



# École AGNES DAVIDSON SCHOOL

October, 2022

## Dates to Remember

3-Picture Day (Gr. K-5)  
4-School Council (7pm)  
10-Thanksgiving (No School)  
11- PL Day  
13-Tues/Thurs Kinder Picture Day  
17-Aggie's Brew Cut Off Date  
17-19 Scholastic French Book Fair  
18-LOTG (Edo)  
20-ParentTeacher Interviews in the PM  
21-Parent Teacher Interviews in the AM  
24-Panago Pizza Fundraiser (Last Name A-M)  
25-Panago Pizza Fundraiser (Last Name N-Z)



## School Fees

All fees are now available to be paid through [School Cash Online](#). If you have an account from previous years, you are set to go. If you are new to this system, you will need your child's ASN number which can be found on the student's last report card (from any school in Alberta) or by calling the school office. Lethbridge School District schools are cashless and therefore all payments must go through this site. Thank you for taking care of this as soon as possible

## School Council

It was great to see so many new and returning faces at the first council meeting of this school year! If you weren't able to make it to the first meeting, please feel welcome to join us anytime throughout the year!

### Our School Council Executive for 2022/2023

Chair - Donna Whitton  
Vice Chair - Ali Walker  
Secretary - Dawn Roper  
Treasurer - Tyler Forster

Our **school council meetings** will take place at 7:00pm in the gym on the following dates:



Tuesday, October 4th  
Tuesday, November 8th  
Tuesday, December 13th (tentative)  
Tuesday, January 10th  
Thursday, February 14th (tentative)  
Tuesday, March 14th  
Tuesday, April 4th  
Tuesday, May 9th  
Tuesday, June 13th

## Picture Day

October 3: Grade K-5

- class photo and Individual student photo

October 13: Tues/Thurs Kindergarten

- individual photos



November 8: Grades K-5

- picture retakes
- Tues/Thurs Kinder class picture

## Lunch on the Go

Questions about LOTG?

Email: [davidsonlotg@gmail.com](mailto:davidsonlotg@gmail.com)



# École AGNES DAVIDSON SCHOOL

October, 2022

## October Interviews

At Ecole Agnes Davidson School we know that connections with our families is important. This is why we are hosting both in-person and Teams meetings.

Visit <https://ad.lethsd.ab.ca>

Click on Bookings (right hand corner of the main page)

Click on Interviews

Click on your child's classroom teacher.

Grades 1-5 Bookings will be open October 3rd (3pm) until October 18th (10pm)

Grade 1-5 Interviews will be held **October 20th 1:30-7:45pm** and **October 21 8:45am-12:30pm**

Kindergarten Bookings will be open November 1 (3pm) until November 13rd (10pm)

Kindergarten Interviews will be held on November 15 and November 16 From 8:45-6:00pm

## The Learning Commons

It has been a wonderful beginning to the new school year. Students have all had the chance to come in and experience Maker Space and have all had the chance to check out some library books. Students seem so excited to come in and get new books to share with their families at home. Continue all that home reading - it is so beneficial for children to share a book with people they love and care about.

In September Maker Space, we had the chance to decorate our very own library card that will be used all year long in the Learning Commons to check out books. We had different options of coloring materials and even had the chance to use some stickers. We then took some time to learn about Truth and Reconciliation and created some projects that were inspired by indigenous cultures.

We will be having our first book fair of the year in October. This is be a French book fair presented by Scholastics. It will take place **October 17-23**. Students will have the opportunity to browse and shop from Monday to Wednesday. On Thursday and Friday, I will be available during parent teacher interviews if you would like the opportunity to stop by and buy some French books for your collection at home. Every dollar spent at these book fairs helps get even more great books in the hands of our students at school. It is a fabulous way to support our school and add to your French home libraries!

## New Office Hours

Monday-Thursday:  
8:15AM-4:15PM

Fridays:  
8:15AM-4:15PM



Thank you for leaving a message if you are calling after these hours. We will get back to you as soon as the office opens.

## Remembrance Day

We are planning to honour our veterans during our Remembrance Day Assembly. We will be gathering photos of veterans from our community families to create a slide show for our students to view during the assembly. Please email pictures to: [megan.cummins@lethsd.ab.ca](mailto:megan.cummins@lethsd.ab.ca)

Please provide the following information:

Subject of email: Remembrance Day  
Slideshow

Full name of your child

Name of person/persons in the picture

Time frame/location of picture

Role/responsibility of your family member



## Welcome Fall

Thank you for sending your child to school with the appropriate clothing. We go outside everyday in all weather. If the weather dips below -20 Celsius the students will be inside. We will keep our fingers crossed that we don't need to stay inside just yet! Sweaters, mittens, tuques etc. are appropriate as the mornings are often cool for the students.



## Terry Fox Update

Thank you to our school community for donating Toonies for Terry.

We raised \$1600.00



# Classroom Fieldtrips & Clubs in October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2				1
2	3	4 Tuesday Handbells (7:50AM) Junior Choir (12:15PM)	5 Senior Choir (12:15PM) Nish-Waste and Recycling (9AM)	6 Thursday Handbells (7:50AM) Varty -Waste and Recycling (9AM)	7	8
9	10 Yoga Club (12:20PM)	11 Tuesday Handbells (7:50AM) Junior Choir	12 Senior Choir (12:15PM) Bridge-Waste & Recycling (9AM)	13 Thursday Handbells (7:50AM)	14	15
16	17 Yoga Club (12:20PM)	18 Tuesday Handbells (7:50AM) Junior Choir (12:15PM)	19 Senior Choir (12:15PM)	20 Thursday Handbells (7:50AM)	21	22
23	24 Yoga Club (12:20PM)	25 Tuesday Handbells (7:50AM) Junior Choir (12:15PM)	26 Senior Choir (12:15PM)	27 Thursday Handbells (7:50AM)	28	29
30	31 Yoga Club (12:20PM)					





Lifetouch.

# PICTURE DAY IS COMING



**Monday, October 03, 2022**  
**Ecole Agnes Davidson**



## What to Expect:



Students are photographed  
on Picture Day



Pictures are sent home  
with your child



Review pictures &  
purchase on  
[mylifetouch.ca](https://mylifetouch.ca)

All students will be photographed. Please notify your child's teacher if you do not want an individual picture taken of your child. Your child may be included in a group picture requested by the school. Questions? Please contact Customer Service at 1-866-457-8212.



# October

"The Blackfoot language predates English and French as a spoken language in Alberta by thousands of years. The Kainai, Piikani and Siksika First Nations of Alberta share this language with their North American cousins the Amskaapiikani of Montana. Slight and minor variations occur in dialect and in terminology among the four".

(Alberta Education, 2010).

BLACKFOOT LANGUAGE AND CULTURE TWELVE-YEAR PROGRAM



Mo'kááto's  
Fall month



Niipístsi otsítainnisi'yihpi  
When leaves fall



Sa'áiksi itáómatooyi  
When ducks leave

Online Blackfoot Dictionary



## Save the Date...

- **October 4th:** Sisters in Spirit Vigil for Missing and murdered Indigenous women, girls, and two spirited @ City Hall- Galt Gardens
- **October 11th:** Thanksgiving 
- **October 12th-14th:** PL
- **October 17-22nd:** Secret Path Week
- **October 27th:** Grade 1 PL Day
- **October 30th:** Round dance @ Public Library
- **November 8th:** Aboriginal Veteran's Day
- **November 11th:** Remembrance Day
- **November 15th:** Rock your mocs (all week)
- **November 15th-19th:** Métis Days
- **November 16th:** Louis Riel Day

### SISTERS IN SPIRIT VIGIL

October 4th

6:30 pm: Gather at City Hall for Sisters in Spirit walk

7:00 pm: Vigil at Galt Gardens



Georgina Faith Papin



Kelly Morrisseau



Shelly Joseph



Lise Faye Sheepskin

The purpose of this vigil is to honour and raise public awareness about missing and murdered Indigenous women, girls and two spirited people.



Painting by:  
Jay Bell Redbird



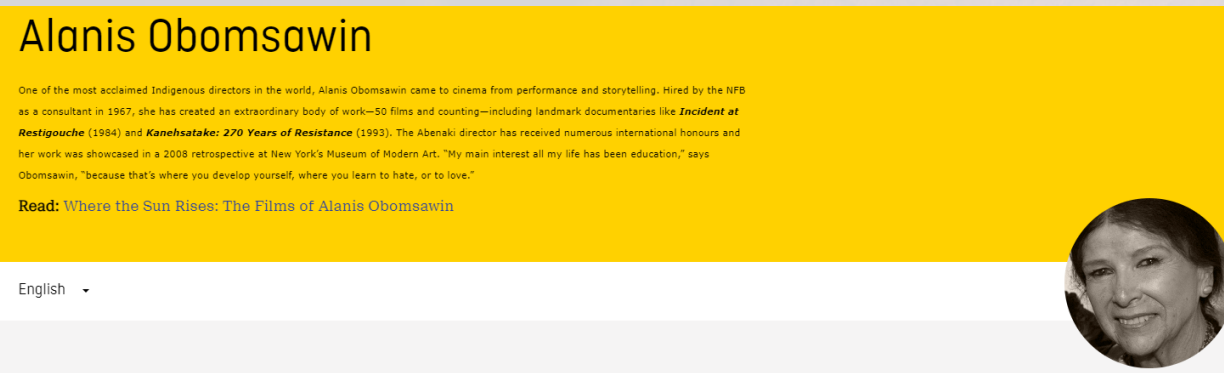
# Resources

Secret Path Week is from October 17th-22nd.

Secret Path Week is a national movement commemorating the legacies of Gord Downie and Chanie Wenjack.



CLICK HERE



57 video clips

CLICK HERE



CLICK HERE

Molly of Denali (Alaska) Full Episodes from CBC Kids. Molly is from Alaska! This show is awesome for kids and discusses many Indigenous traditions and culture!

## September Highlights

September was a BUSY month! I'm blown away by the momentum and dedication being shown by our elementary administrators, teachers, support staff, and students to move forward with reconciliation and embedding Indigenous knowledge in schools! If you'd like to be highlighted in a newsletter, send me pictures anytime!



Many thanks for all Orange Shirt submissions !!



**Galbraith Learning Common's Display!**  
So many schools had incredible displays!



**Faceless Dolls Project**



**Classe de 3i me ann e   Agnes Davidson**



**Indigenous Rep PL**



**Flag Raising at City Hall**



# MULTICULTURAL AND DIVERSITY NEWSLETTER

October 2022

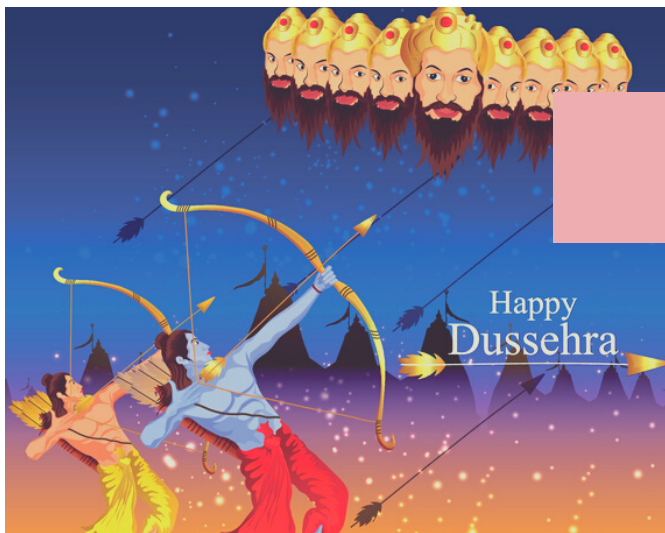


## DURGA PUJA (HINDU)

*Oct 3- This day celebrates the divine creative force of the universe and honors the 10-armed goddess Durga, wife of Shiva, and the destroyer of the demons.*

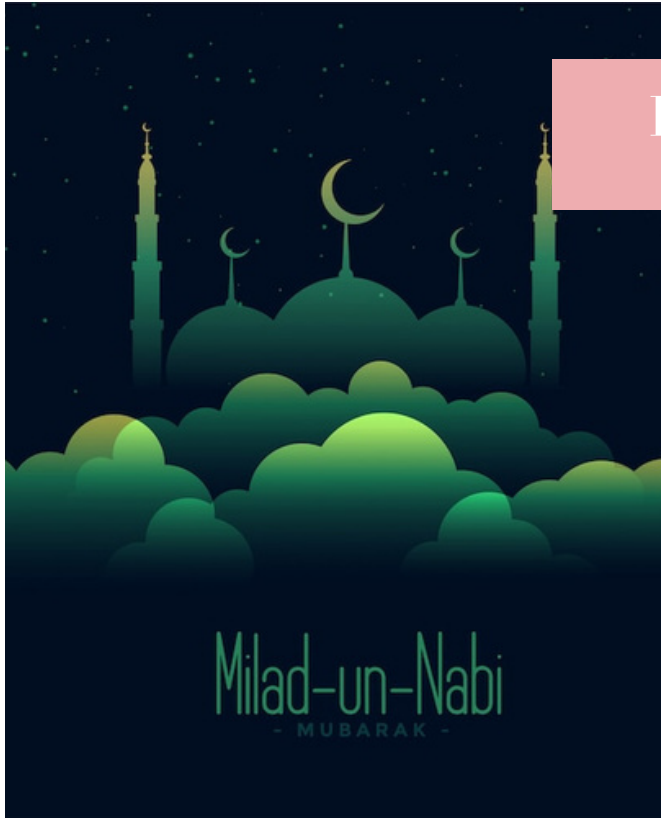
## CHUNG YEUNG FESTIVAL (CHINA, HONG KONG, AND TAIWAN)

*Oct 4- Families visit the graves of their ancestors. It is also known as Double Ninth Festival. It is observed on the ninth day of the ninth month in the Chinese Calendar.*



## DUSSEHRA OR VIJAYA DASHAMI (HINDU)

*Oct 5- Dussehra means 'the tenth' and celebrates the triumph of Lord Ram over the demon Ravan who stole his wife Sita. The great hindu epic poem, the Ramayana, is read and enacted, called Ram Lil. A big effigy of Ravan is burnt accompanied by fireworks.*



## EID-MAULAD-un-NABI (ISLAM)

*Oct 9- This day is the anniversary of the birth of Prophet Muhammad. Some Muslims mark this occasion by special prayers, whilst other Muslims may mark the occasion by dedicating more time to reading Quran.*

## THANKSGIVING (CANADA)

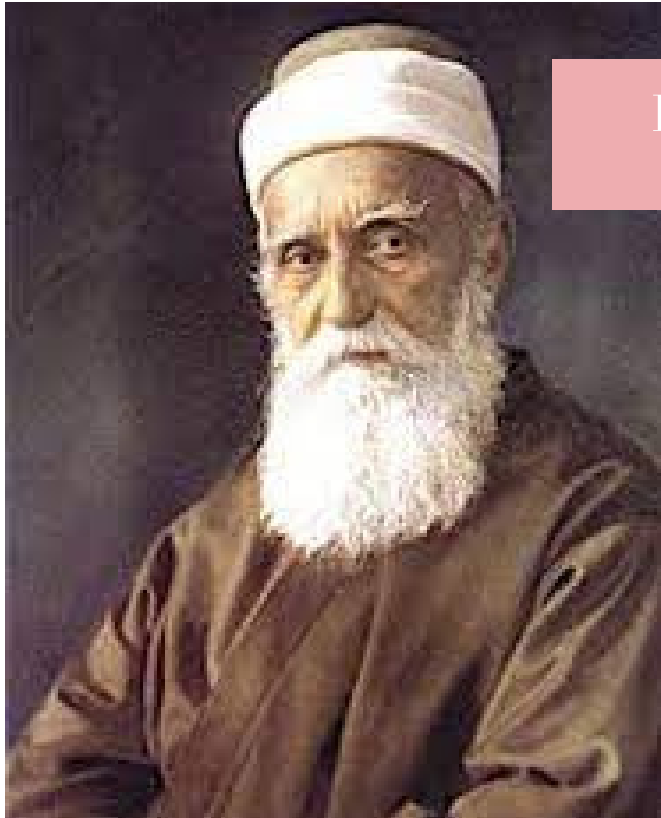
*Oct 10- Early Canadian settlers gave thanks for good harvests by decorating their churches with fruits and vegetables and celebrated dinner with vension and waterfowl.*



## KARVA CHAUTH (HINDU)

*Oct 13- A one-day fast kept by married Hindu women for the well-being and longevity of their husbands. The husbands feed the first bite to their wives only after they see the moon.*





## BIRTHDAY OF THE BÁB (BAHÁ'Í)

*Oct 18- Born Siyyid 'Ali Muhammad in Southwestern Iran in 1819. His title, in Arabic, means 'The Gate'. Work is suspended and Bahá'ís come together for prayers and festivities.*

## BIRTH OF BAHÁ'U'LLÁH' (BAHÁ'Í)

*Oct 19- Born Mirza Husayn 'Ali into one of the leading noble families of Persia in 1817. His name is a title, in Arabic, meaning 'The Glory of God'.*



## DIWALI (SIKH AND HINDU)

*Oct 24- This festival is also known as 'The Festival of Lights'. It lasts for five days.*



## HALLOWEEN (CANADA AND USA)

*Oct 31- This tradition goes back to the Celtic people 2000 years ago who celebrated their New Year in late autumn and honoured Samhain or Lord of the Dead.*

## References

Reference Khanna, A., Mody, P., Powers, S., Raza. R. (2022). Multicultural Calendar 2022. Toronto: O

TO: All Alberta Elementary Schools  
FROM: Alberta Student Transportation Advisory Council

# Poster Contest

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THE ALBERTA STUDENT TRANSPORTATION ADVISORY COUNCIL (ASTAC) IS SPONSORING A PROVINCIAL POSTER CONTEST TO PROMOTE

**SCHOOL BUS SAFETY WEEK** (October 16 - 22, 2022).

Who May Enter: Entries may be submitted by students in **Grades K to 6**

**Deadline Date: November 4, 2022**

Theme:

**‘Make the World Green, Ride Yellow’**

Posters must contain the above theme

Illustrations should be positive in approach, demonstrating only proper school bus safety behaviour. At least part of a **yellow school bus must be present** in the poster.

**Prizes:**

Each winner from Grades K to 6 whose poster best illustrates the theme will receive a \$25 gift card, a framed original of their poster along with a cheque for \$100 for their classroom and an engraved plaque. The committee may choose to select posters for an honourable mention and those contestants will be selected to receive a \$25 gift card.

**Poster**

**Specifications:**

Completed poster size **must be 11" x 17"** on heavy paper suitable for framing.

***The attached information must be completed and clearly written on the back of each poster.***

**Submit to:**

**ASTAC  
PO Box 90005  
Beaumont RPO Montalet, Ab, T4X 0C8**

**Teachers:** When submitting, please separate all entries into the correct grades for ease of judging. If the student is in a split grade class only mark their grade on the back.

# 2022 School Bus Safety Week

## Poster Contest Entry Form

Please attach to the back of the student's poster

**Grade:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**School Division:** \_\_\_\_\_

All entries will become the property of the Alberta Student Transportation Advisory Council and may be reproduced, displayed or auctioned at the Annual School Bus Convention. Prizes (plaque for the winning contestant, \$25 gift card, \$100 cash to the class of the winner to be used for a school field trip and framed print of the winning poster to the respective school) will be awarded for each grade category. Judging will be done in December and school division transportation managers will be contacted to pass along the great news to the winners.

**Please separate posters into grades when submitting.  
Note that posters sent to the ASTAC Contest cannot be returned.**

# Caregiver Education Team Newsletter

October 2022



Alberta Health Services is proud to offer **FREE** online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Caregiver Education Sessions

### Parenting Teens in the 21<sup>st</sup> Century

*Respectful Limit Setting with Adolescents*

For parents and caregivers of youth in grades 7-12

#### Part 1:

Wednesday, October 5  
12:00 – 1:00 pm

#### Part 2:

Wednesday, October 12  
12:00 – 1:00 pm

### Keeping Scattered Kids on Track

*Supporting Children and Adolescents with ADHD*

For parents and caregivers of children and youth in grades K-12

#### Part 1:

Wednesday, October 19  
12:00 – 1:00 pm

#### Part 2:

Wednesday, October 26  
12:00 – 1:00 pm

## Adult Education Sessions

### Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

#### Part 1:

##### An Introduction

Tuesday, October 4  
12:00 – 1:00 pm

#### Part 2:

##### Calming Our Bodies

Tuesday, October 11  
12:00 – 1:00 pm

#### Part 3:

##### Settling Our Minds

Tuesday, October 18  
12:00 – 1:00 pm

#### Part 4:

##### Overcoming Avoidance

Tuesday, October 25  
12:00 – 1:00 pm

## Participant Feedback

*"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."*

*"Great session; appropriate length; helpful videos; great use of chat to engage participants in the discussion."*

*"The session was very informative, and the speakers were great."*

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# Caregiver Education Sessions

October 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

*"These sessions are very well done and seem to surface when our family needs them most. Thank you!"*

*"...I appreciate the parent portion sharing of challenges and success. It validates what others are going through and reminds us to also look for the positive."*

## Parenting Teens in the 21<sup>st</sup> Century Respectful Limit Setting with Adolescents

In these **Lunch & Learn webinars**, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will look at ways to increase communication and understanding around healthy boundaries with your teen.

### Part 1: Wednesday, October 5, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

### Part 1: Wednesday, October 12, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to this **Lunch & Learn session** and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

### Part 1: Wednesday, October 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

### Part 1: Wednesday, October 26, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Adult Education Sessions

October 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

## Understanding Anxiety Series

### Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

**Date: Tuesday, October 4, 2022**

Time: 12:00 – 1:00 pm

Note: For adults only.

### Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

**Date: Tuesday, October 11, 2022**

Time: 12:00 – 1:00 pm

Note: For adults only.

### Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

**Date: Tuesday, October 18, 2022**

Time: 12:00 – 1:00 pm

Note: For adults only.

### Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

**Date: Tuesday, October 25, 2022**

Time: 12:00 – 1:00 pm

Note: For adults only.

## Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Participant Feedback:

*"I appreciate that they are scheduled at the time I can usually take a lunch hour break."*

*"Very professional, great information, super helpful - thank you!"*

*"I really appreciated it all your seminars, all the things I learned it really helps me to become a better version of myself."*



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# KIDS WRESTLING CLUB

BOYS &  
GIRLS

**6-13**  
Years Old

We have made it possible for families to attend one or two practices per week. If you register for one practice per week you will have the choice of which night your child wrestles and have the ability to switch back and forth; choose the practice that fits your schedule.

**Choose one**

**Mondays 4:30 - 6:00 PM**

First week of November to  
end of March

**\$250 1 Practice/week**

**or both**

**Thursdays 6:00 - 7:30 PM**

First week of November to  
end of March

**\$400 2 Practices/week**



**Registration Link**

facebook.com/Lethbridge  
Wrestling

ShawnDayeFinley@gmail.com





# Elementary Age Wrestling (5-11)

**ASAA Rurals and Provincials Included**

Lethbridge Amateur Wrestling Association (LAWA) offers programs from elementary to adult age's. Please phone or email to inquire.

Starts at  
**\$250**  
/Participant

## Includes

- ✓ First Class Coaching
- ✓ 1-2 Mat practices/week
- ✓ Team T-shirt
- ✓ University Setting

## Start Date

🕒 November, 2022

## Practice Location

📍 4401 University Dr W,  
Lethbridge, AB T1K 3M4