



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 and 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"*

Fact: Bullying is a learned behaviour and behaviours can be changed.

KINDNESS IS ONE SIZE *Fits All*

Quality Citizenship Recognition - February 2019

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 Wednesday, February 27, 2019

Isla Thomas	Luka Collins	Dane Flater	Ruel Mago
Tia Matwiy	Hadley Walker	Molly Whitbread	John Hopkins
Chandler Harding	Riley Crow	Caden Letourneau	Miya Mazurik
Ryan Vanderwekken	Emrie Hampton	Rowna Verma	Ben Talma
Nyomi Yzerman	Elizabeth Talma		

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

The thirteenth annual Mock Rock is coming **Wednesday, March 6**. In March grade six students at ÉLUE will be taking part in a Mock Rock (lip-sync) contest. The top groups from each of the grade 6 homerooms will make up the majority of the entries for this exciting evening. As well, in late February 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 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 **Wednesday, March 6 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 work with another, so it's 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

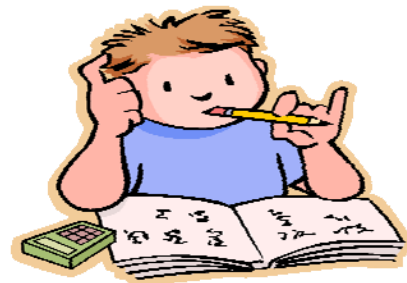
Cribbage Club

-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 2018/2019 Yearbook.

To benefit from Lifetouch My Family Rewards, you must purchase your yearbook online at YBPay.lifetouch.com with Yearbook ID Code: **13193619**

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

Family Literacy Project

Lemonade Wars has been a part of many ÉLUVES families throughout the months of February and March. Reading this book has been a great adventure. We thank each family for reading at home and enjoying the adventures in the novel. Thank you to our title sponsor Lacombe Ford and our community sponsors Lacombe FCSS, The City of Lacombe, Lacombe Kinsmen and the Royal Canadian Legion of Lacombe. Thank you all for making the Family Literacy Project such a success!



Program Highlights



We kicked off our Family Literacy Program with our new book, *Lemonade Wars*. We thank Lacombe Ford, FCSS, Lacombe Kinsmen, City of Lacombe and Lacombe Legion for being our partners in Family Literacy. Lacombe Ford sponsored the purchase of a book for every student in ÉLUÉS. Lacombe FCSS, Lacombe Kinsmen, City of Lacombe and Lacombe Legion have sponsored an author visit, the kick off party, reading prizes and the wrap up party. We are honored to have the community pull together to promote reading. Thank you to our families for curling up with a book together! Families are encouraged to follow the reading calendar closely. Prizes will be awarded in class for being able to answer questions about *Lemonade Wars*.

Did you know - reading just makes “cents”

For every year that a person spends reading (either independently or being read aloud to), his/her lifetime earning potential goes up considerably. For a time investment of approximately 87 hours a year (20 minutes a day for 5 days/week), you can increase your child's ability to support him or herself in the future considerably.

Drop In Family Badminton

On the first Sunday of each month, continuing on Sunday, March 3rd, 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 3rd, April 7th, May 5th, June 2nd. 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 13th. Thankyou to all the students for their dedication to improving their skills.

Thank you to Mr. Miller for his commitment in coaching each group.



Phys. Ed.

Students have been playing "Pickleball" for Phys. Ed. during the month of 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 probably be singing at the Lacombe Music Festival again this year. This year's Festival begins April 29 and ends May 16. Please stay tuned for a possible performance date!



Singing with Red Deer Symphony

On Monday, April 29th, 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.



What's New in Teaching and Learning?

There have been a few new initiatives that will have and are having an impact on teaching and learning. One is the revising of the Teaching Quality Standards in the province of Alberta and the other is emphasis on creating welcoming, caring respectful and safe learning environments that respect diversity and fosters a sense of belonging. Below you will learn about each of these provincial educational initiatives.

Overview of the Teaching Quality Standard

In 1997, Alberta became the first province to introduce a Teaching Quality Standard (TQS). The revised Teaching Quality Standard is aligned with the Leadership Quality Standard and the Superintendent Leadership Quality Standard. On **September 1, 2019**, the TQS will come into effect and will apply to all certificated teachers in Alberta.

This Teaching Quality Standard identifies six competencies that teachers are required to meet in order to hold and maintain an Alberta teaching certificate.

1. Fostering Effective Relationships
2. Engaging in Career-Long Learning
3. Demonstrating a Professional Body of Knowledge
4. Establishing Inclusive Learning Environments
5. Applying Foundational Knowledge about First Nations, Metis and Inuit
6. Adhering to Legal Frameworks and Policies

The revised Teaching Quality Standard is characterized by a more concise, more user-friendly format. As well, there are specific competencies built in to address current needs and contexts related to our education system.

These include competencies on First Nations, Métis and Inuit education; a new expectation for all teachers to continuously enhance pedagogy in literacy and numeracy; and a competency on creating inclusive learning environments.

The biggest change for many teachers is Standard 5 - Applying Foundational Knowledge about First Nations, Metis and Inuit. To support teacher education in this area the Ministry of Education has invested in professional learning for teachers, released lesson plans that support learning for all students about First Nations, Metis and Inuit. In addition the school division has hired First Nations staff to work with teachers and students in how to support the application of foundational knowledge into the curriculum in all subject areas. Each school has a lead teacher helping support FNMI learning and we have also been working closely with Mrs. Josephine Small, the Wolf Creek FNMI Learning Supports Coach. Also, Elder Bert works directly with the FNMI students in our school to support their cultural identity and understanding. We are thankful to have these leaders help us learn more.

Creating Welcoming, Caring, Respectful and Safe School Environments

When students feel like they belong, it encourages them to stay in school to learn and succeed. In welcoming, caring, respectful and safe learning environments, students, staff, families and community partners treat each other fairly and kindly. They are environments where:

- ◆ healthy and respectful relationships are fostered
- ◆ students feel that adults care for them as a group and as individuals
- ◆ positive mental health is promoted
- ◆ values, rights, and responsibilities are respected
- ◆ support is demonstrated through collaboration, high expectations, mutual trust and caring
- ◆ diversity is respected, celebrated and understood as a strength
- ◆ expectations are clear, consistent, and regularly communicated
- ◆ consequences of unacceptable behavior take into account the students age, maturity, and individual circumstances
- ◆ support is provided for those impacted by inappropriate behavior as well as for those who engage in inappropriate behaviors
- ◆ children, youth and adults model positive social-emotional skills

As the School Act outlines there is an increased responsibility for boards, schools, parents and students to ensure that schools are welcoming, caring, respectful and safe learning environments that respect diversity and foster a sense of belonging. To achieve this goal schools are expected to:

- ◆ Have clear Code of Conduct for Student Behavior
- ◆ Have Mental Health Training for staff and supports in place for students
- ◆ Encourage acceptance of all students no matter a person's race, religion, intelligence, gender, gender identity or background.
- ◆ Be trained in positive behavior supports
- ◆ Support a bully free environment
- ◆ Support diversity education
- ◆ Promote a welcoming, caring, respectful and safe school environment for LGBTQT students and their allies.
- ◆ Support (if there is student interest) the establishment of GSAs (Gay Straight Alliances) and/or QSAs (Queer-Straight Alliance) which are peer support networks run by students and supported by school staff.
- ◆ Form meaningful connections with students by building healthy relationships based on respect and understanding.
- ◆ Providing students have access to meaningful learning experiences that include appropriate instructional supports, regardless of gender, gender identity, gender expression, sexual orientation or any other factor.
- ◆ And much much more!

For our school staff we have been participating in Professional Development in many of the areas listed above. We have created a School Code of Conduct, we have focused on ways to create inclusive classrooms that fit the social, emotional and learning needs of the students, we have focused on training our staff on how to use educational materials that enhance the visibility and understanding of different cultural, ethnic and sexual minorities, we have developed an anti bullying program to support students and much much more! Much of the above are things we have focused on for years, but the focus on GSA awareness and FNMI Foundational knowledge is newer to us. During the month of December and January we had a bulletin board displaying GSA information for our students. We have identified staff that are available to support any students or parents with questions in this area. We have also had the school divisions FNMI lead teacher working with staff and students.

For more information on either of the above Alberta Education initiatives please visit the Alberta Education website at <https://www.alberta.ca/ministry-education.aspx>. Also you can view Wolf Creek Admin Procedures AP 175 - Safe and Caring Schools, AP 176 - Supporting and Guiding Students in Inclusive Communities Gender Identity and Expression, AP 155 - Event Protocol, AP 201 - First Nations, Metis, Inuit Education Programs, AP 213 - Inclusive Education, AP 350 - Students Rights and Responsibilities - Student Code of Conduct.



Worry Taming Strategies for Parent(s)/Guardian(s) of “Wee Worriers”

A four week psycho-educational, interactive group for parent(s)/guardian(s) of children ages 4 to 6 (or somewhat younger or older☺) who have a worry habit.

**WHERE: LACOMBE PARENT LINK (LOCATED IN THE LMC
- CHILDCARE PROVIDED: SPACE LIMITED)**

WHEN: 1:30PM TO 3:00PM

DATES: WEDNESDAYS APRIL 17, 24 AND MAY 1, 8, 2019

**WHO: THIS PROGRAM IS JOINTLY OFFERED BY LACOMBE
MENTAL HEALTH AND LACOMBE PARENT LINK**

* For more information and to register contact Norene Gillespie at Lacombe Mental Health Center 403-782-3413

NOTE: Parents/guardians must register first with Mental Health prior to connecting with Parent Link for childcare if needed☺

REGISTRATION DEADLINE: Weds April 10, 2019– minimum 4 participants

Lacombe Dolphin



Swim Club

**AGM @ LMC
COUNTY
ROOM**

MARCH 4TH 7PM-9PM
DISCOUNT TO THOSE WHO
ATTEND

Juniors – Tuesday/Thursday/Friday

Intermediates – Monday/Wednesday/Friday

Seniors – Monday thru Friday

***Days subject to change**

lacombedolphinsswimclub.ca

Summer Swim Club

Full Season May-August

Half Season May-June

Amazing Coaches

Fun Competitions

Send any questions to
lacombedolphin@yahoo.ca

March 2019

Sun Mon Tue Wed Thu Fri Sat

					1	2
3 Family Drop In Badminton 3 - 5 p.m.	4	5	6 MOCK ROCK 6:45 p.m.	7 Booster Juice Snack	8 Staff PD/ Collaboration Day	9
10	11	12 Pfeifle/Forman Field Trip to Edmonton	13 Cornerstone Play Gr. 5 English Subway Hot Lunch	14	15 TEACHER'S CONVENTION	16
17 St. Patrick's Day	18	19	20	21	22	23
	SPRING BREAK					
24	25	26 EASTSIDE EATERY Hot Lunch Mackay- Hawkins/ Rankin Field Trip to Edmonton	27 Quality Citizen BP's Lunch Jo(e) Social Media Inc. Joint School Council 7:00 p.m. Lacombe Comp	28	29 Locker/Desk Clean Out Panda Press goes home	30
31						

April 2019

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4 Report Cards go home	5 Staff PD/ Collaboration Day	6
7 Family Drop In Badminton 3 - 5 p.m.	8 Jump Rope for Heart Kick off Assembly	9 Field Trip Richter/ Marshall and Durocher to Edmonton	10 Art Exhibit Arrives "Courage"	11	12	13
14	15	16	17	18 Mayor for the Day Grade 6	19 GOOD FRIDAY	20
21	22 EASTER MONDAY	23	24 Quality Citizen BP's Lunch	25	26 Author Visit today Welcome Sigmund Brouwer	27
28	29 Choir Kids 7:30 Red Deer	30	1 Spring Photos	2 Field Trip Richter/ Marshall and Durocher to Reynolds Museum	3	4 Grade 6 Badminton Tournament