# B.E.A.R. Bones

April 17 - 21



### This week at AL:

### Monday, April 17:

\*NO SCHOOL – Easter Monday

### **Tuesday, April 18:**

\*School Council Meeting 7p.m.

### Wednesday, April 19:

Thursday, April 20:

\*SEEALS Hot Lunch – Little Caesar's Pizza

### Friday, April 21:

\*New Life Celebration @ St. Albert Parish 9:45a.m.

# New Life CELEBRATION ON Friday, April 21

Please join us at 9:45 am for our New Life Celebration at St. Albert Parish. Our Grade Three classes will be leading both Albert Lacombe and Bertha Kennedy School during the mass at St. Albert Parish - Friday, April 21 @ 9:45 a.m. **Volunteer and Parent Appreciation Week!** 

Albert Lacombe Staff would like to say Thanks a Latte! for all of the great support to our school this year.

Our School Staff will be outside the front of our school on Wednesday, April 26 from 7:45 - 8:15 am serving coffee and muffins to all of our parents and volunteers!

Thank you once again for your efforts and for volunteering so much of your time to support our students and Albert Lacombe School.

Please complete our Parent Survey. Your feedback is greatly appreciated!



Please take a few minutes to complete our District Parent Satisfaction Survey. The Deadline to complete the survey is April 30. Your feedback is welcome and valued as we move forward towards enhancing student learning at Albert Lacombe School. Please click on the link below to begin the survey https://www.surveymonkey.com/r/B8F32D8

## ATTENTION: School Council Meeting Date Changes:

April meeting is now on Tuesday, April 18<sup>th</sup> May meeting is now on Tuesday, May 30<sup>th</sup>.

There will be no meeting in June.

### Did you know...

In support of Catholic Social Services, the "WE" team is collecting socks. We would like donations of new white sport socks, larger sizes are preferable. A collection box will be at the front of the school. If every student and staff member brings in one pair then we will have close to 300 pairs. All socks will be collected and delivered to Catholic Social Services April 19th.

Tuesday April 18th will be Snowball fight day, each class will have a one block snowball fight with the socks.

Thanks so much for the support



Registration
Packages for the
2017- 2018 School
Year are now
overdue. Please
get them in as
soon as possible.

### Hot Lunch Deadline Reminder

May orders are due Tuesday, April 25th



Thank you for your support of our hot lunch fundraiser!

### **Hockey Pool Winners!**

We'd like to thank everyone who participated in the Albert Lacombe Bears Hockey Pool. Congratulations go out to teams Allstars and Big Bad Dan Eddie for placing first and second respectively. The winning teams will split \$270 according to the rules.

Overall, the pool raised \$270 towards school enhancements through SEEALS. If anyone has any suggestions or comments about the Hockey Pool please forward them to School Council so we can continue to improve the pool for even more success next time we play!

Please keep in mind, the funds raised through SEEALS activities contribute to many exciting activities, such as the Back to School BBQ, Halloween Dance and all the exciting additions in the Learning Commons. We really appreciate your support of these fundraisers as they help to cover costs such as refilling playground bins for all the classrooms, classroom Mothers and Fathers' day crafts, teacher classroom enhancements, and the Lego wall. We couldn't pay for these expenses without the support of our wonderful parent community.

We always need parents and family members to help in a variety of ways. If you are interested in the activities or enhancements at Albert Lacombe school, or have a fundraising idea please consider coming out to a monthly meeting. In April we will be meeting on the 18th at 7 p.m in the Albert Lacombe staff room. Everyone is welcome!



# Counsellor's

May 2017

# Save the date! The 2017 Hats On! For Mental Health Day will occur on May 3.



Each May, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Participating schools will relax hat rules and encourage students and teachers to build understanding by wearing hats to school.







The Psychology Foundation of Canada is a national charitable organization whose focus is on mental health promotion in Canada. As May 3-7 is Mental Health week, it's time to consider how to help children cope with stress.

Adults aren't the only ones who feel stressed – kids do too. Some stress is normal, but too much stress can become toxic for both children and adults!

For tip sheets and other high-quality downloadable resources, visit: <a href="https://psychologyfoundation.org">https://psychologyfoundation.org</a>

Click on "Resources", then "KHST Download Resources", or explore other tabs.

# There are ways that you can help.

- If you think your kids are feeling stressed ask them.
- First they will need to calm down so that they can think more clearly. Taking a few deep breaths will help them to relax.
- Ask them how they feel, and why they think they feel that way.
- Next ask them how big the problem is. Listen carefully to what they have to say.
- Help them chose what to do next. Later you can ask if it helped.

#### Maria Watkins

School Counsellor - M.Ed in Counselling Psychology (CCC)

Vital Grandin - Tuesdays, Wednesdays & Fridays 11:30a.m. - 3:15 p.m.

Albert Lacombe - Mondays 11:30a.m. - 3:15p.m. & Thursdays 8:10a.m. - 3:15p.m.

### SIGIS CHILD CARE SOCIETY

#### ACCREDITED, NON-PROFIT CHILD CARE SOCIETY

SIGIS Child Care Society operates an on-site, before & afterschool care facility at *Albert Lacombe School* for children enrolling in *kindergarten-grade 6*. Come check out our great facility and see if we can accommodate your child care needs.

#### SIGIS IS SERIOUS ABOUT CHILD CARE. WE OFFER...

On-Site Before & After School Care Great Programming Planned Learning Activities Child Involvement in Program Indoor/Outdoor Activities Stimulating Experiences

Abundance of Toys & Equipment
Operational on Non-School Days
Dynamic Summer Program
Frequent Field Trips
Nutritious Snacks
Qualified Experienced Staff



### Open 7am-6pm

Kindergarten \$720 Grade 1-6 (f/t) \$425 Grade 1-6 (am) \$245 Grade 1-6 (pm) \$320

Call for kindergarten rates for children attending kindergarten full-day, everyday.

Government Subsidy Available









SIGIS Child Care provides quality programming for the children in the City of St. Albert.

We encourage children to express their ideas about their surroundings through participation in the program.

We strive to ensure
each child is provided
a variety of experiences
and opportunities to
grow in a safe and
nurturing

We respect and encourage each child's inquiries while sharing and working together toward their future.

We view each child as part of a greater "whole," and that is the family. We continuously strive to meet the needs of those families and the community of St. Albert.

#### **CONTACT US:**

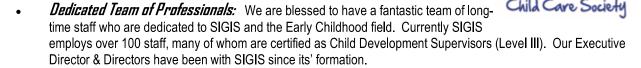
780-499-9283

E-mail: sigisal@sigischildcare.ca Website: www.sigischildcare.ca

### SIGIS CHILD CARE SOCIETY

ACCREDITED. NON-PROFIT CHILD CARE SOCIETY

#### THERE ARE MANY REASONS WHY TO CHOOSE SIGIS CHILD CARE SOCIETY!!



- **Supportive Board of Directors:** Our Board of Director's meet monthly (typically last Monday of each month). These Parent Meetings are open to all parents of SIGIS. Your yearly Society Fee entitles each family 1 vote/issue at the meetings. Your Society Fee also funds yearly family events that are put on by our Board of Director's. Our Board promotes professional development for all staff by encouraging & offering financial support for staff to attend workshops, conferences & post-secondary courses related to the field.
- **Fundraising:** Our Board of Director's Fundraising Committee plan many fundraising opportunities throughout the year. Many of the fundraisers are family-orientated or are things that families would be purchasing already. Participating in fundraising events is not mandatory; however, SIGIS encourages support from families whenever possible. All fundraising dollars go directly back into the programs to benefit the children. Fundraising dollars are used for special programming, field trips or specialized equipment that is not covered by the program budget. Fundraising dollars do not cover any operational expenses.
- *Collaborative Working Relationships with Schools:* All SIGIS OSC locations are "housed" directly in schools. Staff are on-site throughout the day which supports and builds relationships with teachers and administration. It is our belief that we must have a close partnership. Success is achieved by everyone working as one!
- **Dynamic Programming:** SIGIS prides itself on the quality of programming that is offered to the children in our care. Staff are scheduled throughout the day which allows for many hours to plan, implement and facilitate a program that is child-orientated and inspired! Our abundance of toys & equipment ensure that there is always something new & exciting taking place! In addition, many field trips & special events are planned for non-school days & early dismissal days.
- **We Welcome Visitors:** SIGIS believes that choosing child care is one of the most important decisions that parents make. We know that we deliver a high, quality program that meets the needs and interests of the children within our programs. We encourage families to come and see our centres in action, to meet our staff and ask any questions that you may have!

We look forward to assisting you with your child care needs!