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**Principal: Mme Lindsay Adams
Assistant Principal: Mrs. Kim Agnew**

Principal's Message – Welcome to the month of October at École Elbow Valley Elementary School!

This month's school council meeting is Tuesday, October 9th at 1:00PM. Please join us!

October is an exciting month at ÉEVE as it marks the beginning of BOKS, our 5-week Alien In-line Skating residency and Halloween! Thank you to our tremendous volunteers and to our School Council for supporting enrichment opportunities at ÉEVE.

Speaking of opportunities for our students – *did you know that all of our students are provided with focused literacy programming 4 days a week?*

In the fall of 2017, our school began implementing the Collaborative Response Model (CRM). CRM is an Alberta-based approach to providing targeted instruction to all students in inclusive, diverse classrooms. The model is founded on the following three tenets:

- Assessment
- Collaborative Team Meetings
- Provision of Quality Instruction and/or Intervention

Beginning in September, teachers assess the literacy skills of all students. With these results in hand, we meet as grade teams to determine groups of students with similar needs. These groups are then provided with focused programming tailored to their needs. Groupings and individual student progress are re-evaluated every 6 weeks and groups are reconfigured as necessary. This approach is fluid and highly responsive to student needs.

During Collaborative Response blocks, extra adults are assigned to each grade team to provide intensive instruction at each child's reading level (i.e., Learning Support, Administration, Education Assistants). The uninterrupted CRM blocks are as follows:

- Grade 1 (English & FI) – 11:15AM – 11:45AM
- Grade 2 (English & FI) – 9:20AM – 9:50AM
- Grade 3 (English & FI) – 9:50AM – 10:20AM
- Grade 4 (English & FI) – 10:45AM – 11:15AM

The Collaborative Response Model is one of many ways we provide for the individual learning needs of ÉEVEs students. Stay tuned in months to come as we continue to highlight the exciting opportunities available for your children at our school.

Happy Thanksgiving from the staff at ÉEVE!

Mme Lindsay Adams

Mrs. Kim Agnew

October's Character Focus is Caring - Caring is an essential virtue to emphasize in everyone. Caring is about how we treat each other. Showing concern, being kind, sharing, helping, and giving are all ways that we show we care. Teaching our children the importance of using caring words and displaying caring actions are important steps in helping them become caring adults. Children who are caring have more friends and are viewed by their peers more positively. Being a caring parent and community member is the best teaching tool for all parents. Showing empathy and caring encourages empathy and caring in our children. This can be as simple as helping a senior citizen with their groceries, allowing someone in front of you in the grocery store that has one item compared to your many items, or simply picking something up for someone. Teaching our children ways to care for themselves, others, and the environment will help contribute to making our schools, communities, and the world a better place! Check out page 20 in your child's agenda for activities you can do together!

CARING IN ACTION



Socks + October = SOCKTOBER!!

Did you know that socks are the least donated items to most homeless shelters?

Every night in Canada, hundreds of thousand people live on the streets. This October, we want Elbow Valley to show that even a small act of love, such as donating a pair of socks, can make big difference in the lives of our neighbors who are homeless. We will be collecting **new** socks for children, youth and adults that we will be donating to Inn from the Cold. Donated new socks will happily be collected during the month of October. Boxes will be placed throughout the school for your donation.

SOCKTOBER is an easy and fun movement to help the homeless in our community during the month of October. Kid President, creator Brad Montague launched **Socktober** as a way to get socks and other necessities to the homeless. Please check out the following website for more information on **Socktober** <https://www.happysocktober.com/>

What are Friendly Helpers? - The Friendly Helpers are grade 4 students who have been involved in a 6 week training program focusing on caring, communication skills, decision making, problem solving, conflict resolution, and peer mediation. This group encourages positive peer interactions with a strong focus on teaching all our students how to deal with conflict creatively and constructively and to care about each other. The Friendly helpers will also be taught games they can teach and play with different grade levels. This program is designed to promote a caring environment for all our students. The Friendly Helpers provide assistance to other students to help them solve conflicts, help them if they are hurt, or provide activities for them to participate in. Training started in September and will be finished at the end of the month. I look forward to working with the Friendly Helpers and would like to thank the grade 4 parents and teachers for their support of this program.

If you have any questions about the Friendly Helpers please call me or you can e-mail me at nadorozny@rockyview.ab.ca

Club Moo is coming! - Starting October 22, our school will be once again be participating in **CLUB MOO** – a school milk program from the Alberta Milk Producers. Club Moo sends out small incentive prizes throughout the year for students who drink milk at lunch. Milk is counted in class at lunch by the Friendly Helpers.

Children who have a milk allergy or who are lactose intolerant can participate in the program by choosing another healthy drink (Just write me a note so I will know). We are selling both white and chocolate milk as well as orange and apple juice. Students are not required to purchase milk at school to participate in the program; they may bring it from home.

We are pleased to be able to offer this program again this year. We feel this is a great program for our students that encourages a life-long nutritious habit of drinking milk. If you have any questions, please feel free to call or e-mail Mrs. Zadorozny, Child Development Advisor.

MOOtritious Milk - Milk is full of nutrition with 15 essential nutrients. And that's important when children are growing so fast. Milk contains a group of six nutrient partners that work together with calcium to grow extra strong bones. As a rule, most of the bone mass we will have for a lifetime is acquired before we are 20 years old. It's essential for growing children and teens to get those bone building nutrients so they can develop strong bones to protect themselves from developing osteoporosis or "brittle bones". According to Canada's Food Guide, children need milk every day.

For more information go to: www.albertamilk.com/nutritioneducation

Parent Workshop – URSTRONG - Wednesday, October 17th, 2018.

We are pleased to announce that URSTRONG is being offered at École Elbow Valley Elementary! It's a friendship program that empowers kids from K to 6 with the skills, language, and self-confidence to be better friends and develop healthier relationships.

Please sign-up on the link below:

As space is limited (sign up under Elbow Valley School) - **Grades 1 - 2 @ 4:00 p.m. – 5:30 p.m.**

As space is limited (sign up under Elbow Valley School) - **Grades 3 – 6 @ 6:00 p.m. – 7:30 p.m.**

<https://urstrong.com/events/>

Canadian Parents for French -New members interested in supporting your child's French learning can contact Stephanie Rosenbaum at steph.rosenbaum@gmail.com. French speaking or not, CPF is dedicated to the promotion and creation of French second language learning.

Learning Commons -A link to Sign-Up Genius has been sent out so people can volunteer to help Mrs. Glidden in the Learning Commons. The books started arriving back from the kids the last week in September and we have hundreds every week to shelve. More hands make light work! The Library is back to Dewey Decimal and Wendy is very organized. The less time she spends shelving books, the more time she has to work on fun projects for our kids! Young kids welcome. The time slots are "morning" or "afternoon", but we only ask for an hour of your time (but welcome longer!).

Yearbook -The 2017/18 yearbooks have all been distributed. Thank you to everyone that purchased the book and supported this project.

The **2018/2019** books will be available to purchase through School Cash Online on **Oct 1st, 2018** at a cost of **\$25**. Please visit schoolcashionline.com to purchase yours.

The Yearbook Committee would like to invite others to be involved in creating this year's book. If you are able to help out with photos or page design, please let us know at elbowvalleyyearbook@gmail.com. There will be many activities throughout the year to photograph. It's a great way to interact with the kids and see what they experience at school. If you'd rather help out behind the scenes, the yearbook program is easy to use and can be done at home on your schedule. Please consider helping out and being a part of this project!

Spotlight on School Council - Meet More of Our Members



Arlene Abboud – Social Coordinator

I've been an Ecole Elbow Valley mom for 6 years. My oldest two are now in middle school and my youngest is starting Grade 4. It'll be a bitter sweet last year for sure, and I can't wait to make the most of it. See you soon!

Amal Joma – Social Coordinator

My daughter Layal is in grade 3 French and I have a son in grade 8 English at the Middle School. I attended the Springbank Schools many years ago and am very excited to be sharing the volunteer coordinator position with Arlene. Looking forward to another great year. Thank you in advance to all our volunteers!!!!



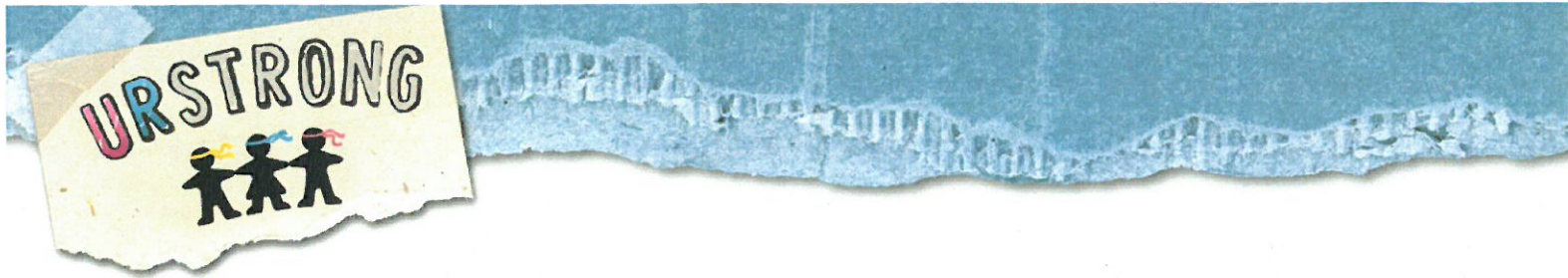
Victoria Ross – Grant Writer

I have 3 children in Elbow Valley Elementary and Springbank Middle school. I have a lengthy history working in a non-profit setting, as well as in the private sector and hold a Professional Diploma in Graphic Design. Throughout my career, I've gained significant experience in administration, community engagement, communications and design. I am happy to join Elbow Valley Elementary School Council to help with grant writing!



Tannis Bo – Special Lunch Coordinator

I have two sons - Cade in Grade 3 and Tyce in Grade 6. This is my third year in this role and I really enjoy meeting all of the pizza lunch volunteers as well as assisting the fundraising efforts of School Council. In my pre-children life, I worked as a software developer and a project manager.



Dear Parents,

As you know, Elbow Valley Elementary is committed to creating a safe and caring environment for your child. We want to ensure that our students are set up for success and that our school culture is one that is rooted in respect and kindness.

On that note, we are thrilled to let you know that we are implementing an internationally recognized program with our students, **Friendology 101** by URSTRONG. Throughout the year I will be introducing this program in grades 1 – 4. This wellbeing program empowers children with the skills, language, and self-confidence to be better friends and develop healthier friendships. Through a series of 8 sessions, the students will learn language to better express their feelings, stand up for themselves, and put out *Friendship Fires*® (URSTRONG's term for conflict). A key element of Friendology 101 is teaching students the difference between normal conflict and bullying. We strongly believe this program's focus on teaching the skills to develop healthy relationships, starting at a young age, is the preventative approach and, ultimately, the solution to this bullying epidemic. Friendology 101 also helps students and teachers establish a common language so that they can co-identify social issues and learn to better communicate solutions.

As social-emotional wellbeing and character education are already such an integral part of our school's philosophy, this friendship program aligns perfectly with our values. Research clearly demonstrates that children who have healthy friendships are involved in more leadership roles, have higher self-esteem, a more positive body image, perform better academically, and make smarter decisions in future relationships.

As the program unfolds, we hope you will keep the conversation going at home. We are excited to watch our students strengthen their social skills by becoming more resilient, empowered, and empathetic friends. For more information about the program, please visit www.urstrong.com.

Thank you for your continued support at home. As you know, my door is always open and please be in touch if you have any questions.

Warm Regards,

Mrs. Zadorozny
Child Development Advisor

URSTRONG

☆☆ THE LANGUAGE OF FRIENDSHIP ☆☆

Internationally-recognized friendship program that empowers tweens with the skills, language, and self-confidence to be better friends and develop healthier relationships.

Through interactive parent and child activities, parents will learn strategies to help their child put out Friendship Fires®, how to put a voice to their feelings, and the best ways to support their child through unhealthy friendships.

☆☆ wednesday, october 17th, 2018 ☆☆

LANGUAGE OF FRIENDSHIP JR.

For students in grades 1 & 2 and parents, and Kindergarten (parents only)

4:00 pm to 5:30 pm

[REGISTER HERE](#)

Location

Elbow Valley Elementary School
244209 Range Road 33, Calgary AB

Registration Required!

Tickets to the workshops are **\$25 per person** and include a folder with handouts and an opportunity to ask questions one-on-one.

To register please visit:

www.urstrong.com/events

To learn more about URSTRONG programs please visit www.urstrong.com or email info@urstrong.com.



Dana Kerford *

Founder of URSTRONG and Friendship Expert

LANGUAGE OF FRIENDSHIP

For students in grades 3 to 6 and parents

6:00 pm to 7:30 pm

[REGISTER HERE](#)



Empower kids!

October

2018

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1 CARING Socktober Caring is sharing.	2 Subway Caring means thinking with your heart.	3 BOKS starts today! Care for yourself and get a good night's sleep.	4 Caring is thinking about others' needs about feelings.	5 Professional Learning Day No School K-4	6	7
8 Thanksgiving Day No School K-4	9 Fire Prevention Presentation Grades 1-4 1:15-2:00PM School Council Meeting @1PM Caring is helping others.	10 Caring is listening when others are talking.	11 Inline Skating Starts 4B, 4SG, 2/3D, 4P, 4M, 4S Caring is including others who have nobody to play with.	12 Mucho Burrito Inline Skating 4B, 4P, 4M, 4SG, 3G Words are very powerful, only use kind words.	13	14
15 Inline Skating 4S, 4B, 3G, 2/3M, 2/3D, 3MA Care for yourself. Spend time by doing things you enjoy.	16 Inline Skating 4SG, 4P, 2/3D, 3MA, 2/3M, 4M Care for yourself by eating healthy foods.	17 URSTRONG Friendship Program Gr.1-2 4:00-5:30 Gr. 3-6 6:00 -7:30PM Inline Skating 4M, 4S, 3MA, 4B, 4P, 2/3D Caring is doing kind acts.	18 Inline Skating 4B, 4S, 2/3D, 4P, 4M, 4SG Care for yourself when you feel sad and talk about your feelings.	19 Pizza Crazy Sock Day! Inline Skating 4S, 3B, 3MA, 10, 4SG Care for yourself and surround yourself with people that make you happy.	20	21
22 Inline Skating 1K, 1O, 2/3M, 3B, 3G, 2LE Caring makes the world a better place.	23 Inline Skating 1K, 1O, 3B, 3MA, 2/3M, 1PO Including others at recess shows you care.	24 Inline Skating 3G, 1PO, 2T, 2B, 1K, 2LE Following the rules at home and school shows you care.	25 Inline Skating 1B, 1O, 2/3M, 2L, 3G, 1K Care for the environment by picking up garbage.	26 Subway Inline Skating 2B, 1PO, 3B, 2/3M, 1O Caring for the environment by recycling.	27	28
29 Inline Skating 1PO, KAM, 3B, 2B, 1K, KPM Heritage Park 2D & 2M It's cool to care.	30 Inline Skating 1PO, KAM, 2B, 2L, KPM, TPM Treat others the way you want to be treated.	31 Halloween Parade @ 1PM Show you care about others by the things you do.				