



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

École Lacombe Upper Elementary School - School Council Meeting Minutes - February 28, 2024

A big **THANK YOU** to everyone who attended our School Council Meeting on February 28, 2024. Following is a summary of the meeting highlights.

In attendance: Craig Fullarton (Principal), Vanessa Ouellette (Vice-Principal), Michele Brousseau (Educational Assistant), Akemi Matthie (Teacher), Gifty Amakye (Chair), Christina Rice (Treasurer), Cameron Herbert (Parent), Kelly Lowry (Trustee), Jewel Graham (Parent), Renee Spelt (Parent)

7:15 pm Meeting called to order

Correspondence and Reports:

1. Trustee Report (Kelly Lowry/Brent Buchanan): The board met for the student engagement session and highlighted some of the items that were discussed during their meeting. Students presented recommendations, particularly focusing on making math more interactive, engaging, and practical. Progress on the new Artificial Intelligence (AI) Administrative Policy draft was shared during their meeting with the Division Office. The Success Program for Indigenous students and budget priorities, such as staff and student wellness, classroom compositions, and the importance of Classroom Teachers and Educational Assistants, were discussed.
2. Treasurer's Report (Christina Rice): We've appreciated the support from the School Council towards the Cross Country Running Team's pinnies, ELUES Swag for our monthly assemblies, the purchase of Cpens, and replenishing ribbons for our Track and Field day. It was noted that there are remaining funds available to support other school initiatives and areas of need.
3. Hunger Busters (Angela Richter): Families continue to express appreciation for our ability to maintain affordable hot lunches for all. The hot lunch program remains a major fundraiser for the school. The recent addition of a donation option has been well received, allowing some students who usually don't receive hot lunches to participate, which enhances inclusivity.
4. Staff Report (Michele Brousseau/Akemi Matthie): It was shared with regret that ÉLUES lost a full-time Educational Assistant to another school within the Wolf Creek Public School Division. An overview of the Educational Assistant allocation process for the 2024-2025 school year was provided. Akemi Matthie discussed plans for the upcoming Science Fair and mentioned the need for judges. The Teachers' Convention was a successful event with many valuable sessions.

Old Business:

- a) Growth Conference Supper- School Council confirmed that they would cover the cost of supper during our second round of Growth Conferences.
- b) Joint Council Meeting- The focus will be on Artificial Intelligence led by Greg Esteves on Tuesday, March 19th at 6:30pm at Ecole Secondaire Lacombe Composite High School. Parents are encouraged to bring their devices to try out the various tools that will be shared during the presentation.
- c) Parent Presentation Details- Jo Phillips will be presenting to students and parents related to Social Media usage on May 6th. She will present to the grade 6's in the afternoon and during the evening to parents \$740 to bring in a speaker. Motion was made by Gifty.
- d) Spring Event- Plans are coming together for the upcoming Spring Event. Further details will be shared soon.
- e) Fundraising (Ice Cream Sale, Panago)- The Ice Cream Sale was a huge success! Thank you to everyone for supporting our Fundraiser and a special thank you to Cilantro and Chive for their generous support. Panago is doing a fundraiser.
- f) Mascot - Our mascot, Bamboo, needs lots of touch-ups. J. Graham has reached out to businesses to gather quotes and determine the project's cost.

New Business:

- a) Grant Writing- There are many available grant opportunities if anyone would like to take some time to help with the application process.
- b) School "Beautification"- The Facilities department will be painting the interior of our school during the summer. We're very excited!
- c) Track and Field Day - We will be looking for volunteers to help out with our Track and Field day on May 30th. Additional information will be shared at a later date.
- d) Inclement Weather Update- The board will be asking for feedback shortly.
- e) April School Council Meeting is Canceled due to our Grade 6 Drumming Concert that is scheduled for that night. More information to come.
- f) Parent Engagement Opportunities (Survey, what else?)- How can we encourage more parents to join our School Council meetings? We would love to see a parent representative from each of our classes.

Upcoming Meeting Dates:

Tuesday, March 19th - Joint School Council Meeting, Wednesday, May 29th. **June No Meeting**

If you have any suggestions, questions or concerns regarding the above School Council happenings or if you have any items you would like included on future agendas, please contact Principal, Craig Fullarton, at 403-782-7410.

Next Meeting: Tuesday, March 19th, 2024 @ 6:30pm - Ecole Secondaire Lacombe Composite High School

Meeting adjourned at 8:14 pm.

Quality Citizenship Recognition - February 2024

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:

Riley	Ben	Dawson	Ben
Ellie	Emerson	Emery	Molly
Kevin	Gavin	Cruz	Anna
Emersyn	Sawyer	James	

Congratulations to these outstanding citizens and also to our Staff of the Month: Mr. Rankin and Mr. Richter



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

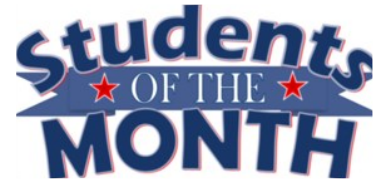
Students of the Month and these students will meet with Mr. Fullarton or Mrs. Ouellette and will receive a coupon compliments of Subway!

Huge thank you to Boston Pizza for continuing to sponsor our monthly Quality Citizen lunches. Each Quality Citizen gets to enjoy a pizza party at the school!!

Wow, what great supporters of our school!



Subway Students of the Month - February 2024



- ◆ 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).

Audrey

Rylynn

Will

Adalyn

Gabby

Hadley

Basty

Norman

Kayne

London

Owen

Ruby

Sophia

Alexis

Emerson

Eric

Elizabeth

Anthony

Lily

Eric

Dom

Jayda

Seamus

Nicky

Tannon

Erikka

Abel

Bennett

Cash

Avaya

Neuaeh

Blake

James

Axel

Mack

Sean

Program Highlights

It's Coming ...

**École Lacombe Upper Elementary School
2023/2024 Yearbook.**

To benefit from Lifetouch My Family Rewards, you must purchase your yearbook online at **ybpay.lifetouch.ca** with Yearbook ID Code: **13193624**

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.



The rapid development of Artificial Intelligence (AI) has ushered in a new era of innovation and transformation, reshaping the way we live, work, and interact with technology. In a time where children are growing up surrounded by unprecedented technological advancements, it is crucial for parents to understand the role and impact of Artificial Intelligence in their education, as well as how it can be utilized at home, in the workplace, and in our daily lives.

Join us on **Tuesday, March 19th at 6:30 pm at École Secondaire Lacombe Composite High School** to see some of the benefits and pitfalls of AI and to familiarize yourself with some of the tools that are being utilized in schools. You are encouraged to bring a device (phone, laptop, iPad) to immerse yourself in the tools that Greg will present.

An educational leader with more than 20 years of experience as a teacher and leader in Alberta's classrooms, Greg brings a learning focused perspective to his role as Director of Technology Integration with Wolf Creek Public Schools. Greg works with a great Learning and Technology Services team to provide the infrastructure, professional development, and other forms of support needed to continue to purposefully integrate technology into teaching and learning in Wolf Creek. He is a father of two fabulous children, husband to a beautiful and talented grade one teacher, a football fanatic and general all-around technology evangelist.

Additionally, if you are unable to join us on March 19, Greg will deliver the same presentation via Live Stream to all interested parents in WCPS. This will be taking place on Tuesday, April 9th at 6:30 pm. More information, including the link will be available soon.



After School Basketball Club

Our after school program is well underway for around 90 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 16th. Thank you to all the students for their dedication to improving their skills.



Phys Ed and Intramurals

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. Grade six students have also been curling during this past month. Great fun and amazing progress by all.



March intramurals will focus on some Basketball fun with basketball shooting games. Thank you to our students for their sportsmanship and participation. Thank you to our referees for making sure the games run smoothly.





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 11-15. Looking forward to a great experience with the students!



Singing with Red Deer Symphony

On Monday, April 22nd 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 fifteenth year participating in this awesome event. The concert 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.

Grade 6 Drumming Concert

The Grade 6 Drumming concert will be held on Wednesday, April 24th! There will be an open dress rehearsal at 2:00 and the main concert will be at 7:00. Looking forward to seeing many of you there!



We would like to send out a huge thank you to Cilantro and Chive for their generous donation of ice cream sandwiches at our school on February 16th! Your generous, endless support of our school is amazing and so appreciated! Also a huge thank you to all the parents and staff that ordered extra ice cream sandwiches ... every student in the school that wanted one was able to have one!! Our student helpers were amazing and extremely efficient putting the ice cream sandwiches together!! It was such a fun day for everyone involved!!

SCHOOL BUS

Riders of the Month
FEBRUARY
Hailee Oliphant - Grade 5
Bus L - 4

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 to 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!!



Who needs to register for Bus transportation for the 2024/25 school year?

- All urban (in town students - Ponoka, Lacombe, and Blackfalds).
- All students new to transportation (ECS or changing schools and are new to busing).
- All students who are moving to a new address.
- All Cross Boundary students must re-register every year

Who does not need to register?

Rural students who have not had a change in address or school location.

Unsure?

If parents are not sure if they need to register, or are unsure which school they need to register at they can reach out to our office transportation@wolfcreek.ab.ca

What do you need to do to register?

Street address if urban, Legal land description and complete 911 address if rural.

Applications are submitted online through the Parent Portal or SchoolEngage.
<https://www.wolfcreek.ab.ca/school-division/transportation/bus-status-page2>



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An online group therapy program
designed to shift your
experience of parenting.



Join us from the comfort of your home for an 8-week virtual therapy group. The focus will be on building community and exploring topics selected to support you in finding the freedom to discover more deeply who you want to be as your child's parent.



Tuesday Evenings
8:00pm-9:30pm
March 5th - April 23rd
Online Therapy Group

JOIN NOW



For registration or more information
please call the Cirrus Psychology Office
403-314-3489

Or email
reception@cirruspsychology.com

*Program total cost \$200.00 per participant

*Program may be covered through individual health benefits

*Pricing accommodations will be considered upon request

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SERVICES**



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PERFORMANCES

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at 7:00pm
- **SATURDAY, APRIL 13th**
at 2:00pm & 7:00pm
- **SUNDAY, APRIL 14th**
at 2:00pm

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Click on "Tickets & Information Zone"
- **CALL 403.318.3449**
- **IN PERSON at Lacombe Performing Arts Centre**
March 17th and Tuesdays from 4:30pm-6pm
March 19th, 26th & April 2nd, 9th

A portion of our proceeds will be donated to local charities; Licence granted by Starshine Music


March 2024

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	4	5 Boston Pizza Brute Hot Lunch	6	7	8	9
10	11	12	13 Student Growth Conferences	14 Subway Hot Lunch	15 Staff PD/ Collaboration Day	16
17	18 Mackay- Hawkins/ Rankin Field Trip to Edmonton	19 Joint School Council Meeting LCHS 6:30 pm	20 Quality Citizen BP's Lunch	21 Booster Juice Snack	22	23
24	25	26	27	28	29	30
	SPRING BREAK					
31						

April 2024

Sun Mon Tue Wed Thu Fri Sat

	1 	2	3	4	5	6
7	8	9 AI Online Presentation 6:30 p.m.	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Grade 6 Drumming Concert 7:00 pm Quality Citizen BP's Lunch	25	26 Staff PD/ Collaboration Day	27
28	29	30	1	2 Spring Photos	3	