



Bully-Proofing our Kids

According to our last student satisfaction survey 97% of the students at ÉLUES report that they feel safe at our school. Positive results such as this happen because of programs and people that are committed to creating a safe and caring environment in our school. However we never stop reaching for that 100% goal. One program that aims to do this is the Bully Prevention classes taught to all students at École Lacombe Upper Elementary School. These classes and discussions include presentations by Mrs. Dykslag & Mrs. Rawlinson, with in class lessons taught by the homeroom teacher. Research supports that incidents of bullying are significantly reduced in schools where; bullying is talked about with students, where peer mediation programs are in place, where students are encouraged to report incidents of bullying and where the adults in the building actively watch for and address incidents immediately - all of which are done at ÉLUES.

What is Bullying?

Bullying is a conscious, wilful, deliberate and repetitive act intended to harm another person. Bullying is an assertion of power through aggression. It can be physical violence, verbal taunts, exclusion, threats, put downs or intimidation.

Bullying Myths and Facts:

Myth: *"Bullying is just a stage, normal part of life. I went through it, my kids will too."*

Fact: Bullying is not "normal" or socially acceptable behaviour. We give bullies power by our acceptance of this behaviour.

Myth: *"If I tell someone, it will just make it worse."*

Fact: Research shows that bullying will stop when adults in authority and peers get involved.

Myth: *"Just stand up for yourself and hit them back"*

Fact: While there are some times when people can be forced to defend themselves, hitting back usually makes the bullying worse and increases the risk for serious physical harm.

Myth: *"Bullying is a school problem, the teachers should handle it"*

Fact: Bullying is a broader social problem that often happens outside of schools, on the street, at shopping centers, the local pool, summer camp and in the adult workplace."

Myth: *"People are born bullies"*

KINDNESS IS ONE SIZE Fits All

Quality Citizenship Recognition - February 2018

École Lacombe Upper Elementary School recognizes the value, necessity and significance of positive, contributing citizens within our school, community and society. It is our goal as a school, in conjunction with the home, to develop and enhance citizenship qualities and characteristics within individuals. This will provide an opportunity for every student in École Lacombe Upper Elementary School to work towards realizing his/her own personal aspirations while making a positive contribution to society as a whole. Students who demonstrate behaviors as delineated in the following criteria shall be eligible for the Quality Citizenship Recognition Award.

- Demonstrate positive interpersonal relationships with peers and adults.
- Demonstrate a consistent high level of responsibility, dependability and cooperation.
- Demonstrate a high level of consideration for the personal feelings and property of others.
- Demonstrate a positive role model in terms of leadership and participation in both school and classroom activities.

This month, the following students are being recognized as outstanding citizens and have been treated to a complimentary lunch from Boston Pizza on Thursday, March 1, 2018

| | | | |
|-------------------------|----------------------|-------------------------|------------------------|
| Taylor Cudmore | John Hopkins | Braelyn Allen | Evan Gillis |
| Kylee Magee | Korbin Carley | Wake Roadhouse | Jessica Nicolas |
| Maverick Johnson | Deon Toews | Cole Miller | Carsen Richter |
| Noah Lamoureux | Julie Goetz | Maleah Mackenzie | Shayla Keen |
| Ethan Lapointe | | | |

Congratulations to these outstanding citizens and also to our Staff of the Month: Mrs. Leidl, Mrs. Mackay-Hawkins and Mr. Vanson.

ÉLUES MOCK ROCK NIGHT

It's back! The twelfth annual Mock Rock is coming **Thursday, March 15**. In March grade six students at ÉLUE will be taking part in a Mock Rock (lip-sync) contest. The top performances from each of the grade 6 homerooms will make up the majority of the entries for this special evening. As well, in early March there will be a Wild Card performance whereby a few other lucky acts will be selected to take part in the main show. A **staff group** will round out the performances for the concert.

The project has two main goals: to collect as many food bank items as possible for the Lacombe Food Bank and to put on a fun evening for our community.

Mr. Rankin's class (Mrs. Dykslag) is busy putting together this service learning project. Making props, collecting prizes, arranging judges and screening music are just a few of the responsibilities the students have undertaken.

Once again, our ÉLUES MOCK ROCK evening is slated for **Thursday, March 15 at 6:45** in the school gym. We hope to fill the gym; more importantly, we look forward to filling the empty boxes with food items for the Lacombe Food Bank. **Admission for the evening performance is a non-perishable donation for the Food Bank.**



Supporting *ALL* Students

Bully No More

Mrs. Dykslag and Mrs. Rawlinson are speaking with all the Grade 5's during the next few weeks on the topic of bullying. They are discussing the various forms of bullying that may occur and more importantly a variety of strategies for stopping it. Through reading books, watching and discussing videos, and role playing, the students will become more confident in these difficult situations. The students are reminded that they need to tell an adult at school if bullying is occurring so that the teachers and administration can deal with it properly.



Relieving School Anxiety

For some kids, school may be a tense place. Children may have problems understanding what is expected of them, may face social exclusion, and may find the work confusing and stressful. As a parent, your instinct may be find a quick-fix solution, but a listening ear, a sympathetic word and a reassuring hug will be more helpful. Here are a few simple ways to help reduce anxiety in your child.

1. **Acknowledge the problem.** Do not dismiss the problem by simply saying, "Don't worry. Everything will be fine." Rather, acknowledge that the anxiety is real to your child and that their concerns are real. The result is your child will know that they can come and talk to you.
2. **Ask, "What three things are you worried about?"** By asking a specific question, your child will start sorting through the many emotions and will be able to better tell you the major concerns.
3. **Ask, "What three things are you most excited about?"** Bring the good things about the day to light. Most kids can find a few things that they look forward to.
4. **Keep the lines of communication open.** Sometimes just talking to a trusted adult makes things seem less worrisome. If a situation does become overwhelming, then you will be the first to know about it.
5. **Know when to ask for help.** Most kids experience school anxiety to some extent and some feel it more deeply. When does it become a problem big enough to require professional help? Some signs to look for are major changes in friendship, sleeping and eating habits, attitude and behavior. If you have a good rapport with your child and suddenly she does not want to talk, that may be a sign of concern as well.

Parents, if you wish to discuss school anxiety and how ÉLUES can assist, please contact the school.

What to do if your child is being bullied ...

1) **Be a good listener.** Stay calm, and give your child plenty of time to tell you how he or she feels. Make it clear that it is not your child's fault. Don't tell your child to simply fight back, that normally increases the victimization.

2) **Teach Bully-Proofing Strategies to your child.** What works for one child may not with another, so its best to discuss a range of options and then choose one or two that your child feels comfortable with.

Here are a list of strategies we are working on in class:

- * **Assert yourself**—Teach students to face the bully by standing tall and using a strong voice. The victim should tell the aggressor to stop. He could also name the bullying behaviour: "That's teasing. Stop it." or just "Cut it out."
- * **Use "I want."** - Communication experts suggest teaching students to address the bully beginning with "I want" and say firmly what he wants changed: "I want you to leave me alone." or "I want you to stop teasing me."
- * **Agree with the teaser** - Consider helping the student create a statement agreeing with her teaser. Teaser: "You're dumb." Victim: "Yea, but I'm good at it." or Teaser: "Hey, four eyes." Victim: "You're right, my eyesight is poor." This strategy may sound strange, but it puts the bully off guard and it works.
- * **Ignore it** - Bullies love it when their teasing upsets their victims, so help your child find a way to not let his tormentor get to him. A group of fifth graders told me ways they ignore their teasers: "Pretend they're invisible," "Walk away without looking at them," "Quickly look at something else and laugh," and "Look completely uninterested."
- * **Rehearse the strategy with the victim** - Once you choose a technique, rehearse it together so your child is comfortable trying it. The trick is for the victim to deliver it assuredly to the bully — and that takes practice. Explain that through he has the right to feel angry, it's not okay to let it get out of control. Besides, anger just fuels the bully. Try teaching victims the CALM approach to defueling the tormentor.

3) CALM

- * **C - Cool down.** When you confront the bully, stay calm and always in control. Don't let him think he's getting to you. If you need to calm down, count to twenty slowly inside your head or say to yourself, "Chill out!" And most importantly: tell the victim to always get help whenever there is a chance she might be injured.
- * **A - Assert yourself.** Try the strategy with the bully just like you practiced.
- * **L - Look at the teaser straight in the eye.** Appear confident, hold your head high and stand tall.
- * **M - Mean it!** Use a firm, strong voice. Say what you feel, but don't be insulting, threaten or tease back.

(Michelle Borba - Building Moral Intelligence)

Final Thoughts

Unfortunately most kids are bound to encounter children who are deliberately mean. By teaching our children effective ways to respond to verbal abuse, we can reduce their chances of being victims as well as helping them learn how to cope more successfully with future adversities. Of course, no child should ever have to deal with ongoing teasing, meanness and harassment. It's up to adults and kids alike to take an active stand against bullying and stress that cruelty is always unacceptable. Please contact your child's teacher or the school administration if your child is experiencing bullying. We do care, and we will listen!!

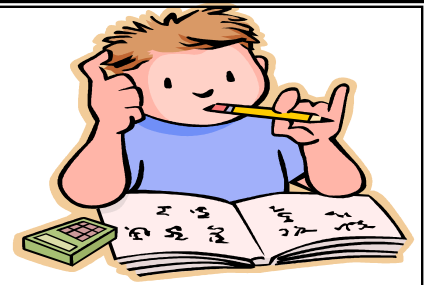
Program Highlights

Cribbage Club

-Mme Domier/Mrs. Nelson

Crib Club started in January. Everyone, from grades 4-6, interested in joining can meet in Room B104 on Tuesdays during the lunch recess. Students can learn how to play and practice their skills. It's a great game that encourages mathematical thinking.

All interested parents or adult volunteers are most welcome to come and join us as well.



Homework Hot Spot!

Homework Hot Spot is a great success and a real asset to many students. Students who attend are from a variety of grade levels and work on a wide range of subjects. In addition, we have students who need computer access. Hot Spot is held on Monday's, Tuesday's, Wednesday's and Thursday's from 3:25 to 3:55 in Room A117 (Learning Commons).

It's Coming ...

École Lacombe Upper Elementary School
2017/2018 Yearbook. To benefit from
Lifetouch My Family Rewards, you must
purchase your yearbook online at
YBPay.lifetouch.com with
Yearbook ID Code: **13193618**

For those that can't order online, envelopes will
be sent home soon to place orders by cheque.

Rebel Glory

Rebel Glory has been a part of many ÉLVES families throughout the months of January and February. Reading this book has been a great adventure. We thank each family for reading at home and enjoying the adventures in the novel. Not only was the book a fun read, we also enjoyed a visit from the author Sigmund Brouwer and Roger's Hometown Hockey. Thank you to our title sponsor Lacombe Ford and our community sponsors Lacombe FCSS, The City of Lacombe, Platinum Insurance, and the Royal Canadian Legion of Lacombe. We concluded the novel by having a Kahoot challenge in the gym which were followed by delicious chocolate chip cookies. Thank you all for making the Family Literacy Project such a success! Now we need to start working on finding another GREAT book for next year!



Drop In Family Badminton

On the first Sunday of each month, continuing on Sunday, March 4th, from 3:00 - 5:00pm, there is drop in family badminton in the École Lacombe Upper Elementary School gym. Our intention is to give kids in our community, along with their parents, an opportunity to play some badminton. Participants should be accompanied by an adult. All are welcome to participate. A huge thank you to Rotary Club of Lacombe Daybreak for purchasing racquets for the program and to Reds Sports for supplying shuttles to support the program. Thanks to their assistance, kids and parents do not need to bring any equipment (however you are more than welcome to use your own racquets).

Participants will enter the school through the north community use doors. Please bring indoor court shoes or running shoes to wear in the gym.

Here are the dates up to June.:

March 4th, April 1st, May 6th, June 3rd.

If you have any questions, please contact:

Bruce Miller at [403-782-7410](tel:403-782-7410) or Greg Pallister at [403-396-0357](tel:403-396-0357).

After School Basketball Club

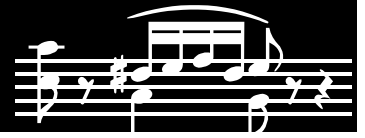
Our after school program is well underway for participating grade 4, 5 and 6 students who chose to come 3:30 - 4:30 pm on Tuesday, Wednesday or Thursday after school. In the club, students are working on basic skills such as passing, dribbling, lay-ups and shooting, as well as some strategies for both offence and defense. Our last practice will be March 22nd. As a wrap up, the grade six students will have the opportunity to participate in a grade six 4 on 4 tournament March 17th to be hosted by Iron Ridge Intermediate Campus. Details to come.



INTRAMURALS

Students have been playing "Pickleball" for Phys. Ed. and Intramurals during February. Pickleball is a racquet sport that is a mash up of badminton, tennis, and table tennis. March intramurals will focus on some Basketball fun. Thank you to our students for their sportsmanship and participation.





Lacombe Music Festival

Music Club will be singing at the Lacombe Music Festival again this year. We will perform at St. Andrews United Church at 10:20 a.m. on Monday, March 12th.



Singing with Red Deer Symphony

On Monday, May 7th, our Music Club has the opportunity to once again sing in a program called "Choir Kids" with members of the Red Deer Symphony Orchestra and four other school choirs. This will be our twelfth year participating in this event. It takes place in Red Deer at the New Life Fellowship Church at 7:30 p.m. This will be a wonderful experience for the students as they get to sing in front of a large audience and are accompanied by a professional group of musicians. The R.D.S.O is the only organization in Canada that runs a program like this and it is a great privilege for us to be involved in it. Tickets and rehearsal information will be available closer to the event date.



Red Cross Babysitting

Commencing in April, Grade Six Health teachers will offer the Red Cross Babysitting Program. A nominal charge of \$10.00 will cover the cost of the materials. Upon successful completion of the program, students will receive their Red Cross Babysitting certification.



**Wolf Creek Public Schools
Lacombe School Councils
presents**



Drugs and Drug Culture

**Constable Jeff Hewitt
School Resource Officer
Lacombe Police Services**

An information session for parents

**The types of drugs in Lacombe
How drugs affect the body
Talking to your children about drugs**

Tuesday, March 6th @ 6:45 pm

**École Secondaire Lacombe
Composite High School**

Come Try Ringette!
Tuesday, Mar 13 @4:45, Lacombe Arena
Open to kids who are at least 4 as of Dec 31, 2018!
A great environment to learn to skate!

*A free event!

*All you need are
skates, a helmet &
gloves!



Ringette

Fun & Friendships
Happen on Ice!

Register @ www.cometryringette.ca
Check our Facebook page for more info!
facebook.com/cometryringettelacombe/

March 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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| | | | | 1 Quality Citizen BP's Lunch | 2 | 3 |
| 4 Family Drop In Badminton 3 - 5 p.m. | 5 | 6 Subway Hot Lunch Drug Culture Joint School Council Mtg 6:45 p.m. @ Lacombe Comp | 7 | 8 | 9 Staff PD/ Collaboration Day | 10 |
| 11 | 12 Music Club Performance at Lacombe Music Festival 10:20 a.m. | 13 Field Trip Wagar/Freitag | 14 Field Trip Pfeifle/ Forman Field Trip Ince/Durocher | 15 MOCK ROCK 6:45 p.m. | 16 | 17 St. Patrick's Day |
| 18 | 19 | 20 Cilantro & Chive Hot Lunch | 21 Quality Citizen BP's Lunch School Council 7:15 p.m. | 22 | 23 Locker/Desk Clean Out Panda Press goes home Report Cards go home | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | SPRING BREAK | | | | | |
| | | | | | | |

April 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

| | | | | | | |
|--|---|----|--------------------------------------|--|---|----|
| 1 | 2 EASTER MONDAY | 3 | 4 | 5 | 6 | 7 |
| 8 Family Drop In Badminton 3 - 5 p.m. | 9 Extreme Pita Hot Lunch | 10 | 11 | 12 | 13 Staff PD/ Collaboration Day | 14 |
| 15 | 16 Sobeys Mini Croissant Snack | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 QC Boston Pizza Luncheon | 26 Spring Photos Field Trip Richter/ Marshall/ Durocher | 27 Staff PD/ Collaboration Day | 28 |
| 29 | 30 | | | | | |