

# PERSPECTIVE

## *École Our Lady of Perpetual Help School*

273 Fir Street – Sherwood Park, T8A 2G7 Tel: 780-467-5631 Fax: 780-467-1786 Website: <http://olphschool.eics.ab.ca>

**OCTOBRE / OCTOBER 2015**



### A Thanksgiving Prayer

#### **We Give Thanks**

Our Father in Heaven,  
We give thanks for the pleasure  
Of gathering together for this occasion.  
We give thanks for this food  
Prepared by loving hands.  
We give thanks for life,  
The freedom to enjoy it all  
And all other blessings.  
As we partake of this food,  
We pray for health and strength  
To carry on and try to live as You  
would have us.  
This we ask in the name of Christ,  
Our Heavenly Father.  
Harry Jewell

### Célébration de l'Action de Grâce/Thanksgiving Célébration

October 7th, at 11:21 a.m. in the gym.

## Confirmation

If your child is in grade 6 or older they are invited to celebrate the Sacrament of Confirmation. The registration evening was held on Monday, October 19, 2015 at 7:00pm at OLPH Parish. If you are unable to attend that meeting please stop by the Parish Office and fill out a registration form.

If you have any questions please contact Raylene at the Parish Office 780-467-5470 or at [ryzyk@olph.ca](mailto:ryzyk@olph.ca)

## Principal's Message

Chers parents,

"May our job be as bright as October Red and our friends as strong as autumn gold."

We have experienced a very exciting start to the school year. The students and staff seem to have settled into school routines and the students are assuming their responsibility as learners and leaders.

Students and teachers alike are excited about the new programs and novelties in our school. It promises to be a great year at O.L.P.H.

Mme Julie Lafrance-Coon

### IMPORTANT DATES:

**Oct 1<sup>st</sup>:** Linking Generations Student Training 11:30 – 12:50 p.m. in the library.

**Oct. 1:** Boys' volleyball vs. H.S. – 4:00 pm at H.S.

**Oct. 5:** Hot Dog lunch

**Oct. 6:** Boys' volleyball vs. H.R. – 4:00 pm @ O.L.P.H.

**Oct. 7:** Thanksgiving Celebration at 11:20 in the school gym. (All are welcome!)

**Oct 8:** Linking Generations – 1<sup>st</sup> visit

**Oct. 8:** Hot Lunch

**Oct 9<sup>th</sup>:** PD Day – No School

**Oct 12<sup>th</sup>:** Thanksgiving Day - No School

**Oct. 13<sup>th</sup>:** Boys' volleyball vs. OLA – 4:00 pm @ O.L.A.

**Oct. 15<sup>th</sup>:** Grade 8 retreat (all day)

**Oct. 15<sup>th</sup>:** Boys' volleyball vs. St. T's – 4:00 pm @ O.L.P.H.

**Oct. 15:** Hot Lunch

**Oct. 20<sup>th</sup>:** Boys' volleyball vs. H.S. – 4: pm @ O.L.P.H.

**Oct. 22<sup>nd</sup>:** Boys' volleyball vs. H.R. – 4:00 pm @ H.R.

**Oct. 22<sup>nd</sup>:** Hot Lunch

**Oct. 27<sup>th</sup>:** 'WE' day (Calgary)

**Oct 28<sup>th</sup>:** Parent Council Meeting – 7:00 – 8:00

**Oct. 29<sup>th</sup>:** Hot Lunch

**Oct. 30<sup>th</sup>:** Evening Halloween Dance organized by grade 8 parents

### DROP OFF AND PICK UP OF STUDENTS

Parents who are picking up children are asked to do so at the front of the school. Thank you!

### LUNCH Information

#### **\*\*NUT CONSCIOUS SCHOOL\*\***

With the increase of students with serious allergies in our school, we are trying to create as "nut-aware" of an environment as we can. We request that you refrain from sending peanut-butter sandwiches, cookies and treats that contain nuts and any nut-based snacks. Every child's health and safety is important to us and we appreciate your active concern and response to this request.

**\*\*GLASS CONTAINERS\*\* Please DO NOT put GLASS CONTAINERS in your child's lunch.** We have had breakage around the school and it is potentially dangerous for the students to cut themselves.

### LEAVING SCHOOL GROUNDS AT NOON

Unless students go home for lunch, they are to remain on the school

#### *Mission Statement*

*École OLPH School is committed to quality education in both official languages, fostering in our students respect for life and learning as Christ taught us.*

premises during the school day, including the morning and lunch recesses.

**EXCEPTIONS MUST BE AUTHORIZED BY PARENTS, IN WRITING, dated and signed for each occasion.**

**\*\*\* Please remember that a parent must sign out students leaving the school for lunch or appointments.** Should you not be able to do so, a written note, dated and signed by a parent must be provided at the office prior to the student leaving the school.

The sign-out book is located in the office.

## VOYAGE QUÉBEC 2016

May 20<sup>th</sup> to May 26<sup>th</sup>. 2016

These dates are now set!

## **2015-2016 Student School Fees**

In September, invoices for student school fees were sent home with each student. Please remit payment by cheque or cash to the office. If you wish, you can pay for more than one child on a cheque, but please indicate every child's full name and grade/homeroom ON YOUR CHEQUE (made to **Elk Island Catholic Schools** ) OR attach the invoice(s) to the cheque. **Post-dated cheques will be accepted.**

For those who wish to pay by VISA/MasterCard, you will have to pay through the Online Fee Payment through the PowerSchool Public Portal at <https://powerschool.eics.ab.ca/public>. If you have already created an account, you can attach your child/children as a new student to your account. This can be done by logging into the PowerSchool Public Portal with your existing account, clicking "Account Preferences", clicking "Students" and adding your child's name.

If you have not yet created an account, you can do so by going to <https://powerschool.eics.ab.ca> where you will find the page asking for a username and password. Please scroll down this page and click on "create an account". Once on this screen, fill out the top portion with the name, username, password and email address you want associated with your account. You will also need to specify the "Net Access ID" and "Net Access Password" of at least one child in the Elk Island

Catholic School Division. The Net Access ID and the Net Access Password are student specific, so if you require this information, it can be obtained from the school office by sending a note in your child's agenda. A letter will be sent home containing the information for you.

Once logged into the PowerSchool Public Portal, click on "Student Fees" on the left hand side to pay your School fees online.

As we are anticipating and encouraging payment of fees to be made primarily online, there will not be cash on hand at the office. Therefore, if you are paying fees at the office, please bring the correct change. Also, please note, if you are paying fees by cheque, please make the cheque payable to **Elk Island Catholic Schools.**

Throughout the year, our students will be participating in various fieldtrips, presentations and projects. In order to make the collection of these fees simpler, we will be adding these fees to your child's PowerSchool Public Portal account as they take place. A note will be sent home to advise you of this and you will then have the option to pay the fees online or send the payment to the school. Once again, you must send exact cash to make **cheques payable to Elk Island Catholic Schools.**

Please contact the school office at 780-467-5631 if you encounter any issues when creating your Public Portal account or when adding a child to your existing account or paying fees.

If there are any problems with payment, please do not hesitate to call the school office at 467-5631.

## **Locks**

If your child has lost their school-issued lock, one can be purchased at the office for \$8.00.

## **CURRICULUM HANDBOOKS FOR PARENTS**

- Curriculum handbooks contain selected outcomes for each subject area from the Alberta programs of study. They provide a detailed picture of each grade. They are available on the Alberta Education Web site at

<http://www.learning.gov.ab.ca/parents/handbooks/> or for purchase from the Learning Resources Centre (LRC). Curriculum overviews were available at Meet the Staff night.

**www.learnalberta.ca** (Alberta Education) licenses some of the resources on their website for authorized users only. Therefore, the website is password-protected. When students, teachers and parents want to access LearnAlberta.ca from a computer outside of a school network, they will need to enter the jurisdiction userID and password.

**UserID: LA14**

**Password: 2225**

## **MEDICATION**

Please be sure to inform M. Morin, our vice-principal, in regards to prescribed medications or medical conditions the school should be aware of regarding your child in attendance at OLPH School.

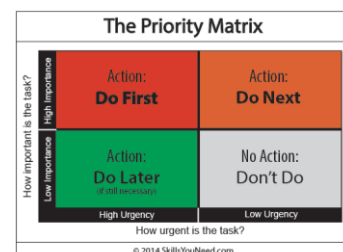


## **Counselor's Corner:**

Have you ever wondered how it is that some people seem to have enough time to do everything that they want to, whereas others are always rushing from task to task, and never seem to finish anything? Is it just that the former have less to do? No, it's much more likely that they are using their time more effectively and practicing good time management skills.

### **Understanding the Difference between Urgent and Important**

'Urgent' tasks demand your immediate attention, but whether you actually give them that attention may or may not matter. 'Important' tasks matter and not doing them may have serious consequences for you or others. This distinction between urgent and important is the key to prioritizing your time and your workload, whether at work or at home. Try using a grid, like the priority matrix, to organize your tasks into their appropriate categories:



### **Mission Statement**

École OLPH School is committed to quality education in both official languages, fostering in our students respect for life and learning as Christ taught us.

### 1. Keep tidy.

For some of us, clutter can be both a real distraction and genuinely depressing.

### 2. Pick your moment.

All of us have times of day that we work better. It's best to schedule the difficult tasks for those times.

### 3. Don't procrastinate, but DO ask why you're tempted.

If a task is genuinely urgent and important, get on with it.

### 4. Don't try to multi-task.

Generally, people aren't very good at multi-tasking; because it takes our brains time to refocus.

### 5. Stay calm and keep things in perspective

Perhaps the most important thing to remember is to stay calm. Feeling overwhelmed by too many tasks can be very stressful.

\*\*\* For further information, please check:

<http://www.skillsyouneed.com/ps/time-management.html>

by chance. You need to give yourself time to do it.

4. Decide what is important and what is urgent. It is a delicate distinction, but everything can be separated into either urgent or not, and important or not.

5. Break down and delegate tasks. Break tasks down into their component parts and consider whether you can delegate any of them.

6. Don't get frustrated by extra tasks. We all know how it feels.

7. Stay on top of things. Especially when you're very busy, it's easy to let your daily organizing session slip.

\*\*\*For more information, please see

<http://www.skillsyouneed.com/lead/organising-skills.html>

## Speech and Language Corner

The following are suggestions to encourage speech and language development at home:

- Create fun projects, such as illustrating cards, scrap-booking (the family, vacation fun, summer activities), family shows (puppetry, plays)
- Use the language to create posters, placemats, etc.
- Consider having your child label items in your home in French
- Have your child train the family pet in French
- Check out the website [www.epl.ca](http://www.epl.ca) for a catalogue of recommended books to read with your child.

## PHONE-IN POLICY

In order to assist us in keeping our students safe and secure **we ask you to kindly notify the school BEFORE 8:35 a.m. when your child is going to be late or absent.** Please indicate your child's grade, homeroom teacher and whether your child will be away for any length of time. Should your child arrive after the second bell it is very important for them to report to the school office before going to their classroom. If we have not heard from you, we will make every attempt to contact a parent at home or at work. **The school is equipped with an answering machine, which you can access by dialing 780-467-5631, night or day.** Also if there are ANY changes to the end of the day routine please contact the office **BEFORE 2:30 pm** so that we

may contact your children and inform them of the changes. It can be very difficult to locate them as some classes go outside with their belongings if weather permits. We appreciate your help in ensuring the safety of our children. Merci!

## PHONE CALLS AND/OR TEXTING TO STUDENTS

We ask parents to please try to avoid calling and/or texting students during school hours. It is very disruptive for the teachers and other students if we have to pull a child from their class during instruction hours, and we do not want students texting during class for obvious reasons. After 2:30 pm, it is very difficult to convey messages received. Please make your arrangements in the morning before leaving the house.

## O.L.P.H. CLASSROOM REPRESENTATIVES 2015-2016

### Role of Classroom Representative:

- Serve as a liaison between parents and the teacher.
- Phone parents regarding fieldtrips, classroom parties, lunches, or school activities that require assistance.
- Attend School Council meetings to represent their classroom and provide feedback.
- Relay information back to parents and to the classroom regarding School Council activities.
- Participate in School Council activities that involve the Student population or other parents.

5G –  
5J –  
5S – Kristen Laurin  
6M – Maureen Grenier  
6S – Lorrain Roy  
6T – Bobbi Blouin  
7G – Erin Diloreto  
7R –  
8D – Julianne Loiseau  
8G – Charlynn Plouffe

**We are still in need of classroom representatives. Please let us know of your availability as soon as possible.**

**Volunteers are always welcome to help out with delivery of hot lunch to classes. Come to the canteen any hot lunch day at 11:45 – 12:45 pm to help out if you can.**

## October- Organizing Skills

Well, the first month of school has come and gone, the leaves are changing colour, and the mornings are a bit nippy. Hopefully, the beginning of school jitters are over and everyone is settling into a new routine. Is there anything I can do to be of assistance to you or your child? If so, please call.

How often have you said to yourself, 'I really need to get organized?' and then failed to do so? It's a common problem. Fortunately, there are a few simple things that you can do that will help you to ensure that you get organized, and stay that way. What's even better is that these skills can be used at home or at work, and are equally useful in both.

1. Be clear about what you need to do. If you're one of those people, like most of us, who struggles to remember just what you've agreed to do or what you wanted to do if you had enough time, then keep a list.

2. Decide when you're going to do it. Research shows that our brains are hard-wired to worry about things that we haven't done, which is why you wake up in the night panicking about that piece of work you forgot.

3. Give yourself time and space. Getting organized doesn't happen

### *Mission Statement*

*École OLPH School is committed to quality education in both official languages, fostering in our students respect for life and learning as Christ taught us.*

Thank you to our volunteers for their dedication and hard work. École OLPH is truly blessed!!

## **TRANSPORTATION NEWS**

**780-449-6480 OR FAX 780-449-6481**

### **FLASHING RED – MEANS STOP !!**

School Bus Drivers are required to activate their 8 Way Red Lights in all areas of Rural Strathcona County. Motorists are reminded that vehicles travelling **in both directions** on a 2 lane highway or roadway **must stop** when approaching a school bus that has activated their 8 Way Red Lights to pick up or drop-off students. Failure to stop will result in a **\$402 fine and 6 demerit points**. Bus drivers will forward the licence information of any offenders to the RCMP so that they can issue a ticket.

### **EXTRA RIDERS**

Increased enrollment results in increased last minute ridership on our schools. We happy with the growth but our buses are getting full to capacity. Students not registered to a bus are not permitted to ride without authorization from the Transportation Office. Drivers will refuse to take any student not registered on their run. Thank you for your cooperation.

### **PARKING AT THE SCHOOLS**

Safety is always the primary concern in student transportation. When dropping off or picking up students at the schools please respect Alberta Traffic Regulations which restrict vehicles from parking:

- in Bus Loading Zones
- within a “No Parking” zone
- within 5 meters of any fire hydrant
- within 1.5 meters of an access to a private

roadway or driveway (driveway accessing school parking lots)

- within 5 meters on the approach to a stop sign or yield sign
- within 5 meters of the near side of a marked crosswalk

Parking within these restrictions is not only unlawful, but puts at risk our children and creates the scene of a potential collision. School buses do not have the same turning radius as a car, truck or SUV and the “Danger Zone” is larger.

**PLEASE help keep your kids safe by keeping these zones clear!**

For more information, please call 780-449-6480 or visit our website at [www.eics.ab.ca](http://www.eics.ab.ca).  
Elk Island Catholic Schools –  
Seeing Christ in Everyone

#### ***Mission Statement***

*École OLPH School is committed to quality education in both official languages, fostering in our students respect for life and learning as Christ taught us.*