



**244209 Range Road 33  
Calgary, Alberta  
T3Z 2E8**

**Telephone: 403-242-1117  
Attendance: 403-242-1117 press (2)  
<http://evalley.rockyview.ab.ca>**

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

## **FEBRUARY 2019**

Welcome to February! Bienvenue en février!

There are many exciting events taking place this month! Be sure to check out the following platforms to remain apprised of current events:

- The monthly school newsletter with attached calendar
- Our school website and public calendar
- The weekly VLOG from administration
- Our school sign on Range Road 33
- Regular communication from your child's classroom teacher (emails, classroom newsletter, website, Remind 101, etc.)

Over the course of the last two years, our school has been working through a process to identify our foundational pillars. Through a series of sessions facilitated by divisional supports and Sam Hester of the 23<sup>rd</sup> Story, we attempted to answer the question "What does École Elbow Valley stand for"? Staff identified the following three pillars that represent the work we do:

- 1) We empower learners to flourish
- 2) We care deeply about those around us
- 3) We create engaging experiences

Our conversations were documented by Ms. Sam Hester and can be viewed below:

A larger version is available on our VLOG drive at [https://drive.google.com/drive/folders/1w-539mMsUiKx7DU2Hq8A\\_bKCjzo6jTHU](https://drive.google.com/drive/folders/1w-539mMsUiKx7DU2Hq8A_bKCjzo6jTHU)



As part of our ongoing work, we would like to involve our École Elbow Valley families in this process. Please take the time to think explore the illustration that encapsulates our conversation to date. We would love your feedback about what has been identified. Have we hit the mark? Are there other tenets you'd like to see added? Your answers can be submitted via email to [evalley@rockyview.ab.ca](mailto:evalley@rockyview.ab.ca)

There will also be an opportunity to share your thoughts at our February school council meeting taking place on Tuesday, February 12<sup>th</sup> at 1:00PM.

We look forward to hearing from you and sharing the steps we are taking to build strong relationships that engage and empower students!

Yours in learning,

Mme Lindsay Adams

Mrs. Kim Agnew



## Mental Health and Wellness

Building and nurturing healthy and respectful relationships within our school community is an ongoing goal at Elbow Valley School. We look for opportunities for our children to learn the knowledge and skills needed to build and maintain healthy relationships, solve conflicts in a positive way, make responsible decisions, develop self-awareness and self-regulation-all components of building positive mental health.

Mental Health and Wellness are topics of increasing focus in the news and in society. As a school we have decided to engage parents, through our newsletter, in our learning and discussions about mental health and wellness. We invite you to read the articles we're including in our newsletter to build your understanding of mental health.

The Public Health Agency of Canada describes positive mental health as, “The capacity of each and all of us to think, feel, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”

They describe 5 key components of positive mental health:

1. Ability to enjoy life
2. Capacity to work through challenges
3. Emotional well-being
4. Spiritual well-being
5. Equity, respect for cultures and dignity within social environments

The definition of positive mental health highlights components of well-being in people and their environment that include:

- Positive emotions
- Life satisfaction
- Sense of purpose in life
- Positive psychological coping and adaptation
- Social emotional competencies
- Positive relationships and attitudes.

The following link will take you to an article that explains how healthy relationships begin between a child and caregiver, and builds strong brains and mental wellness.

<https://www.albertafamilywellness.org/what-we-know/serve-and-return>



## Handicap Parking

At the front entry of the school along the sidewalk, there is a dedicated space for handicap parking that has signage posted. Please help us make this space accessible for students that arrive on a specialized handicap bus.

In recent weeks, parents have been stopping their vehicle in the spot, which blocks the bus from parking. If you have a handicap sticker for your vehicle, and are dropping off your child, please park **in the parking lot** handicap designated spot. Thank you for your support.

## Strong Parent Seminars

**Strong Parent Seminars** serve to educate parents and community members on a variety of topics ranging from drug use to resilience to mental health. Educators should send session information for **February** to Division Principal, Technology [David Smith](#) or Stepping Stones Program Coordinator [Jodi Neetz](#) to be included on the [Strong Parent Seminar web page](#). School Council Chairs also should receive the information in order to promote within their school community.

## February's Character Focus is Kindness

Kindness is being concerned about the welfare of others. It is being thoughtful and considerate to everyone. It is showing you care about anyone or anything that crosses your path. You can show kindness daily to people, animals, and to the environment. Kindness can be shown in small gestures that brighten people's lives. It is shown when you care for an animal and daily when you show concern for the earth through recycling.



## Random Acts of Kindness Week

From **February 11 - 14**, we will be celebrating **Random Acts of Kindness Week**. In order to become involved all that is required is a greater awareness of the importance of kindness and a willingness to translate these good intentions into action. Whether it is kindness to oneself, kindness to the Earth or kindness to others, know that each act no matter how small makes a difference and contributes to making our world a better place.

This is the message we will be sharing with our students and we would like to ask for your help at home. Please take some time to talk to your child about kindness, share stories of kindness you have given and received. We welcome this week as an opportunity to emphasize the importance of kindness and hope that this awareness will spill over into the other 51 weeks of the year!

### Following are a list of activities for the week:

**Monday – Secret Mission Shhhh!** – Students will pick a random act of kindness that they need to complete by the end of the week. The challenge is to complete their mission anonymously and see how good it feels to make someone else feel great!

**Tuesday - Travelling Kindness:** All classes will receive a special kindness fuzzy. When an act of kindness is seen the teacher will give the fuzzy to that student. When that student witnesses another kind act they will pass on the fuzzy to that student and so on.

**Wednesday – Share a Smile:** What happens when you smile at someone else.

**Thursday –Include Others:** Ask someone you may not know very well to play with you today. Make sure everyone has someone to play with at recess. Show your kindness by playing with someone new.

There will be many other activities going on in your child's class. Ask them what they did in class today to encourage kindness.

## Pink Shirt Day

**Wear Pink on Wednesday February 27, 2019** and maybe even add some pink to your lunch

### What is Pink Shirt Day?

Pink shirt day is an annual event focused on working together to stand up for others, to celebrate individual differences, demonstrate empathy and compassion, and promote positive relationships.

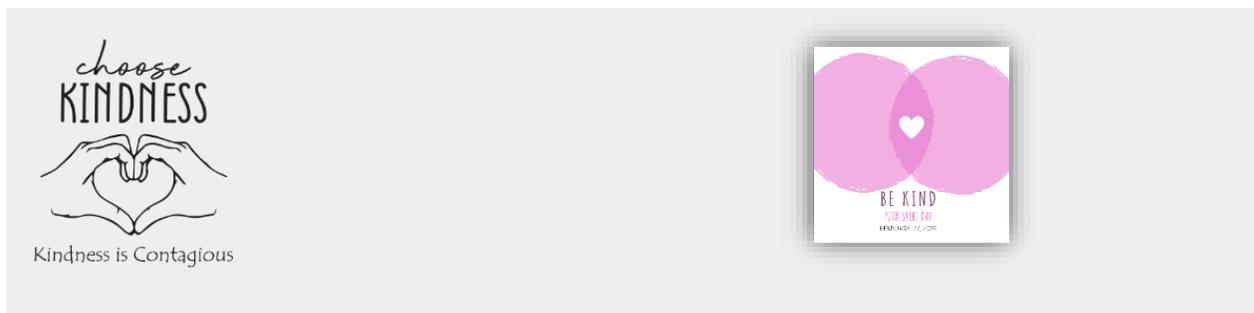
### What is the story behind Pink Shirt Day?

Pink Shirt Day began in 2007 with a grade 9 boy at Central Kings Rural High School, in the small community of Cambridge Nova Scotia. On his first day of school he was bullied for wearing a pink polo shirt. When two grade twelve boys, Travis Price and David Shephard, heard about the bullying they decided to take action. They responded by emailing classmates asking them to wear pink the next day. The two boys even purchased 50 pink shirts for anyone who didn't own one. The next day there were dozens of students outfitted in pink creating a "sea of pink". Pink Shirt Day is all about Standing Together to stop bullying.

### What is our school doing?

In preparation for Pink Shirt Day, during the week of February 11 – 14 we will be hosting Random Acts of Kindness. Kindness activities are planned to teach students lifelong interpersonal skills, develop awareness of kindness and to nurture the acts of kindness to oneself, the Earth and others.

We will be supporting the 2019 Annual Pink Shirt Day with activities that will focus on celebrating individual differences, promoting positive relationships and acknowledging acts of kindness.



On **Wednesday, February 27th, 2019**, schools from across Canada will wear pink to support bullying prevention awareness, education and programs. This year's Pink Shirt Day Alberta 2019 theme is centered around making an effort to "**CHOOSE KINDNESS**" as a way to support bullying prevention programs in schools and our community.

Mrs. Zadorozny - Child Development Advisor

### School Council Meeting

Please join us on **Tuesday, February 12<sup>th</sup> at 1:00PM** for our next School Council meeting.

If you are unable to make it to the school, you can use ZOOM to attend remotely by installing the [zoom.us](https://zoom.us) application on your devices. Link: <http://evalley.rockyview.ab.ca/publications/school-council-zoom-instructions>

### Coming in April

**Social Networking and Online Safety with Paul Davis – Tuesday, April 9<sup>th</sup>, 2019**

## Special Lunches

The Lunch Lady has transitioned from the franchise website to Healthy Hunger, so please place your orders here: [www.healthyhunger.com](http://www.healthyhunger.com). There is a wide variety of healthy, delicious options! As with Subway, Little Ceasars and Mucho Burrito, the cut-off is 5 days prior to the lunch date. A portion of all sales will go directly to School Council to help cover the costs of enrichment activities such as inline skating, robotics and dance.

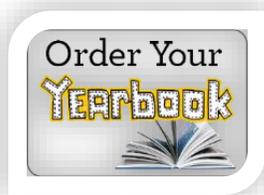
## Learning Commons

Thanks to all the current volunteers! Wendy is so happy to have all your help. We still have a few gaps that would be great to fill. Open spots are available and can be found on Sign-Up Genius. The Spring Scholastics Book Fair will be held **Monday, February 25<sup>th</sup> to Friday, March 1<sup>st</sup>, 2019**. Well worth supporting this both by buying and selling! Look out for the Scholastics Sign-Up coming soon.

## Canadian Parents for French

CPF was excited to help during French Culture week. Some of you may have seen Bonhomme de Neige roaming the halls of the school. Thanks to all those who made the Springbank Cheese Fundraiser a success! We are excited to use the funds raised to assist with learning opportunities and activities within all the schools.

Parents of French students who are interested in learning French or assisting their children are encouraged to ask your teachers about "The Keys to French" pamphlet. This is a compact reference guide providing quick access to the basic elements of French. These pamphlets cost \$10 each. Those who would like more information on Canadian Parents for French are encouraged to visit the website at <https://ab.cpf.ca/>. If you have any other questions regarding CPF they can be directed to [steph.rosenbaum@gmail.com](mailto:steph.rosenbaum@gmail.com)



## Yearbooks

Thank you to all of you who submitted artwork for the yearbook cover. We have some very talented artists at Elbow Valley. Watch for next year's yearbook to see if your picture was chosen.

Yearbooks are available for purchase through School Cash Online for \$25. Log into your account to purchase yours today. Our goal is to sell 350 and we are currently at 192 books sold.

If you have any pictures you would like to submit for use in the yearbook please email them to [elbowvalleyyearbook@gmail.com](mailto:elbowvalleyyearbook@gmail.com).

There have been many photo opportunities this year, some of which we may have missed. Please consider sharing your photos. Photos from class field trips are greatly appreciated.

We currently do not have anyone lined up to head the yearbook committee for next year. The yearbook is a great keepsake and the kids enjoy seeing their pictures throughout the year. If you would like the yearbook to continue, please consider stepping up to take over. The program is easy to use and photos can be taken with your phone.

# February 2019

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
				<b>1</b> <b>Mucho Burrito Lunch</b> If you want others to be kind to you, be kind to them.	<b>2</b>	<b>3</b>
<b>4</b> Think before you talk; this will help you use kind words.	<b>5</b> <b>Subway Lunch</b> Be kind to animals; play with your pets.	<b>6</b> Kindness means treating others the way you want to be treated.	<b>7</b> Be kind to the environment; remember to recycle.	<b>8</b> <b>Pizza Lunch</b> Always try your best to be kind even when it is hard.	<b>9</b>	<b>10</b>
<b>11</b> <b>Random Acts of Kindness Week! Secret Kindness Mission</b> Random acts of kindness makes others feel terrific.	<b>12</b> <b>Travelling Kindness School Council Meeting @ 1p.m.</b> Show kindness by helping others.	<b>13</b> <b>Share a Smile</b> A shared smile could be the start of a new friendship.	<b>14</b> <b>Wear Red</b> Include others. Show kindness by checking the friendship bench.	<b>15</b> <b>Professional Learning Day No School K-4</b>	<b>16</b>	<b>17</b>
<b>18</b> <b>Family Day No School K-4</b>	<b>19</b> <b>Vacation No School K-4</b>	<b>20</b> <b>Vacation No School K-4</b>	<b>21</b> <b>Teachers' Convention No School K-4</b>	<b>22</b> <b>Teachers' Convention No School K-4</b>	<b>23</b>	<b>24</b>
<b>25</b> You can show kindness by being a friend to someone who needs a friend.	<b>26</b> <b>Student-Led Conferences 4:00 – 7:00PM</b> Show kindness by being friendly.	<b>27</b> <b>Student-Led Conferences 4:00 – 7:00PM</b> <b>Pink Shirt Day!</b> Kindness is contagious.	<b>28</b> <b>Harry Potter Day!</b> Show kindness to yourself by eating healthy foods and getting enough sleep.	<b>1</b> <b>Pizza Lunch</b>		