

## École AGNES DAVIDSON SCHOOL

### June, 2021

#### **Dates to Remember**

9-1S1B virtual wrap up assembly (10am)
10– Jerry First Charger Hoop Dancing
10-Aggies Brew Cut-Off (10pm)
11-Kona Ice for all students (thank you School Council)
11– Deadline for students submissions on FlipGrid for the talent show
17-Welcome to Kindergarten (5-7pm)
17-Welcome to École Agnes Davidson School for Nicholas

Sheran families (5-7pm) **Tentative Date Set Pending** 

#### **Covid Regulations**

21-Talent Show videos go live or teachers to share with students

24-Grade 5 Farewell (9am-11am live stream)

#### 24-Last Day of School for all K-5 Students

29–30– School Office Open to the Public

#### Unpaid/Overdue Fees

Please check online to make sure you have paid all your overdue fees.

Thank you for taking care of any late fees that may be outstanding.

Please visit School Cash, Online.



## June School Council Please join us virtually on June 8th at 7pm

## Microsoft Teams meeting

Join on your computer or mobile app Click here to join the meeting

Learn More | Meeting options

#### School Council Annual General Meeting

The school Council Annual General Meeting will be held on Tuesday, September 14th at 7:00pm at École Agnes Davidson School. The AGM will include the election of School Council Executives and an overview of any plans for the coming year. All parents and guardians are welcome and encouraged to be part of the School Council.

Please visit the school webpage for more information on School Council.



Digital release of report cards on June 25th at 8:00am.

## Current Student Re Registrations for 2021- 2022 school year.

All returning students should have received and submitted a registration for 2021 2022. Please call the office at 403 328-5153 if you have not registered your child for next year. Thank you for contacting the office if you are not planning to stay in the school or Division so we can update our records.

### **Talent Show**

June 11th: Deadline for FlipGrid Submissions

June 21st: Talent Show videos go live for teachers to share with students



#### School Supplies 2021-2022

We are pleased to offer two options again this year.

1. A grade level list for local purchase.

2. An online list for School Start can be purchased throughout the spring or summer

Click <u>HERE</u> for grade 1-5 School Supply Lists

## Lost and Found

Thank you for encouraging your child to go through all the lost and found bins over the coming weeks . Our staff will also be doing the same. Any items that are left behind will be donated in June. We have a very small amount of items remaining in the school and hope to return as many items to our families. Thank you for your support in making this possible.

Aggie's Brew Last call to fill coffee, tea and frappé orders for the 2020-2021 school year. June 10th at 10pm

We look forward to hosting a NEW Aggie's Brew label contest in the fall.



## Transportation

For more information regarding transportation please click



<u>HERE</u>

## Welcome to Kindergarten

We invite all kindergarten students on June 17th between 5-7pm to meet next years Kindergarten teachers Mme Kohn and Mme Mooney as well as the Principal Mme Leggat and the Vice-Principal Mme Cummins. This "come and go" event will allow your child to see their classroom teacher and a few other friendly faces in the school.

Your child will have the opportunity to meet our special friend and to take home a goody bag from the classroom teacher.

• When possible, we ask that families do their best to not bring siblings to reduce the amount of people

5:00-5:30: Last Names A-F 5:30-6:00: last Names G-L 6:00-6:30: Last Names M-R 6:30-7:00: Last Names S-Z

## First Day of School 2021 Procedures

- August 27th-Teachers will email all families in their homerooms welcoming them into their classrooms and provide additional first day of school information and procedures
- Aug 31-First Day of School for the Students with Last Names Letters (A-L)
- Sept 1-First Day of School for Students with Last Name (M-Z)
- Sept 2-All Students in School
- We look forward to meeting all our families outside in the field on their assigned day



## Grade 5 Farewell

We look forward to celebrating our Grade 5 students on June 24th between 9-11am . At this time we will invite each classroom down individually for the certificate ceremony with the classroom teacher, Mme Leggat and Mme Cummins.

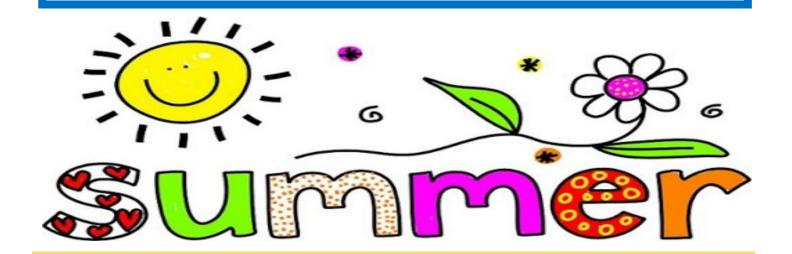
Keeping with Covid protocols, we will invite families in via live stream from our school YouTube channel . Please click <u>HERE</u> to join the celebration.

A program will be sent out via email from your child's classroom teacher with the approximate time your child's classroom will receive their certificates.



## **Revised Last Day of School for ALL students in Grades 1-5** Thursday June 24th

Please note that the school year end date has slightly changed for students at Nicholas Sheran and Agnes Davidson. Year end will now be at the end of the day on <u>Thursday</u>, June 24 instead of lunchtime on Friday, June 25. Due to the fact that both schools are closing programs and moving all program instructional material to a new buildings, staff will have an extra non-instructional morning to assist with this work. Thank you for your understanding and if you have any questions please contact École Nicholas Sheran School or École Agnes DavidsonSchool.



## Happy Summer! Bonnes Vacances!

Be Safe! Have Fun! Play Outside! Get Messy!

# THE LOOP

JUNE 2021



**MHCB** Wellness Team

#### YOU MATTER! **Child and Youth Well-Being Review Bounce**Back Age reclaim your health <u>CLICK HERE</u> to Give your feebback! Feeling low, stressed or anxious? BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild to moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. June 3 Participants receive telephone **Take care** coaching and skill-building workbooks to help overcome these symptoms and YOU MATTER gain new skills to regain positive of yourself mental health. YOU CLICK HERE to complete an online self-referral form. & each other MATTER Bell Canadian Mental Hoodie Store Health Associatio Let's Talk June1 June 13 Featuring Jo **CLICK HERE to access** Carringto Online mental wellness day for schools Sessions for students, teachers and school staff, school authority leaders and parents **Virtual Education Sessions** An invitation from: **NOTIZON** school division From homework to housework: Understanding Social Raising responsible children 5-12 Body Image: Prevention, Media Use in Teens 03 years old <u>CLICK HERE</u> Factors and Outcomes **CLICK HERE** With Nikki Roy (she/her) MA,CCC Meeting ID: 974 1884 7391 JUN 2021 5:30 6:30 **N7:NN** Passcode: tL6Z3B Alberta Alberta Health MyHealth.Alberta.ca Services . . . . . . .... upport? ADDICTION HELPLINE 24hr free KidsHelpPhone.ca 24hr free Mental Health HELPLINE -877-303-KIDS ACROSS CANADA CAN NOW TEXT Text4Hope 393939 ONLINE 1800 668 6868 6**8686**8 support for Albertans eed AND BE CONNECTED TO TRAINED HELPERS 2642 togetherall **Kids Help Phone** .com 1-866-332-2322

## What is togetherall

Togetherall - Virtual Mental Health An online peer-to-peer mental health community available free to Albertans!

Feel like you need somewhere to talk?

Togetherall is a free online community, available to all 16+ Albertans.

The community is a safe place to support your mental health 24/7

Join Togetherall today and share how you're feeling, listen and be heard

Committed to providing information, resources and support to families Community **Education Services** ANT A 1.01 Trans & Parent Perspectives: How to support transgender, non-binary and gender non-conforming youth 6:30 PM - 8:00 PM <u>CLICK HERE</u> for more information 01 Children and Parenting After Separation ' Parenting Coordination and other Dispute Resolution Processes ' 02 10:00 AM - 11:30 AM <u>CLICK HERE</u> for more information ..... Parenting, Pedantics & Peculiarities during the Pandemic 02 6:30 PM - 8:00 PM CLICK HERE for more information From Homework to Housework: Raising Responsible Children for parents of children 5 – 12 years old
 Children for parents of children 5 – 12 years old
 Circle Here for more information ..... Habits of Mental Health 08 1:00 PM - 3:00 PM <u>CLICK HERE</u> for more information JUN 2021 **09** Starting or changing medication for your child/youth's mental health? An introduction to genotype-guided prescribing 6:30 PM – 7:30 PM <u>CLICK HERE</u> for more information

#### **CLICK HERE** to sign up for the CES newsletter



The Family Preservation Program works collaboratively with the Family Resource Network to provide programming for youth and their families. Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/ teen mediation, caregiver/youth/family groups, family activities, community connection and

referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support. Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact Kassidy Barat via email at kassidy.baratemcmansaouth.ca or call 403-715-3202.



Arts Heal Hearts a student developed local campaign to bring community together by making cards with heart-warming messages.



Buddy Up is a men's suicide prevention communications campaign







## You Are Invited To **Participate!**

We want our LethSD staff to SPARK CONNECTION with each other through our first ever #Connect4Wellness Project! We want to inspire you to share, thank, and recognize your friends and colleagues across the division during a time when everyone could use a little extra FUN, LOVE.....& PRIZES!

Staying connected and having meaningful conversations is something small we can do to encourage one another. So TAKE A MINUTE to send a colleague a note of appreciation and acknowledgement!





For educators, school administrators, and clinical professionals

#### AUCUST 18 - 20, 2021

MENTAL HEALTH ACADEMY IMPROVING MENTAL HEALTH LITERACY IN A SHIFTING LANDSCAPE





For more information or to register contact Darcy at d.nalder@familiyties.ca or call <u>403-320-8888</u>

art Cherapi group

Youth will have the opportunity to learn new coping skills and process feelings through art experiences.

IN-PERSON GROUP YOUTH 14-18 YEARS COST \$25 (SCHOLARSHIPS AVAILABLE)

## Grandparents Group

Are you a grandparent raising a grandchild? This support group for grandparents will provide the opportunity to talk with other caregivers, learn new strategies, talk with other caregivers, and connect to community resources.

The group meets virtually bi-weekly 12:30pm-2:30pm

Upcoming dates: June 1, 15 & 29



Common symptoms of Post Traumatic Stress Disorder (PTSD) are: nightmares, withdrawal, stress, anger, fear, loss of interest in activities. <u>CLICK HERE</u> to access the PTSD Association of Canada

## Alberta Health Services

#### To register call intake at 403-382-5278

Age 5-8

Aαe

11-14

Age 15+

Age

11-14

Age

15+

Age

11-14

Age

15+

**Fearless Feathers** is a four session, virtual group designed to address anxiety in children. You will need access to a device able to run the Zoom application.

**UP Group** is our introductory group that offers children and youth evidence-based skills to help manage many of life's challenges and difficulties related to emotions and mental health.

**ADHD Parent Group** is a parent group focusing on: understanding ADHD, working with schools, medication, selfcare and parenting strategies.

#### Self-Compassion Summer Intensive

is a therapeutic group that addresses various barriers to caring for and loving ourselves. It will cover topics such as self-trust, building confidence, self-acceptance, resiliency skills, and self-care. July 5th to 8th or August 3rd to 6th

#### Positive Sense of Self Summer

**Intensive** is a therapeutic group that addresses various barriers in distinguishing yourself from others. It will cover topics such as selfawareness, self-acceptance, identity, motivation, gratitude, and what influences our self-image. July 12th to 15th or August 9th to 12th

#### Friendship Fundamentals Summer

**Intensive** is a therapeutic group that addresses the benefits and challenges of modern friendships. It will cover topics such as virtual friendships, positive communication, healthy boundaries, trust, managing jealously, and how to choose friends. July 26th to 29th or August 23rd to 27th

#### Social Media Management Summer

**Intensive** is a therapeutic group that addresses how to positively manage one's social media presence. It will cover topics such as how social media affects anxiety and depression, healthy boundaries, virtual friendships, usage limits, and what is/isn't helpful information. July 19th to 22nd or August 16th to 19th





Big Brothers and Sisters mentoring program provides youth with a role model to talk to and share the experiences of growing up with. through regular outings, a relationship is developed between the mentor and mentee, which is built on trust and common interests, and is supported by our experienced case workers. The result is a life-changing experience for both the mentor and the mentee.

For more information or to enrol a young person, visit our **website www.bebig.ca** or call **403-328-9355** 



Explore careers with local professionals by attending our LIVE virtual Career Exploration Sessions.

CLICK HERE to register.

Are you in

- Accountant
- Data Scientist
- <u>Hairstylist</u>
- Heavy Equipment Technician

careersteps.ca

- **Operating Room Nurse**
- Parts Technician
- Pediatric Nurse
- Teacher
- Veterinarian
- Welder



CLICK

on the profession

to access recordings CAREERS

#### VIRTUAL CAREER SHOWCASES

Students can join us online to learn about what their future career could be and how to get paid while earning school credits this summer!

#### CAREERS: The Next Generation Programs:



**4000000 YOUTH INTERNSHIP INCENTIVE PROGRAM HIGH SCHOOL** 







Know Before You Go is a resource that is intended for Grade 12 students, and the educators who support them, as they transition from high school to post-secondary studies and/or employment. This life skills resource helps students anticipate, identify and navigate situations they will encounter when entering the realm of post-secondary education. It contains information on many topics including paying bills, study skills, roommate issues, identity questions and embedded throughout is how to maintain good mental health and seek help as needed.



urious Minds is a science-focused **6-week** series. 45-minute online group meets (twice each week) Topics covered include how Algebra, Chemistry, Summer Cyber Camp Biology and Physics!



- Curious Minds addresses big questions like: → Where else can humans live in our solar system?
- → When will the pandemic be over?
   → Can I use math to see into the future?
- → What will it take to address climate change?
- → What is money and how does it work?

For more information: Email Ali Finley MNSTUTORING@GMAIL.COM with "Curious Minds" in the subject line.

## FARGET HUNGER IS ON JUNE 12TH!







**O** SIGN UP TO VOLUNTEER BY DELIVERING AND PICKING-UP **BAGS FROM A ROUTE, OR AS A FOOD SORTING VOLUNTEER.** 

> FOR MORE INFORMATION VISIT: www.targethungerlethbridge.com



Lethbridge

ScholarTree

<u>CLICK HERE</u> to access ScholarTree The #1 place to find scholarships or start a scholarship in Canada!

**DUAL CREDIT** 

**PROGRAM** 

Lethbridge



IF YOU ARE NOT SURE YOU WILL BE ABLE TO AFFORD SCHOOL SUPPLIES

THEN THIS PROGRAM IS FOR YOU

YOU CAN REGISTER :

In Person @

Lethbridge Food Bank

Registration Is Open

In Person @ Interfaith Food Bank

Online: w.mycitycare.ca/ readysetgo

Limited Spaces Available





## FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2021

THEME	TUESDAY	WEDNESDAY
WEEK 1: CONNECTION	JULY 6 Henderson Lake Park 10 AM-2 PM	JULY 7 Henderson Lake Park 3 PM-7 PM
WEEK 2: MOVEMENT	JULY 13 Wilson Middle School 10 AM-2 PM	JULY 14 Wilson Middle School 3 PM-7 PM
WEEK 3: MUSIC	JULY 20 Nicholas Sheran Park 10 AM-2 PM	JULY 21 Nicholas Sheran Park 3 PM-7 PM
WEEK 4: NATURE	JULY 27 Lakeview Elementary School 10 AM-2 PM	JULY 28 Lakeview Elementary School 3 PM-7 PM
WEEK 5: ART	AUGUST 3 Chinook Lake Park 10 AM-2 PM	AUGUST 4 Chinook Lake Park 3 PM-7 PM
WEEK 6: RESILIENCE	AUGUST 10 Coalbanks Elementary School 10 AM-2 PM	AUGUST 11 Coalbanks Elementary School 3 PM-7 PM



## **EVENT DESCRIPTION:**

All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Pick up an activity kit to do at home or stay for some outdoor facilitated games! Parent supervision required. Weather permitting.

#### CHECK ONLINE SCHEDULE AT BUILDINGBRAINS.CA/EVENTS

## SAFETY PROTOCOLS:

-All public health measures will be in effect - Parent supervision is required -Separate materials provided for each family -If you're feeling unwell, we'll see you at our next location

#### PARTNER LINKS: Building Brains Together - <u>biuldingbrains.ca</u> City of Lethbridge - <u>lethbridge.ca/events</u> Community LINKS - <u>community-links.ca</u> Family Centre Summer Programs - <u>famcentre.ca</u> Lethbridge Public Library - <u>lethlib.ca</u> Holy Spirit Catholic School Division

Supporting Family Wellness



## Memorandum

Date:	May 13, 2021
То:	Superintendents, Teachers, School Staff, Parents and Students
From:	Medical Officers of Health – South Zone
RE:	Update on the School Immunization Program in the South Zone

This year we have been unable to provide routine school immunizations for Gr. 6, 7 and 9 students due to the urgent and ongoing response required by Public Health to the Pandemic. **All school immunizations will continue to be on hold for the remainder of this school year** for this reason, and due to the shift of student learning from the classroom to at-home learning due to high COVID 19 case numbers in Alberta.

There are <u>no</u> school program immunizations being offered in local Public Health offices for Gr. 6, 7 or 9 students, for Home school or At Home learning students at this time. However, appointments can be booked at local Public Health offices for students whom are not up-to-date with their primary immunizations:

- If your child has not received at least 4 doses of Tetanus containing vaccine by age 4 or 5, and two doses of Measles, Mumps, Rubella and Varicella vaccine:
  - please contact your local Public Health office now to inquire with an Registered Nurse and to book an appointment
- If your child receives an injury where a cut or break in the skin occurs:
  - please talk with an Intake RN at your local Public Health office 0800-1600hr, or call Health Link at #811 after business hours
  - this injury could increase the risk of infection with tetanus bacteria and your child may need a booster of tetanus containing vaccine

We recognize the importance of school immunizations and the valuable role they play in preventing communicable diseases, and we will keep you informed as we prepare to resume school immunizations in the future.

We have a very strong Public Health Nursing team to meet the challenge of resuming school immunizations in the Fall of 2021.

Please visit <u>ahs.ca/covidschools</u> for COVID-19 information and resources that may help you and your family.

Thank you for your support and understanding!