this opportunity for our students.

Students in Grades 3 to 5 played hooky Tuesday afternoon as they attended the Kodiaks hockey game at the Encana Center. Students enjoyed this opportunity to attend a game and cheer on our Kodiaks!! Thank you to the Kodiaks for making this opportunity available to our students.

Thank you to everyone who supported our Winter Plant Fundraiser. We had over 200 orders placed! If you are available to volunteer for distributing the orders on Tuesday, December 6th please contact our School Council at siftoncouncil@gmail.com. We would like to take this time to thank Mme Bird and Mme Bonzi for their hard work in organizing our Hot Lunch program as well as all our parent volunteers that have come in every Friday to distribute hot lunches. Students and staff have greatly appreciated having hot lunch on these days!

We would like to wish our Grade 5 Volleyball players good luck as they attend their end of the season Volleyball Tournament this Saturday at Jack Stuart School. Our grade five volleyball players are excited for this opportunity. This week will be the last week of volleyball for our Grade 4 students as well. Thank you to Mme Jutai, Mme Lowe and Mr. Heidt for coaching our students throughout this season. This has been a great opportunity for our students to build their volleyball skills, learn the importance of teamwork and leadership, and most importantly to have a great deal of fun.

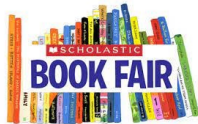
We are excited to announce that we will be hosting our annual Winter Concert in person this year!! The concerts for our English program will be held on Tuesday, December 13th and the French Immersion concerts will be held on Wednesday, December 14th. Concerts on both days will be held at 1 pm and 7 pm. We look forward to seeing you then!!

Library News

Our IN PERSON BOOK FAIR is happening now November 22-25. All students will have an opportunity to come check out the book fair during their regular class library period.

Book fairs help the school purchase new books that the students and teachers are looking for . If you would like to support the book fair but can't come in person there is a virtual option available as well Please click this link to get started:

[Virtual Book Fair Link](#)



Important Dates

November 22-25 Book Fair

November 23-24 Parent Teacher Interviews

December 1 Early Dismissal at 2:20

December 5 No School For Students

December 13 English Winter Concert

December 14 French Winter Concert

December 21 Last day of classes

January 5 First day back to school



Community Events

Kids and Baby Clothes: Fill a laundry-size basket with very good quality used clothes for \$20. Individual items \$2 each. Tuesday to Saturday at Essentials Boutique (formerly Clothing & Furniture Depot) A Centra Cam Vintage & Reuse Store. 4918-46 Street, Camrose. www.camrosevintage.ca

Free Community Spaghetti Supper Wednesdays at the Moose Lodge Camrose 5001 52 Ave 5-8 PM

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.

Hot Lunch Fridays

November 25 Subway

December 2 Boston Pizza

December 9 Fat Burger

December 16 Panago Pizza

Kindergarten /Maternelle Fridays

Monday/Wednesday Classes

December 9

Tuesday/Thursday Classes

November 25

December 2



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Respect
Ownership
Achievement
Responsibility

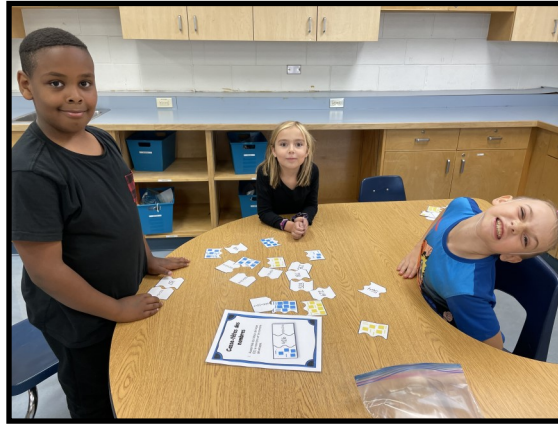


Our October ROAR draw was held on Friday, October 28. These lucky recipients had their names drawn from the over flowing bucket of ROAR tickets. Well done to all of our students for remembering to show their ROAR each and every day at school!

Photo Highlights



3M playing Math Games



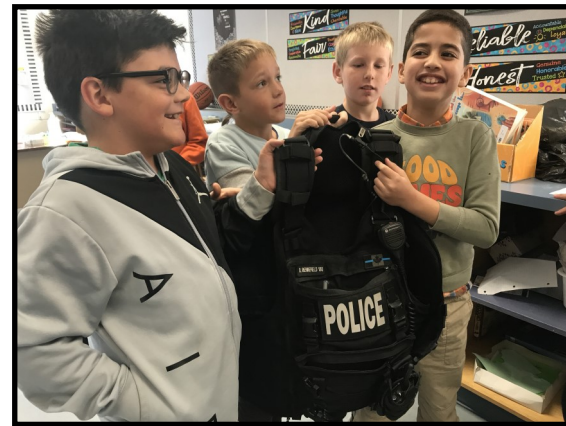
Mme Bird receiving her 10 year plaque from Board Trustee Doug Algar.



4M Waste in Our World Field Trip



Constable DJ visited 4H



Grade 3-5 Students Went to a Performance at the Jeanne & Peter Performing Arts Centre





BRSD MENTAL HEALTH CAPACITY BUILDING (MHCB) **WELLNESS COACH CORNER**

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

This fall I've been supporting student mental health through:

Emotional ABCs: Mrs. Kelly and Madame Lowe grade 1 classes have been busy building their emotional vocabulary. We are learning how to identify our own emotions by the sensations they create in our bodies. I am excited to begin working with Madame Bird's grade 1 class in the coming weeks.

Big Life Journals: Every grade 3 student has received their own Big Life Journal. We have been spending time learning the importance of positive self-talk and strengthening our growth mindset skills.

Etc...



Emma Enright

Questions about mental health? Connect with me!
eenright@brsd.ab.ca

November 23, 2022

Dear parent/guardian,

Influenza season, also known as the 'Flu' season, is here. We want to help protect the health of children and families by decreasing the spread of influenza so that you and your children can stay safe and healthy throughout the winter season.

In the last few weeks, we have seen a large rise in cough and fever type sickness in our schools. We are concerned that this influenza season will be more severe than we have seen in years, and that illness will continue to disrupt school, sports and upcoming holiday gatherings.

The influenza season in Australia often predicts the type of season we will see in Canada. This year, Australia had a particularly severe respiratory virus season with influenza and COVID-19 rising at the same time. They saw the highest rates of influenza disease in children and teenagers, with children less than 16 years of age accounting for the majority of all influenza hospitalizations this year.

While most children who get influenza will recover without complications, some children can get very sick and need treatment in hospital. Children can also spread influenza to friends and family. H3N2, the common strain of influenza so far in Alberta, is known to cause more severe illness in young children and seniors. The influenza vaccine being used this season provides protection against the H3N2 virus.

Influenza vaccines are safe, effective and offer the best defense from serious illness. In Alberta, the annual influenza vaccine is provided free of charge, and it is recommended for all children 6 months and older. Parents are encouraged to have their children immunized against influenza. Appointments for children under five years of age and their families are available at Alberta Health Services (AHS) clinics and can be booked by calling 811 or online at: <https://bookvaccine.alberta.ca/s/booking>. Albertans five years of age and older can get their influenza vaccine at a pharmacy or participating physician clinic.

In addition to getting the vaccine, we encourage you and your child to take the following everyday actions to prevent influenza:

- stay home when feeling sick;
- if possible, avoid close contact with people who are sick;
- wash hands frequently with soap and warm water for at least 20 seconds or use alcohol based hand sanitizer;
- cover your cough;

Talk to your kids about alcohol

While the legal age to consume alcohol is 18, the average age adolescents in Alberta have their first drink of alcohol, which is more than a sip, is 13 years and five months. This is important because the earlier in life a person starts to drink, the greater the risk of drinking problems in the future.

You can have a positive impact by having open conversations with your child and setting healthy boundaries and clear expectations.

You are the role model

Children tend to mimic the behaviour of those they love and admire, especially their parents.

Peer pressure is a factor in adolescent drinking, but often, youth drink for the same reasons as adults, including sociability, relaxation, and fun.

People may also drink alcohol to avoid problems, relieve anxiety or stress, or to get drunk. Talk with your children about other strategies to manage difficult times or strong emotions.

Refusal Skills

Practice these strategies with your children, so they feel comfortable saying no when they are offered alcohol or other substances:

"No thanks, I don't want to." Your child can repeat this as often as needed when they feel pressured; they can repeat saying this in a friendly, neutral manner.

"Sorry, I have to leave." This may be the best way to get out of a tricky situation. Let your children know they can always say no to something that makes them uncomfortable, which will relieve them of a lot of the pressure.

How to have a conversation about alcohol

Be brief and neutral when explaining the facts about alcohol to your child; discuss the pros and cons. Explain the difference between drinking in moderation and alcohol misuse.

Encourage questions and expect to be asked about your drinking and experiences. Listen with full attention so your child can talk.

Try to understand your child's point of view and avoid lecturing to keep the conversation going.

MORE RESOURCES

[Parent Information Series | Alberta Health Services](#)

[Teen Health \(alberta.ca\)](#)

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

