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Principal: Mr. Brendan Trinca
Assistant Principal: Mrs. Kim Agnew

MAY 2019

Message From Administration

It has been an outstanding month of learning at Elbow Valley. Students have had the excitement of the unveiling of their House Teams, built birdhouses, learned how to play netball, and enjoyed a soccer residency. It was nice to see so many families come out for our Spring Fling Family Dance, I appreciated the opportunity to meet many of you that evening.

May is a month where we find ourselves in conversations about the coming school year. If you have a Kindergarten age student, please register them as we are currently in the process of staffing and making class lists for next year. Also, a reminder that French Immersion students can begin in Kindergarten or Grade 1.

Please help us guide the decisions that we make by completing the RVS Satisfaction Survey (see below). A reminder for parents that our School Council Annual General Meeting will take place on Tuesday, May 14th at 7pm, all parents are welcome to attend.

Parent Participation Invited

Rocky View Schools 11th annual [Parent Satisfaction Survey](http://www.rockyview.ab.ca) will be open May 1, 2019, for completion through Rocky View's public website (www.rockyview.ab.ca) under "Our Jurisdiction/Satisfaction Survey". Parents have until May 31, 2019 to help Rocky View and its 53 schools shape their future by providing feedback into the jurisdiction's progress towards achieving the goals and outcomes outlined in its 2015-2019 Four Year Plan. The survey contains 23 questions and will take no longer than 10 minutes to complete. Results of the survey will be published in School Annual Result Reports in November 2019 and be used to shape our decisions around the delivery of services to your child. Please help us pave the way to meeting your child's educational needs.

We look forward to seeing you at school in support of our students learning opportunities, and at MusicFest next week!

Brendan Trinca
Principal

Kim Agnew
Assistant Principal

May's Character Focus is Respect for Self and Others

Respect is a very important virtue to revitalize in everyone. This virtue will help make all of us better people and help our students treat each other respectfully. Respect is an attitude of honoring people and caring about their rights. Being respectful is reflected in the courtesy with which we treat one another, the way we speak, and the way we treat other people's belongings. Respect includes following the rules of our family, school, and society. A great way to practice respect is to think about how we would like to be treated and then treat others that way. Respect for self means thinking positively about ourselves, taking care of our bodies by eating healthy foods and exercising, and taking care of our mental well-being.

Check out pages 26-32 in your child's agenda for more on respect for self and others.

May 1st is Hats on for Mental Health

Wear a special hat to school on May 1st to raise awareness of the importance of good mental health.



Canadian Mental Health Awareness Week is May 6-12, 2019

Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self-confidence, high self-esteem, and a healthy emotional outlook on life. Take time this week to talk to your children about this important issue.

May 7th is National Child & Youth Mental Health Day in Canada

Twelve years ago, this important day was started by two moms and each year FamilySmart® continues to celebrate and grow the message to support the mental health of children and youth. May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives. Caring connections enhance the mental health of children and youth and it is part of their overall health. This year's theme is **'I care about the whole you.'** It's important to communicate that a child's well-being is not just physical – their whole health is about their heart, mind, and body. All these pieces add up to the whole, wonderful person! We want to encourage children and youth to think of their whole health and to talk about how we can pay attention to and take care of our whole selves.

Paul Davis

Last month, Grade 3 and 4 students from EVE attended a talk by internet safety expert Paul Davis. He provides students and parents alike with the tools, strategies and facts to empower children to stay safe in an ever increasing online world.

For more information, you can follow Paul Davis on the following:

Twitter: @pauldavisSNS

Facebook: [facebook.com/pauldavistips](https://www.facebook.com/pauldavistips)

Instagram: @followpauldavis

YouTube: <https://www.youtube.com/watch?v=zaEn0BQS0vY>

Spring Fling Success

Thank you to all who attended and donated. We raised approximately \$10,000 for programs for kids like robotics, books, inline skating, opera, netball, math residency, hip-hop, ipads and upgraded gym equipment. Stay tuned for specifics!

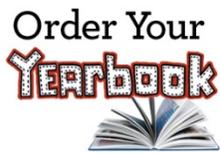


A huge thank you to Amber Sandmowen-Vanee, who created our beautiful balloon arches for our school house sorting ceremony!! Her creativity made our day even more special. Check out Amber's website for more of her creative ideas:

<https://www.etsy.com/shop/dixieandtwin>

Merci Amber!

Yearbooks



LAST CHANCE to purchase this year's yearbook. They are on sale through School Cash Online for \$25. Log into your account and make sure to order yours before May 31, 2019. 260 yearbooks sold so far. Help us reach our goal of 350 and order yours today.

Learning Commons

As we come into the last couple months of the school year we are still needing help in the Learning Commons with shelving books and helping Wendy with any projects she has on the go. She needs about 3 volunteers a week just to keep up with the volume of books being taken out by the kids and we have struggled this year with getting the help needed. Little ones are welcome to come, they can help, read a book or play at the lego table which is there for the kids. Even an hour of your time is hugely appreciated. If you would like an orientation re the Dewey Decimal system but can't be there at the same time as Wendy, I can organize to meet you and show you around. Please sign up on Sign Up Genius or contact me at buzz_monster@hotmail.com. Some of the original email addresses have stopped working, so some people who wanted to sign up may not be getting it.

Thanks to all who have given their time!

Jill Johnson, Learning Commons Volunteer Coordinator

2019/2020 School Council Position Openings

Our School Council AGM will take place on Tuesday, May 14th at 7pm. It is an opportunity to take part in voting for all positions. Here are a few specific ones that we anticipate needing help with:

Yearbook Coordinators (2 Positions) – To create the annual yearbook (includes photography!)

Co Lunch Coordinator – To work with Tannis Bo to bring kids Pizza, Subway, Mucho Burrito and Lunch Lady

Front Signage Coordinator – To change out the sign in front of the school once a month (content provided)

Please email Tina or Naomi at elbowvalleycouncil@gmail.com if you'd like to know more about these roles.

Next School Council meeting date is Tuesday, May 14th at 7PM. Everyone is welcome! Watch for ZOOM Call In directions in Brendan's weekly update.

Musicfest 2019

MusicFest tickets will go home on Friday, May 3. If you don't receive your tickets by Monday, May 6, please email the school at evalley@rockyview.ab.ca. The last day to purchase tickets on SchoolCash Online is Wednesday, May 1. Tickets will be available for purchase at the door the evening of the performance (**cash only**).

Check out our website for costume suggestions.

Please arrive at 6:00 p.m. sharp, the show will start at 6:30 p.m.

We are looking forward to another awesome show this year and seeing all the hard work of the students. Make sure you check out the artwork displayed in the Jubilee foyer.

Reporting Student Absences

You are welcome to e-mail evalley@rockyview.ab.ca directly to report your child's absence. We are hoping you will find this method a convenient way to notify us. Please ensure that the subject heading is "**absence**". As always, if you prefer to phone, you will still be able to notify us by calling the attendance line.

May 2019

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
<p>RESPECT FOR SELF & OTHERS</p> <p>MENTAL HEALTH AWARENESS</p>		<p>1</p> <p>HATS ON for Mental Health</p> <p>Self-respect means thinking positively about yourself.</p>	<p>2</p> <p>Self-respect means doing your best and being your best.</p>	<p>3</p> <p>Mucho Burrito</p> <p>Self-respect means taking care of yourself.</p>	4	5
<p>6</p> <p>Mental Health Week</p> <p>Be proud of yourself! Show yourself kindness & respect.</p>	<p>7</p> <p>Subway Lunch</p> <p>National Child & Youth Mental Health Day</p> <p>If you are feeling sad, talk to an adult you trust.</p>	<p>8</p> <p>MusicFest at Jubilee Auditorium at 6:30pm</p> <p>It is very important to talk about your feelings.</p>	<p>9</p> <p>It is important to eat healthy food, exercise and get enough sleep.</p>	<p>10</p> <p>Pizza Lunch</p> <p>Always believe in yourself and remember you are all special and important.</p>	11	12
<p>13</p> <p>Respect is showing people they are important to us by the way we treat them.</p>	<p>14</p> <p>School Council AGM @ 7pm</p> <p>You show respect by listening carefully to others.</p>	<p>15</p> <p>You show respect by thinking about the feelings of others.</p>	<p>16</p> <p>Kindergarten field trip to Science Ctr</p> <p>You show respect when you use good sportsmanship.</p>	<p>17</p> <p>PL Day – No School</p>	18	19
<p>20</p> <p>Victoria Day – No School</p>	<p>21</p> <p>When you treat your friends with respect you are building healthy relationships.</p>	<p>22</p> <p>You show yourself respect when you see you are a valuable person.</p>	<p>23</p> <p>You show yourself respect when you say kind things to yourself.</p>	<p>24</p> <p>Wacky Hair Day</p> <p>Pizza Lunch</p> <p>You show yourself respect when you make good choices.</p>	25	26
<p>27</p> <p>Respect means believing and showing that other people matter.</p>	<p>28</p> <p>Respect is an attitude of caring about yourself and others.</p>	<p>29</p> <p>Show respect for all living things, look after plants, trees and animals.</p>	<p>30</p> <p>2/3M, 2/3D, 3G, 3MA, 3B field trip to Granary Road</p> <p>If you treat others with respect they will treat you with respect.</p>	<p>31</p> <p>Subway Lunch</p> <p>Have respect for yourself, you are all important and valuable.</p>		