



## 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**

A big **THANK YOU** to everyone who attended our School Council Meeting on February 26, 2025. Following is a summary of the meeting highlights.

In attendance: Craig Fullarton (Principal), Vanessa Ouellette (Vice-Principal), Colleen Freitag (Teacher), Jessica Gallant (Chairperson), Kelsey Neves (Vice-Chairperson), Ashley Warren (Treasurer), Renee Spelt, Erin Rice, Tonya Sigurdson

6:45 pm Meeting called to order

### **Correspondence and Reports:**

1. Trustee Report (Kelly Lowry/Brent Buchanan): Not in attendance.
2. Staff Report (Colleen Freitag): Teachers' Convention was a success! We heard lots of great feedback about the various sessions offered. Our staff had a fantastic wellness day on February 19th, enjoying a keynote speaker, breakfast, and fun activities together. Now, we're excited for Mock Rock and looking ahead to the Growth Conference on March 19th and 20th!

### **Old Business:**

1. Stakeholder Summit: It was a great day of collaboration! We are looking forward to the next steps and seeking clarity on how decisions will be made following these discussions.
2. Popcorn Sale: Happening on Tuesday, April 22nd. More details will be shared soon. Since this falls on Earth Day, students will have the opportunity to enjoy their popcorn outdoors while appreciating nature.

### **New Business:**

1. Time Capsule Opening: A successful event with a great turnout! Plans are in motion to create a new 2025 time capsule.
2. 2025 AERR Survey: All Grade 4 parents are encouraged to complete the survey. The Grade 4 class with the highest completion rate will win a pizza party!
3. Joint School Council Meeting: Scheduled for March 19th. The topic will be AI and its role in supporting students, presented by Rob Reid and Darcy Blum.
4. Kindness Week/Anti Bullying: Mr. Fullarton and Mrs. Ouellette have visited each Grade 5 class to deliver anti-bullying lessons.
5. 2025-2026 Preparations: Planning for the upcoming school year is well underway.

### **Upcoming Meeting Dates:**

March 19th–Joint School Council Meeting, Wednesday, May 28th. **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: March 19th – Joint School Council Meeting, Wednesday, May 28, No Meeting in June**

Meeting adjourned at 7: 10pm

## Quality Citizenship Recognition - February 2025

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:

<b>Lincoln</b>	<b>Benson</b>	<b>River</b>	<b>Porter</b>
<b>Emily</b>	<b>Alex</b>	<b>Rachael</b>	<b>Adalyn</b>
<b>Wakely</b>	<b>Logan</b>	<b>Georgia</b>	<b>Lydia</b>
<b>Jenna</b>	<b>Mackenzie</b>	<b>Alexis</b>	

Congratulations to these outstanding citizens and also to our Staff of the Month: Mme Forman, Mrs. Ouellette, Mrs. Wojtaczka



We would like to extend our appreciation to Raman Singh of Subway for continuing to sponsor 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 2025



- ◆ 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).

**Layla**

**Tyson**

**Jordan**

**Anniston**

**Lenore**

**Freddy**

**Dominik**

**Alex**

**Ben**

**Janna**

**Danika**

**Kayden**

**Noah**

**Max**

**Sam**

**Harper**

**Logan**

**Gavin**

**Ryder**

**Kamryn**

**Cameron**

**Ava**

**Lexie**

**Ximena**

**Laetyn**

**Brogan**

**Cody**

**Gracie**

**Griffin**

**Kaiden**

**Nick**

**Emily**

**Hailey**

**Jude**

**Nathan**

**Amashi**

**Koen**

# Program Highlights

It's Coming ...

École Lacombe Upper Elementary School  
2024/2025 Yearbook.

Yearbooks will be available for purchase on  
the Parent Portal for \$15

During the week of March 3 - 6 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.



**MARCH 3**

**DREAM IT! LIVE IT! WEAR IT!**

Bring your dreams to life by dressing up as your dream job or a hobby you love!

**MARCH 4**

**MAIN CHARACTER ENERGY**

Dress up with main character energy-wear hats, sunglasses, or anything that makes you stand out and live your story in style!



**MARCH 5**

**COZY UP & DREAM BIG!**

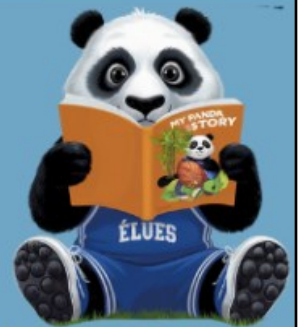
Come to school in your comfiest pajamas and get ready to cozy up with a good book!

**MARCH 6**

**YOUR FUTURE'S BRIGHT!**

Dress up in your brightest, most colorful outfits to shine a light on your future!

**LIVE YOUR  
STORY!**



**Literacy Blitz 2025**

March 3-6

We will be sending home the Live Your Story Family Reading BINGO along with a list of literacy activities to promote reading at home. Families who participate will have a chance to win some great prizes!



**We are looking for donations!**

During Literacy Blitz Week, students can choose a "new to them" book from our donated collection! We're seeking gently used book donations—if you have any at home, please bring them in for our Book Swap. Thank you!

**Book Swap!**



## After School Basketball Club

Our after school program starting on February 24 for the 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 will work on basic skills such as passing, dribbling, lay-ups and shooting, as well as some strategies for both offence and defense. Looking forward to watching all the students 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.





## Singing with Red Deer Symphony



On Monday, April 14th 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 30th! 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!

# SPRING IS COMING ...



# The grade 4 class that has the highest percentage of parent responses by no later than March 21, 2025 will receive a pizza party for their class!

## Dear parents/guardians:

As part of our ongoing commitment to providing a world-class education for Alberta's children, Alberta Education will again be conducting our annual survey of grades 4, 7 and 10 students and their parents or guardians. The survey will gather important information about students' and parents' school experiences and will help to inform continuous improvement in our education system.

The survey will also be sent to all teachers in the province. In some schools, all students in grades 4 and above – and their parents or guardians – will be surveyed.



### Your input supports improvements in our education system

This year's survey will take place from February to March 2025, and we strongly encourage all eligible parents or guardians to participate and share your feedback on your child's or children's education.

Survey participants will be asked questions on a variety of topics, including:

- welcoming, caring, respectful and safe learning environments;
- student learning engagement; and
- parental involvement in their children's education.

Survey participants are not required to provide their names or personal details, and all survey responses are confidential.

By completing the survey, you are helping both Alberta Education and your local school authority identify areas of strength and areas for improvement. When the results are in, Alberta sends them to school authorities, who in turn share them with their local school community and use them to inform their annual education plans.



### Surveys will be provided by your school

Completing the annual education survey is easy. Your principal or school administrator will provide you with a unique, single-use access code on behalf of Alberta Education that you can use to log in and complete the survey online confidentially.

- Parents or guardians with more than one student in an eligible grade will receive a separate random access code for each child.
- Paper copies of the survey can also be requested once the survey opens.
- Participants can skip questions for any reason and may opt out of the survey at any point.



### Students fill out their surveys at school

Students are surveyed during the same time period as their parents or guardians, but they typically fill out their surveys at school.

- Like their parents or guardians, students are provided with a random access code to log in and complete the survey confidentially.
- Students can skip questions for any reason and may opt out of the survey at any point.

Additional details about Alberta Education's quality assurance measures and framework for monitoring performance in the education system are available at

[www.alberta.ca/alberta-education-assurance-survey](http://www.alberta.ca/alberta-education-assurance-survey)

Please contact your school principal if you have any questions or concerns about your child's participation in the survey.



## ÉLUES MOCK ROCK NIGHT

MOCK ROCK IS BACK!! We are in the planning stages for this year's Mock Rock on **Thursday, March 13**. For this event, 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, a **staff group** usually makes an appearance towards the end of the show.

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.

Mrs. McLeod's class 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 13 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.**



### Riders of the Month FEBRUARY

Kiren Roberts      Gr 5      L14



Sponsored by:



**FREE  
TRY IT DAY  
SCAN TO  
REGISTER**

## ROLLER HOCKEY

BLADES CAN BE PROVIDED  
BY AMRHA

**APRIL 13, 2025**

LACOMBE ARENA  
ECHO ENERGY ARENA 1

TIME: TBA  
MORE INFORMATION:  
lacomberollerhockey@gmail.com

**THANKS TO 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!!

## TOWN (URBAN) BUS STUDENTS



### Students living in Lacombe

**MUST re-register for busing each spring for the fall!**

User Pay fees are applied to students who live less than the eligible distance based on grade and will be accommodated if there is space available on a bus.

***User Pay students will be put on a waiting list if their registrations are received late and/or the bus in that area is full.***

If you have moved you must notify the school of the address change prior to registering for busing.

*\*Cross Boundary students must re-apply each year by filling out the regular application as well as the cross boundary application (cross boundary fees will apply).*

**REGISTER ONLINE USING YOUR PARENT PORTAL  
OR THROUGH SCHOOLENGAGE**

**DEADLINE FOR REGISTERING IS JUNE 1, 2025 (late fees apply)**

***For more information please contact Wolf Creek Public Schools Transportation Services***

E-mail - [transportation@wolfcreek.ab.ca](mailto:transportation@wolfcreek.ab.ca) Phone - 403-785-0726

Website - <https://www.wolfcreek.ab.ca/school-division/transportation/bus-status-page2>

## COUNTRY (RURAL) BUS STUDENTS

**Lacombe students who live in the country and are new to busing (i.e. kindergarten students or students changing schools) OR have moved to a new rural location are required to register for transportation.**

To register your full legal land description AND complete blue sign (911 address) are required on the application.

*\*Unsure of which school your child should attend, please call us with your legal land description.*

If you have moved you must notify the school of the address change PRIOR to registering for busing.

*Cross Boundary students must re-apply each year by filling out the regular application and the cross boundary application. Please note that cross boundary fees will apply.*

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FORBEEZ  
THEATRE GROUP  
PRESENTS:  
**Aladdin**  
TROUBLE  
by Mark & Helen Johnson

At Lacombe Performing Arts Centre, 5227 Calgary Edmonton Trail, Lacombe

**A family friendly musical!**

PERFORMANCES

Friday, April 25 at  
7:00PM

Saturday, April 26 at  
2:00PM & 7:00PM

Sunday, April 27 at  
2:00PM

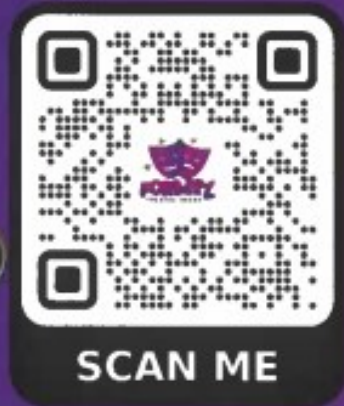
TICKETS

UNDER 12 YEARS \$15

OVER 12 YEARS \$20

Prices do not include GST

ONLINE @ [tickets.forbeez.ca](http://tickets.forbeez.ca)  
Click on "Tickets & Information Zone"  
**FORBEEZ.CA**



# March 2025

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					28 Mackay-Hawkins Hot Dog Day	1
2	3	4	5	6	7	8
<b>Literacy Blitz Week!</b>						
			KFC Hot Lunch			
9	10	11	12 SUBWAY Hot Lunch	13  Mock Rock 6:45 p.m.	14	15
16	17 	18 PITA BLAST Hot Lunch	19 Student Growth Conferences QC BP's Lunch	20	21 Staff PD/ Collaboration Day	22
23	24	25	26	27	28	29
<b>SPRING BREAK</b>						
30	31					

# April 2025

Sun

Mon



Tue

Wed

Thu

Fri

Sat

		1	2 Subway Hot Lunch	3	4 Mackay- Hawkins Hot Dog Day	5
6	7	8	9 BP's Pizza Hot Lunch	10 Durocher/ Richter Edmonton Field Trip	11 Staff PD/ Collaboration Day	12
13	14	15	16 McLeod/ Rankin Edmonton Field Trip	17 Oishedesu Hot Lunch	18 	19
20	21 	22 Parent Council Popcorn Day	23 Eastside Eatery Chilli Hot Lunch	24	25	26
27	28	29	30 Quality Citizen BP's Lunch			