



Tracy Beattie – Principal/directrice

Carroll Glidden – Assistant Principal/directrice adjointe

Principal's Message

Thank you to all of our families that came out to watch our Winter Concerts this week. One of the things that we have missed the most in the past two years has been our connection with our school community so it was amazing to have so many of you join us for these productions. We could not be more proud of our students for their incredible performances and to our staff for their hard work in preparing for these events. We held five separate concerts over two days and had a great turn out at each of these. We also have had lots of positive feedback regarding the opportunity to watch our concert via our livestream link. Thank you also for your generous donations as part of our Best Seat in the House. We were able to raise \$573 to use towards the purchase of new volleyball poles and nets.

During this time of giving our students, staff and school community have demonstrated their understanding of supporting those in need. Throughout the month of December we have been collecting items for our food bank. Thank you to everyone who has contributed and helped us reach our goal of 1000 items.

We have many exciting events planned as we finish off the last few days before the break. Students and staff have had fun taking part in our Spirit Days the past week. It has been great to see all the participation by students and staff as they dress in the theme of the day. This Friday we will have our last ROAR draws before the new year. Next Tuesday, December 20th our SWAT team will be planning activities for the entire school in the afternoon. In addition to the opportunity to get involved in some physical activities, we will all have lunch together and play board games during the afternoon. The SWAT team is also preparing a snack bag for each of our students to enjoy together. Each day next week we will gather in the morning to sing Christmas carols as a school. The last day of school, each class will have their own activities going on in classrooms.

A reminder that our last day of classes is Wednesday, December 21st and classes will resume on Thursday, January 5th. There is no staff meeting and early dismissal in January.

On behalf of the staff of École Sifton School, I would like to wish all of our students and their families a very relaxing and enjoyable break. Merry Christmas and wishing you all the best in 2022!!!

Library News

Thank you to all the families that supported our Book Fair either in person or virtually. The Book fair was a success! We earned \$1000 worth of free books for the school library and classroom libraries. We also have some book fair credits left to use with Scholastic at a later date.

Congratulations to Willow in Mr. Elaszuk's class for winning the family draw. Both Willow and Mr. Elaszuk each won \$25 in free books!

Kindergarten /Maternelle Fridays

Monday/Wednesday Classes

January 6

January 20

Tuesday/Thursday Classes

January 13



Hot Lunch Fridays

January 6 EDO

January 13 Booster Juice

January 20 Dairy Queen

January 27 Chopped Leaf

Important Dates

Dec 19 Ugly Holiday Sweaters

Dec 20 Grinchy Finest

Dec 21 Last day of classes & Cozy PJ Day

Jan 5 First day back to school

Jan 17 Disney's the Newsies Performed by The Camrose Composite Playhouse Gr 1-5 attending

Jan 25 Gr 5 Reynold Museum Field Trip

Jan 30 No School for Students Professional Learning Day

Community Events

Wetaskiwin Food Bank Rock Soup
Greenhouse and Food Bank
Thursday - Monday 10:00am-5:00pm



[Camrose & Area Family Resource Network](#)



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Respect
Ownership
Achievement
Responsibility



Our November ROAR draw was held on Friday, November 25. These lucky recipients had their names drawn from the overflowing bucket of ROAR tickets. Well done to all of our students for remembering to show their ROAR each and every day at school!



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

Our Grade 4 Kids vs Families game was a big success, thank you to all who came out. A big thanks to Mme Jutai and Mr. Heidt for a successful 2022 Volleyball season.



Increase your joy during the holidays

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

Increase your joy through mindfulness

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

[Practicing Mindfulness | CMHA](#)

Tips to help your children feel joy

These practices can lead to greater joy during the holiday season and at any time:

Gratitude: pay attention to what you are grateful for.

Mindfulness: focus on the breath while noticing what is happening in the moment with a kind and caring heart.

Compassion: notice when others are going through challenging times and take positive steps to help them.

[Awaken Joy in Kids - Greater Good Berkeley](#)

Increase joy through self-care practices

Tips to increase your joy during the holidays and sustain you through tough times:

- **Sleep:** helps your body and brain work at their best.
- **Activity:** releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- **Eat Well:** helps you feel healthy physically and mentally.

[Self-Care | CMHA](#)

MORE RESOURCES

[stress-and-your-health.pdf \(alberta.ca\)](#)

[Help in Tough Times | Alberta Health Services](#)

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





ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

November 24, 2022

Letter to Parents – Ensuring access to education for all students

Dear Alberta parents and guardians:

We know we have asked a lot of you in the past couple of years. Since March 2020 parents and families have been told with little to no notice that students would be required to move to learning at-home or online. We have heard first-hand from students, parents, and teachers that learning disruptions over the course of the past couple of years have impacted the mental health and wellbeing of students, significantly impacted learning development, and has placed financial burdens and additional stress on working parents and families.

In recent months, parents have approached our office with uncertainty and questions, concerned that their child's education may once again be impacted by transitions to at-home learning. School authorities have sought clarity related to their ability to bring in health measures that may limit access to education, given there are currently no health orders to support these decisions. Today I have announced new regulation, effective November 24, 2022, that will protect student's access to in-person learning. This includes:

- Ensuring access to in-person learning for grades 1 to 12 students despite any instances of operational issues caused by rates of student and/or teacher absenteeism.
- Affirming that a student cannot be denied in-person education by their school authority due to their personal decision to wear or not wear a mask. This applies to all students.

We know that all Alberta families are facing increased costs due to rising inflation affecting mortgages, fuel costs, electricity, heating and food. These changes will ensure parents can continue to work to support their families without the added burden of finding and paying for childcare during the school day.

This will also ensure that all students have access to specialized supports provided in a school environment. We know that isolation in recent years has increased youth mental health issues and that these students need access to supports provided at school.

Our teachers have worked hard to ensure students who may have fallen behind grade level due to the instability in learning environments have the additional supports they need in the classroom. By protecting in-person learning students will be provided with stability.

As has always been the case, the *Public Health Act* provides the overarching direction on all public health matters, and it would continue to prevail over the *Education Act* and associated regulations in a future public health emergency.

We hope that with this new regulatory change comes more predictable and stable circumstances, an increase in the mental wellbeing of our students, and the preservation of in-person quality learning opportunities for students.

Sincerely,



Adriana LaGrange
Minister of Education



CHILDREN'S COUNSELING

Short-term counselling (approximately 10 weeks) for children and youth aged 6-17. Skill-based sessions will provide a toolkit of skills for dealing with anger, divorce/separation, anxiety, grief, self-esteem, etc. Free of charge. Phone 780-608-9016 for more information.



Christmas Spirit Days

Friday Dec 9 - Christmas Sweaters

(Wear a Christmas themed sweater)

Monday Dec 12 Cozy and Warm

(Wear scarves and toques)

Tuesday Dec 13 - Sparkly and Bright

(Wear sparkly, glitzy or shiny)

Wednesday Dec 14 Merry Plaid

(Wear your finest plaid)

Thursday Dec 15 Red and Green

(Wear Christmas colours)

Friday Dec 16 House Colours

(Wear your house colour)

Monday Dec 19 Ugly Sweaters

(Wear your ugliest holiday sweater)

Tuesday Dec 20 Grinchy Finest

(Wear green or your grinchiest top)

Wednesday Dec 21 Cozy Pyjama Day

(Get ready for winter break in your coziest pjs)



SIFTON SCHOOL CHRISTMAS CELEBRATION!

HOSTED BY S.W.A.T

When: Tuesday, December 20

Time: 12:05 - 3:00

Where: In the gym - sit with your Houses to do the first activities!



Why: To eat lunch and play games with new friends, to celebrate our Sifton family and to celebrate Christmas!

Bring: A bagged lunch (no microwavable items and no peanut butter), board games or puzzles, and a positive attitude!

Come and celebrate new friendships and our Sifton family, with music and games!