



Bully-Proofing our Kids

Our school is committed to creating a safe and caring environment for our students. 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 Mr. Fullarton and Mrs. Ouellette, 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 ELUES.

What is Bullying?

Bullying is a conscious, willful, 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 2023

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 will be treated to a complimentary coupon for an individual pizza and pop coupon from Boston Pizza:

Preslee Wiart	Lizzy McLaren	Alexis Hendrickson	William Kay
Savannah Culp	Braxten Szerve	Genevieve Parent	Adrian Ferguson
Hannah F. Atisme	Aerlann Thompson	Emma Chestney	Ethan Patterson
Mckenzie Barefoot	Emmitt Phillips	Wesley Bodnar	

Congratulations to these outstanding citizens and also to our Staff of the Month: Mrs. Wymann-Richter, Mr. Fullarton, Mme Forman.



We would like to extend our appreciation to Marty Curtis of Subway for sponsoring our Student of the Month Program this year! Once a month each teacher will choose two or three

Students of the Month and these students will meet with Mr. Fullarton or Mrs. Ouelette and will receive a coupon compliments of Subway!

Huge thank you to Boston Pizza for continuing to sponsor our monthly Quality Citizen lunches. Due to Covid, Boston Pizza has generously changed up their program and are giving each Quality Citizen a certificate for an individual pizza and a pop!



Subway Students of the Month - February 2023



- ◆ Commencing the fourth week of September and ending the last week of June, each homeroom teacher will select three or four students once a month for this student recognition program.
- ◆ Students for this program will demonstrate academic excellence and/or excellent academic effort.
- ◆ Students who are chosen for this program will be called to the office by the administration and bring with them the work for which they have been selected. The student will share/discuss the work with the administration.
- ◆ A copy of the student's work and the student's picture will be displayed on the Student of the Month boards outside the general office for the following month. The student's name will also be announced.
- ◆ Students will receive a certificate highlighting their accomplishment and they will receive a gift coupon from the Student of the Month Sponsor, Subway.
- ◆ The administration will make a Happy Call to each student's parents/guardian congratulating the student on his/her accomplishment (s).

Kayden Perez

Seth Gillett

Easton Porath

Rosa Vazkamp

Landon Flewelling

Regan Walker

Caleb Mills

Morgan Purves

Jaxson Flett

Hailze Oliphant

Thomas White

Lucas Way

Noah Hanson

James Lemke

Ruby Gouchie

Hunter Vasseur

Domanic Bussiere

Max Anderson

Emery Langmo

Avalon Cross

Zack Primmer

Malik Dleikan

Avaya Hamelin

Rosalie Neuman

Miles Bruns

Jacob McGregor-

Mary Butterfield

Kiyara Demeria

Kenny

Emma Bullert

Tyler Kinny

Mason Pearson

Wyatt McArzavy

Gunnar Norvila

Malia Steele

Price Byma

Veda Gair

Dom Graham

Bronxton Thomson

Emilie Banbury

Program Highlights

It's Coming ...

École Lacombe Upper Elementary School
2022/2023 Yearbook.

To benefit from Lifetouch My Family Rewards, you must purchase your yearbook online at ybpay.lifetouch.ca with Yearbook ID Code: **13193623**

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.



Be the Change Literacy Blitz: March 20-23

During the week of March 20 -23 we will be having a school wide Literacy Blitz. Each day there will be fun school and home based activities to enjoy that promote literacy. We will have theme days, do lots of reading, have an author visit and give away prizes. Watch for a Family Literacy Bingo Activity sheet to come home for your family's chance to win! Also March 20th all students and staff can wear their PJs and bring their favorite stuffed animal or toy to school. On Wednesday, March 22 "Be Well Read" and dress in RED for school that day! Make sure to check our social media pages to stay up to date with the exciting events occurring during our Be the Change Literacy Blitz week.





Music Festival

Music Club will be singing at the Lacombe Music Festival. We do not have the exact date or time yet but it will be

sometime during the week of March 13-17. Looking forward to a great experience with the students!



Singing with Red Deer Symphony

On either Monday, April 24th or Monday, May 1st our Music Club will once again have the opportunity to sing in a program called "Choir Kids" with members of the Red Deer Symphony Orchestra and four other school choirs. This will be our fourteenth year participating in this event and the first time in 3 years. This event takes place in Red Deer and is going to 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.



Have you ever wondered what a day in the life of a Mayor involves?

Here's your chance to find out. Complete a 200 word (minimum) essay or a one minute minimum video on why you would be an ideal candidate as City of Lacombe Mayor and take your seat at City Hall.

Which of your character traits would make you a good leader? How would you serve your community? Which issues would you tackle first? What do you think is most important for Lacombe's future?

Who can apply?

If you are a grade six student enrolled in a City of Lacombe school, any division, you may apply to participate in the Mayor for a Day program.

When is it?

Mayor for a Day will be held **Thursday May 4, 2023**

What does it cost?

The program is free and includes lunch and refreshments. Participants must utilize their own transportation to and from City Hall.

How do I apply?

Students will submit a 200 word essay or a 1 minute video.

Teachers will provide **the top three submissions to the Mayor's office by April 13, 2023** to be reviewed by the Mayor. The student with the top submission from each competing class will be invited to attend the 2023 Mayor for a Day program. Parent/Guardian permission is required to participate. Please include any allergy concerns or dietary restrictions as lunch will be provided.

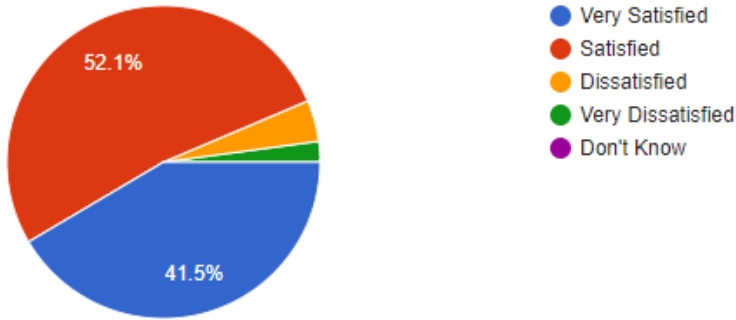
Please forward any questions and all submission to:

Christina Sturgeon
403.782.1263
csturgeon@lacombe.ca

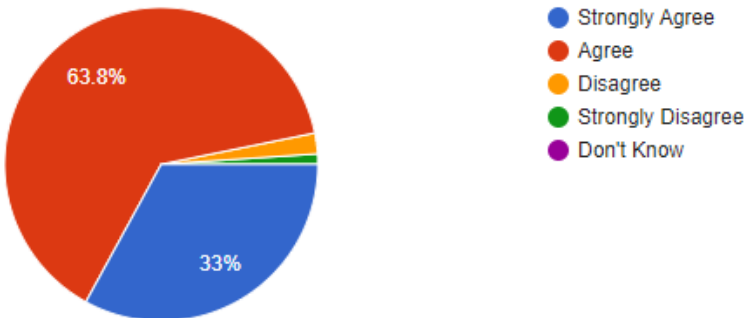
Thank you to all of the parents and guardians who completed the School Engagement Survey. We had 98 responses which is so greatly appreciated. As promised, one respondent has been selected as the winner of a \$100 gift card to Cilantro and Chive. That winner is announced below! The results and comments will be used to help guide our school improvement and effectiveness efforts and shape our goals as we begin to plan for next year. We will include more of these results in upcoming newsletters. Thanks again for the feedback!

How satisfied or dissatisfied are you:

With the quality of education your child is receiving at school?



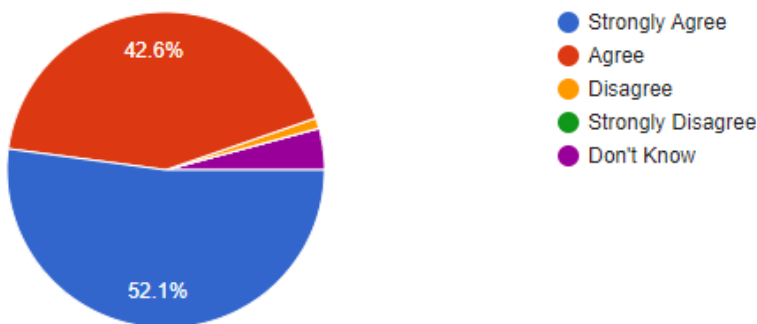
The literacy skills your child is learning at school are useful.



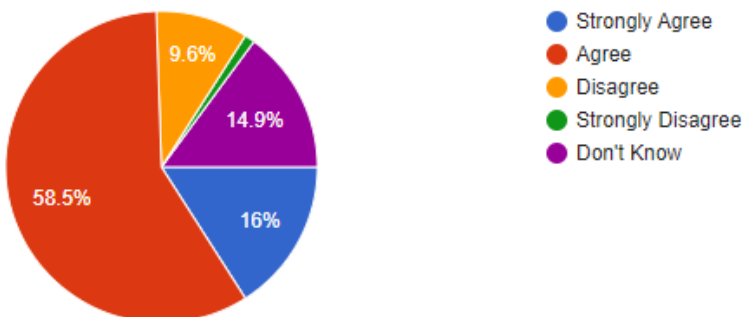
Congratulations to Amanda Waddell who was the winner of the \$100 gift card!!



Your child's school is a welcoming place to be.



Students at your child's school respect each other.



Lacombe Schools Joint School/Parent Councils will be hosting a presentation by Alberta Health Services on mental health and resiliency on March 21st, 7-8:30 p.m., at Lacombe Composite High School.

There are conflicting messages in the media about how our young people are faring and how to support their mental health. Join our AHS guest speaker Katherine Jarrell for an engaging and informative presentation! Leave feeling clearer and more confident in promoting positive mental health in keeping with the evidence.

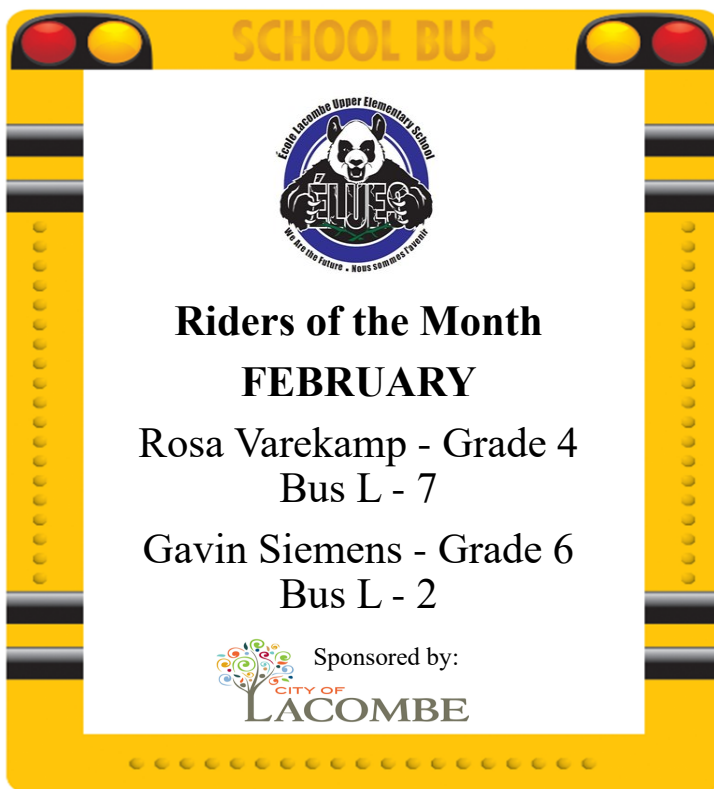
Topics Covered:


- ❖ Clarifying the information and misinformation around mental states
- ❖ Understanding stress and the stress response – *with strategies beyond deep breathing*
- ❖ Ideas and strategies for boosting mental health and resiliency
- ❖ When and how to access more support




About our Guest Speaker, Katherine Jarrell MSW, RSW

Kathy joined the AHS Mental Health Literacy team in 2019. She has been with Alberta Health Services in a mental health capacity building role since 2013, serving as an Education Consultant and Clinical Consultant to support teachers, parents, physicians, clinicians and others in their work with children and youth. In her work at Mount Royal University, Kathy served as a subject matter expert for the Children's Mental Health Certificate program and has taught clinical courses primarily in the Social Work program. MRU recognized Kathy with a Distinguished Teaching Award. In addition, Kathy continues to provide counselling in private practice, primarily using a CBT approach.

A graphic of a yellow school bus with a white sign on the side. The sign contains the following text:

 **Riders of the Month**
FEBRUARY
Rosa Varekamp - Grade 4
Bus L - 7
Gavin Siemens - Grade 6
Bus L - 2

Sponsored by:
 **CITY OF LACOMBE**

Supporting *ALL* Students

Bully No More

Mr. Fullarton and Mrs. Ouellette 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!!

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 came into effect and applies 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 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 Sheila 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.

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.
- ◆ Recently some of our students have expresses interest in forming a GSA club in our school. These clubs are ran by students and supported by school staff. It is important to note that currently in Alberta parental permission or notification is not required for a student to participate in a GSA club.
- ◆ Gay-straight student alliances (GSA's) are student run and teacher supported school based groups that work to create welcoming, caring, respectful and safe spaces for all students. GSA clubs have been active in Alberta schools for over 20 years. We encourage those that are interested in learning more, please refer to [GSAs and QSAs in Alberta Schools Link](#). For more information 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
- ◆ Alberta's School Act 16.1 (2) provides for the establishment of a voluntary student organization intended to promote equality and non discrimination with respect to, without limitation, race, religious beliefs, color, gender, physical disability, mental disability, family status, sexual orientation, gender identity and gender expression including but not limited to gay-straight alliances, diversity clubs and antibullying clubs. The School Act requires that school principals shall permit the establishment of these student organizations.

Come Try Softball!



Current openings in U9 & U11 divisions


To Register:

lacombegirlssoftball.com/content/registration

 @lacombegirlssoftballassociation




March 2023

Sun Mon Tue Wed Thu Fri Sat

			1	2	3	4
5	6	7	8 Taco Time Hot Lunch	9	10 Staff PD/ Collaboration Day	11
12	13	14 Booster Juice Snack	15	16	17 	18
19	20 Boston Pizza Brute Hot Lunch	21 Joint School Council Meeting 7:00 pm LCHS	22	23	24 Staff PD/ Collaboration Day	25
Try Everything Literacy Blitz						
			Student Growth Conferences			
26	27	28	29	30	31	
SPRING BREAK						

April 2023

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 	4	5 Subway Hot Lunch	6	7 	8
9	10 	11 Eastside Eatery Hot Lunch	12	13	14	15
16	17	18	19	20	21 Extreme Pita Hot Lunch	22
23	24	25	26 Boston Pizza Hot Lunch	27	28 Staff PD/ Collaboration Day	29
30						