



**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**

NOVEMBER

Principal's Message – Welcome November! This month promises to be a very busy one; please see the remainder of the admin message for important information regarding upcoming events.

As November 11th lands on a Sunday this year, we will be having our annual Remembrance Day Ceremony on Friday, November 9th at 10:45AM. The ceremony will be run by students; families are welcome to attend. Given the limited space in the gym, please RSVP by Thursday, November 8th by calling the school if you are planning to join us.

November also marks our first round of Student-Led Conferences! Information regarding conferences and the booking management system went home last week. As previously mentioned, the Power School's Parent Portal is now open in every subject area. Teachers have been publishing assessment data every two to three weeks since mid-September. Please check the portal for up-to-date assessment information and feel free to contact your child's teacher at any time should you have questions or concerns.

A video tutorial for accessing the Parent Portal for elementary students may be found at:

<https://www.rockyview.ab.ca/families/powerschool/video-how-to-view-student-progress-in-the-public-portal>

On Wednesday, November 21st, École Elbow Valley will be abuzz with math activity and mathematical thinking as we will be conducting our annual Mathathon! Mathathon is a math marathon of sorts with students engaged in mathematical thinking throughout the entire day. Students will be collecting pledges that go toward enriching educational opportunities at the school. The morning will begin with students completing a marathon of math equations, while the afternoon will be filled with problem solving discussions as students collaborate to solve more complex and stimulating mathematical problems. Please support your child's efforts in this worthwhile event.

This month's school council meeting will be Tuesday, November 13th at 1:00PM. Please join us!

Happy November Everyone!

Suggestions to Help Parents for Student–Led Conferences

Our parents have been very supportive of Student-Led Conferences. Based on feedback from conferences last year, we have developed a few hints to help you along the way:

- Express positive interest and anticipation about the upcoming conference
- Be on time.
- Listen and respond to the student (not the teacher)
- Express pride in growth and progress by providing two positive statements as feedback. (Stars)
- Ask questions (see below for samples)
- Be positive, offering to help in areas where improvement is needed.
- Recognize that students need to develop independence in communicating progress – the teacher will be there to facilitate and answer specific questions but will not take charge of the conference.

POSSIBLE QUESTIONS TO ASK DURING THE CONFERENCE

- Can you explain this to me?
- How did you come up with this idea?
- How have you grown in this area?
- How can you improve in this area?
- How can we help you at home?
- What was important to you about this?
- If you could do this work over again, how would you change it?
- What future goals do you have as a student? (Be prepared to set a learning goal with your child and their teacher.)

November’s Character Focus is Trustworthiness - “I trust you.” Doesn’t it feel great when you know people trust you? Have you ever thought about how you get someone’s trust? You can’t just tell them you are trustworthy. Trust is earned one trustworthy deed at a time, but it can be lost very quickly.

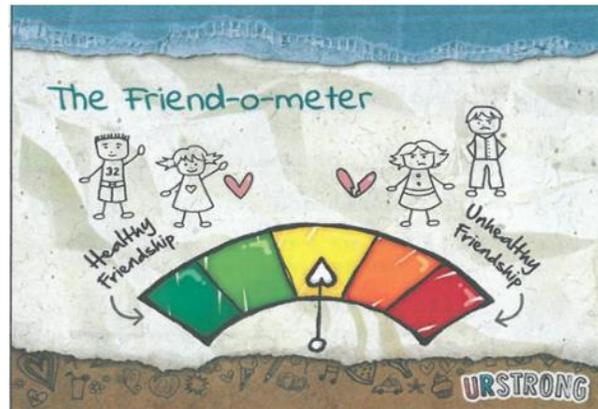
Trustworthiness means:

- Being reliable; do what you say you’ll do
- Having the courage to do the right thing
- Being loyal; stand by your friends
- Being honest
- Not deceiving, cheating or stealing

Your child should understand that trustworthiness is a complicated idea but it is essential to meaningful relationships, long-lasting friendships, and successful associations in school and in the workplace. Talk to your child about the four major qualities of trustworthiness and discuss situations that you both face that challenge each of these qualities.

- **Integrity** – being true to yourself and living up to your highest and best personal values
- **Honesty** – telling the truth and doing what is right even if no one else is doing it
- **Promise-keeping** – keeping your word and being dependable
- **Loyalty** – standing by, sticking up for and protecting family, friends and country; being a good friend and looking out for those who care about you

Friendology 101 by URSTRONG - Friendology 101 teaches children to solve their own problems and make decisions that will support happy, healthy relationships with each other. Our students at École Elbow Valley will be learning about what is normal in a friendship through the 4 Friendship facts. Through the Friend-o-meter they will be taught to think about whether a friendship is healthy or unhealthy and be empowered to start to create social boundaries in their lives. They will also come to recognize that not all relationships are good for us. For more information on this program please visit www.urstrong.com. There is a fantastic collection of articles about helping our children navigate their way through their friendships. Please see the article below about friends being mean on purpose.



What to do when a Friend is Mean-on-Purpose

A key element of the Friendology 101 curriculum is teaching students the difference between normal conflict and bullying. We strongly believe that our 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 *Friendship Fires* and learn to better communicate solutions.

Students learn two strategies in Friendology 101:

1. How to put out Friendship Fires, and
2. What to do when someone is mean-on-purpose

A mistake children sometimes make is painting all conflict with the same brush. Tweens (8 to 12 years old) should be able to distinguish between normal conflict (we call a *Friendship Fire*) and mean-on-purpose behavior. The difference really lies in intent – was it a misunderstanding, or was the person really trying to hurt your feelings? It's important for kids to understand that sometimes a friend can be mean-on-purpose too! Here's a common example we hear about, along with the Friendology 101 step-by-step approach:

Your friend starts calling you the nickname, "Sweatpants", because you always wear comfy pants to school. At first, you think it is fun and it makes you feel closer to your friend. You both laugh about it and think it's cool. After time, it feels less funny and more like your friend is making fun of you. You start to feel offended and it's really bugging you.

THIS IS A FRIENDSHIP FIRE. In Friendology 101, we teach kids to:

1. Retell the situation, and
2. Explain how it made you feel.

(This is a conversation!)

You ask to talk to your friend and let them know that the nickname is actually making you feel bad. Through the conversation, you explain how the nickname is making you feel and you respectfully ask them to not call you “Sweatpants” anymore. The next day, your friend continues calling you the nickname; fully knowing you don’t like it.

THIS IS MEAN-ON-PURPOSE. In Friendology 101, we teach kids to say their *Quick Comeback* in a strong voice and then walk away. (*This is not a conversation!*)

When your friend calls you the nickname again, knowing it’s hurtful, you say *Quick Comeback*: “Not cool.” You walk away and try to keep your focus on something that makes you happy.

At this point, we would let girls and boys know that if this is a healthy friendship, your friend would respect you enough to stop calling you the nickname.

If your friend continues calling you the name, it’s clear you will lose trust and respect (Friendship Fact #3: Trust & Respect are the two most important qualities of a friendship) and this friendship would be in the unhealthy zone of the Friend-o-meter. The Friendology 101 advice: Spend less time with them. Friendships change because we change and it’s important to allow friendships to ebb and flow (Friendship Fact #4: Friendships change....and that’s okay).

Another mistake children sometimes make is assuming that mean-on-purpose behavior is automatically “bullying” (a term we feel is often misused). In this case, we couldn’t necessarily say that this child is “being a bully”. To identify bullying, we generally say its mean-on-purpose and ongoing; it’s in the toxic zone of the *Friend-o-meter* and isn’t going anywhere.

Have you ever been called a nickname you didn’t like? How did you handle that situation? We’d love for you to share your experiences with your children. Listening, empathizing and sharing your stories builds trust and allows children to recognize that we all experience these types of situations. It’s how we move forward in positive ways that makes all the difference!

Attention Parents of French Immersion Kids! - Did you know there is a group for parents whose kids are in French Immersion right here Springbank? Whether you speak French or not, you can help your child learn and offer resources to assist them in their French Second Language experience by joining **Canadian Parents for French (CPF)**.

Canadian Parents for French (CPF) is a membership organization. The fee per year is \$25 per family or \$60 for three years. 65% of the membership fee is given back to our chapter to facilitate learning opportunities within our schools. Please see the link to join Canadian Parents for French. <https://cpf.ca/en/membership/online-membership-management/>

After speaking with some faculty within the Springbank school system, it is evident that there is excitement around more French activities that CPF could facilitate. Ideas for French activities include hosting a French movie night, bringing in French educators, Cabane à sucre experiences, summer camps and French youth exchange programs.

CPF Alberta also hosts a weekend in Banff every year called Falling into French. This is an experience for families to participate in fun activities outside of school where they can practice their French in a real world environment.

ICPF Springbank chapter will be hosting a meeting on **November 15, 2018 at 7:30PM**. Details coming soon! Items on the agenda will follow. Please join us!

Coming soon: Springbank Cheese Fundraiser! Watch for more information with a wonderful selection of cheeses for sale just in time for the holidays.

Stephanie Rosenbaum
Interim President

November Volunteer Opportunities

November 1st: Photo Retakes

November 6th: Staff Luncheon

We will be treating our staff to a luncheon during Student-Led Conferences. As always, we rely on your generous support to make this a memorable experience for our teachers and staff.

November 21st: Mathathon

Mathathon is our school's biggest fundraiser! Last year, proceeds covered a portion of our school's playground. We need everyone's support to make this event an even bigger success than last year.

Watch out for the Sign-Up Genius' and THANK YOU for all your help.

Amal Jomaa & Arlene Abboud
Volunteer Coordinators

Yearbooks - 2018/2019 - Yearbooks are currently available for purchase through school cash online for \$25. Visit schoolcashionline.com and sign into your account to purchase yours today.

The Yearbook Committee could use your help! If you have taken photos of classroom activities or school events, please consider sharing them for use in the yearbook. Photos can be sent to elbowvalleyyearbook@gmail.com. We also need people to help with page design. The software program is easy to use and can be done at home on your own schedule. If you are interested in helping out, please let us know at elbowvalleyyearbook@gmail.com.

It has been difficult in the past to find people to help with the yearbook. If we are unable to recruit new volunteers, the yearbook will not be able to continue next year. Please consider helping out with this great school keepsake.

Lee-Ann Thai
Yearbook

Learning Commons - Just a reminder to everyone to sign up for general library volunteering as well as for the **Scholastics Book Fair starting on Monday, November 5th - Thursday November 8th**. We are still looking for a second person for the Scholastics fair Tues and Thursday evenings during the parent interviews. A huge "Thank You" to everyone who has helped out so far or signed up.

Jill Johnson
Library Coordinator

Mabels Labels - Fundraiser alert! Please make it easier for your child's things to make it home by ordering labels from Mabels Labels at <http://www.mabelslabels.com/support-a-fundraiser>. Choose "ELBOW VALLEY SCHOOL" in the drop-down menu.

Springbank Christmas Market - (Springbank Community High School)

FREE ADMISSION & PARKING

SATURDAY - Nov 3/18 - 9:00 - 5:00PM - SUNDAY - Nov 4/18 - 10:00 - 3:00PM

HWY# 1, Exit 169 1.5 Miles South of Calaway Park

Use the Community Entrance Door or the Red Dutton Arena Door

ART & ARTISAN RENDERINGS, Baking, Tea, Cabbage Rolls, Handcrafted gifts & much more.

Email: yjo999@gmail.com facebook.com/springbankchristmasmarket

November 2018

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
<p>November is Trustworthiness</p>			<p>1</p> <p>Picture Retakes Inline Skating TAM, 1B, 1P, 2L, TPM, 1P Trustworthiness means being honest.</p>	<p>2</p> <p>Pizza Inline Skating TAM, KAM, 2T, 1P, 2L Trustworthiness means keeping promises.</p>	<p>3</p> <p>Springbank Christmas Market 9:00 – 5:00PM</p>	<p>4</p> <p>Springbank Christmas Market 10:00 – 3:00PM</p>
<p>5</p> <p>Heritage Park 2LE & 2T Studio Bell 3MA, 3G Inline Skating TAM, KAM, 2L, 2B, 1B, KPM Trustworthiness means admitting your bad choices and then doing what you can to make up for them.</p>	<p>6</p> <p>Subway Student-Led Conferences K-4 4:00 – 7:00PM Inline Skating 1P, TAM, 2LE, 2T, KPM, TPM Trustworthiness means obey rules even when no one is watching.</p>	<p>7</p> <p>Heritage Park 2L & 2B Inline Skating 1B, KAM, 2LE, 2T, KPM, TPM Trustworthiness means doing what is right, even when it seems difficult.</p>	<p>8</p> <p>Student-Led Conferences K-4 4:00 – 7:00PM Inline Skating TAM, 1B, 2T, 2LE, TPM, IP Studio Bell 3D, 3M, 3B Trustworthiness means making good choices</p>	<p>9</p> <p>Mucho Burrito Remembrance Ceremony @ 10:45AM Trustworthiness means being reliable and following through on your commitments.</p>	10	11
<p>12</p> <p>Remembrance Day Holiday No School K-4</p>	<p>13</p> <p>School Council Meeting @ 1PM Trustworthiness means being reliable; do what you say you will do.</p>	<p>14</p> <p>Trustworthiness means being a loyal friend; stand by your friends.</p>	<p>15</p> <p>Trustworthiness means being sincere. Say what you mean and mean what you say.</p>	<p>16</p> <p>Pizza Trustworthiness means keep your word.</p>	17	18
<p>19</p> <p>Trustworthiness means you keep your promises and your friends can count on you.</p>	<p>20</p> <p>Trustworthiness means not telling secrets.</p>	<p>21</p> <p>MATHATHON K-4 @ 9:00AM Trustworthiness means telling the truth.</p>	<p>22</p> <p>Trustworthiness means being caring and thinking about others.</p>	<p>23</p> <p>Subway Pajama Day! Trustworthiness means returning things you borrow.</p>	24	25
<p>26</p> <p>Trustworthiness means you are willing to try to solve conflicts in a fair way.</p>	<p>27</p> <p>Always believe in yourself.</p>	<p>28</p> <p>Calgary Zoo 1P, 1PO, 1B You can always make good choices.</p>	<p>29</p> <p>Calgary Zoo 10, 1K Treat others the way you want to be treated.</p>	<p>30</p> <p>Pizza Healthy friendships are built on trust.</p>		