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

MARCH 2019

Welcome to the month of March! Bienvenue au mois de mars!

Over the last few months, I have given much thought to parenting in the digital age. The realities facing today's youth are different from those experienced by those parenting them. As parents and educators, we are tasked with the responsibility of guiding our children and helping them reach their fullest potential. At times, this is a daunting task. We find ourselves attempting to help our children navigate systems with which we are sometimes unfamiliar.

What I'm certain of is this: I want all of the children in our care to develop into happy, healthy people. The question remains, how do we raise happy, healthy children in this digital world, a world where today's children are experiencing higher rates of anxiety, depression and other mental health conditions.

The following article was featured on Common Sense Media's website and may be of interest to parents.

<https://www.commonsensemedia.org/blog/how-to-raise-a-happy-kid-in-the-digital-age>

In my effort to support my own children, I have attended various sessions regarding parenting in the digital age. Most recently, I attended a session facilitated by Paul Davis. Paul is an IT expert with over 27 years of experience in internet safety. He speaks to children and parents regarding internet safety in all of its forms. His presentations are extremely informative and poignant; truly a "must attend" for today's moms and dads.

Springbank schools and school councils are pleased to host Paul Davis on April 9th, 2019. Paul will be working with Elbow Valley's grade 3 and 4 students during the day, and facilitating a parent only session at Springbank Community High School in the evening. Admission will be \$5.00 – please stay tuned for details regarding the time for his evening presentation and how to purchase tickets.

We hope to see all of our parents there!

Yours in Learning,

Mme Lindsay Adams and Mrs. Kim Agnew

March's Character Trait is Self-Control

Self-control is an important skill for all children to learn. It refers to having power or control over one's own actions. It also means that an individual knows right from wrong. Children who do not make choices for their own behavior, but instead rely on other children, parents, teachers, or adults to make choices for them, do not learn self-control. These children may follow others' bad choices and get involved in ridiculing others, taking away others' things, and not taking responsibility for the consequences of their behavior. The skill of self-control will allow children to know that the right thing to do is to be tolerant of others despite differences. If students are taught self-control at an early age, then they will feel better about the choices that they do make.

School Council Position Openings 2019/2020!

Do you want to get to know our Principal Mme Lindsay Adams? Other parents? Do you have great ideas or opinions to share? You should join École Elbow Valley School Council! We are looking to fill the following positions for the **2019/2020** School Year:

Yearbook Coordinators (2 positions) - Creation of the annual yearbook (includes photography!)
Co Lunch Coordinator - Work with Tannis Bo to bring kids Pizza, Subway, Mucho Burrito and Lunch Lady
Front Signage Coordinator - Change out the sign in front of the school once a month (content provided)

Please email me at elbowvalleycouncil@gmail.com if you would like to know more about these roles. I joined School Council this year and I have never felt more informed or assured. I love showing my kids how much I value their scholastic careers.

Next meeting date is Monday, March 11th at 1PM. Everyone is welcome! Watch for ZOOM Call In directions in Mme Adam's weekly VLOG.

Kristina Carlson

Lunch Programs

The Lunch Lady is now on the Healthy Hunger platform and will follow the same order restrictions as all the other Healthy Hunger lunches. When making orders, they can be changed or cancelled up to five days prior to the lunch.

Friends of École Elbow Valley Elementary School Society

FEEVESS Meeting will be held on **March 11th 7:00PM** at the school. Everybody is welcome to attend.

Yearbooks

Yearbooks are currently available for purchase through **School Cash Online for \$25**. Our goal is to sell **350** and we have sold **210**! If you have not already, log into school cash online and purchase yours now. They will be available until **May 31, 2019**. If you have any pictures that you would like to share, please email them to elbowvalleyyearbook@gmail.com. We are always happy to receive photos and thank you to those of you who have shared some already.

We are still looking for someone to take over yearbook next year. The program is very simple to use and photos can be taken on your phone. If you are interested or know someone who is interested, please let us know. If we are unable to recruit anyone, there will be no yearbook moving forward.

March 2019

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
SELF-CONTROL				1 Pizza Lunch Self-control means having control over your actions.	2	3
4 Self-control means showing whole body listening.	5 Subway Lunch Self-control means thinking before you speak.	6 Self-control means making good choices.	7 Self-control means showing expected behaviors.	8 Mucho Burrito Lunch Gr. 4 Calaway Ride Expo. 9 -10:30AM Self-control means thinking before you act.	9	10
11 School Council Meeting @ 1PM FEEVESS Meeting @ 7PM You show self-control when you follow school rules.	12 You show self-control when you listen to others and do not interrupt.	13 You show self-control when you can share with your friends.	14 You show self-control when you can take turns with your friends.	15 Pizza Lunch Dress like a Leprechaun You show self-control when you can cooperate with your classmates.	16	17 
18 Staff Professional Learning No School K-4	19 You show self-control when you listen to your teachers.	20 You show self-control when follow the rules of a game.	21 You show self-control when you are patient with others.	22 Subway Lunch Remember to stop, think and then choose. This helps us use self-control.	23	24
25 Using self-control helps us learn more in school.	26 Using self-control helps us be better friends.	27 Kindergarten Farewell Photos & Class Groups Self-control helps us to solve conflicts.	28 Grade 4 COP Skiing Field Trip Kelso's choices helps us use self-control.	29 Pizza Lunch Report Cards go home! Self-control can help in all areas of our life.	30	31