



# Griffin Park School

## Parent Newsletter

February, 2012

Kathleen Jensen  
Principal

Bag 750, 805 4th Ave West, Brooks, Alberta, T1R 1B6  
Tel:(403) 362-7555 Fax:(403) 793-2106  
<http://griffinpark.grasslands.ab.ca/>

Rob Suik  
Vice-Principal

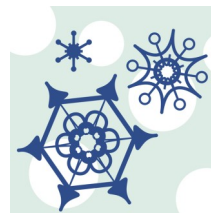
### Dates to Remember

Mon. Feb 6	District Professional Development Day (no school)
Tues. Feb 7	Grade 6 Basketball
Wed. Feb. 8	Winter Walk Day 11:40-12:05 Please come and join us.
Wed. Feb. 8	Gym Riot Grades 3/4 (3:15-4:30 P.M.)
Thurs. Feb. 9	Gym Riot Grades 5/6 (3:15-4:30 P.M.)
Thurs. Feb. 14	Grade 6 Basketball
Wed. Feb. 15	Parent Council 7:00pm
Mon. Feb. 20	Family Day (no school)
Tues. Feb. 21	Lieu day ( no school)
Wed. Feb. 22	Lieu day (no school)
Thurs. Feb. 23	Teachers' Convention (no school)
Fri. Feb. 24	Teachers' Convention (no school)

### Winter Walk Day

**Participate in Winter Walk Day!**  
**February 8, 2012**  
**11:40 to 12:05**

Celebrate winter by joining us for a walk. This is a great activity that highlights the importance of continuing to exercise even though the winter months make it difficult at times. We hope you can come and participate!



### Parking Reminder

Just a reminder that we need your help to keep our students safe and to allow for the school buses to be able to navigate into the bus lane. When dropping off or picking up your child, please stop in the alley past the bus lane and staff parking area. If you park along the chain link fence that borders the playground your child will be able to safely walk across the school grounds to their entrance and will not have to cross traffic to get the school. Thank you for your help.



### MOVING?

As always at this time of year, the school must start to make tentative plans for the next school year. If you know that you will be moving and/or your child(ren) will be leaving Griffin Park School before September of 2012, please contact the school and let us know.



## Board Bits for January

Thousands of Albertans shared their ideas in recent consultations about education. Ideas raised in those sessions, as well as conversations with parent councils and education stakeholders, will form the basis for future legislation and prompted the development of a 10-point plan for Alberta's education system.

All thoughts and suggestions Albertans provided are now being analyzed, and will be considered during the drafting of new legislation to govern Alberta's education system, which will be introduced in the Legislature in spring 2012.

The 10 new initiatives will be rolled out in the months ahead. Some are trial projects which may provide important lessons about efficiencies and better results and some may become longer term practices. Others will require formal policy consideration by government.

### The 10-point plan for education includes:

- Reducing travel time for students who spend more than one hour on a bus and enabling students to better use technology when they travel.
- Creating more opportunities for students to earn credits in high school and post-secondary at the same time.
- Updating school design specifications to better support communities.
- Co-ordinating building playgrounds and new schools.
- Reducing the administrative burden for charter schools.
- Supporting First Nations students by working closely with the federal government.
- Creating a stronger voice for parents in the education system.
- Providing better information to increase the transparency, clarity and accountability of the education system.
- Reviewing provincial achievement tests.
- Examining the operational requirements of full-day kindergarten.

With the Government's commitment to revised legislation and the 10-point plan, this will give Alberta's students the best possible learning opportunities and experiences.

### GRASSLANDS PUBLIC SCHOOLS – LEARNING...ACHEIVING...SUCCEEDING

## Grade 4 Parent Survey

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success. A letter was sent home earlier this week providing additional information for parents.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education. In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with the school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog. Please contact the school if you would like the survey in one of these languages.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May 2012, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.



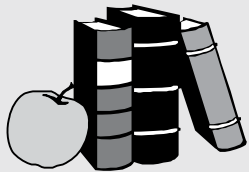
## Volunteers & Field Trip Chaperones

If you are interested in volunteering at the school or chaperoning any field trips, please make sure that you have completed the necessary paper work as soon as possible. It may take some time to complete the process.

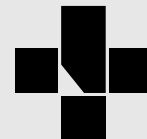
A letter from the school indicating you are a volunteer will allow you to obtain a current criminal records check at no cost. Please ask for the volunteer package at the office or request that your child's teacher send one for you. The completed record check must be brought to the school.

A meeting will be scheduled with Mrs. Jensen or Mr. Suik to discuss school policy and sign a confidentiality agreement.

We thank you for your interest in volunteering to help with activities for Griffin Park students.



**Healthy Schools  
Healthy Futures**



**Alberta Health  
Services**

### Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health, immunization history, and travel plans, a healthcare provider can assess your health risks and advise you on immunization requirements, your need for preventative medication and how to avoid health risks.

Currently, there is a world-wide risk for red measles.

Please contact your local Public Health office, a pharmacist specializing in travel health, or your physician at least six weeks before departure for an individual health assessment.

Go to [www.travelhealth.gc.ca](http://www.travelhealth.gc.ca) for more information.



### What is “Physical Literacy”?

Just as kids need to develop reading and writing, they also need to develop their physical literacy.

Canada's Long-Term Athlete Development (LTAD) program, defines physical literacy as “*a sound foundation of fundamental movement and sports skills*”. It means developing agility, balance, coordination and speed; being able to move comfortably in different environments – on the ground or in the water; and mastering skills like throwing, catching a ball, riding a bike and skating. “Many children develop good physical skills by trial-and-error, but many do not,” reports the LTAD program's *Developing Physical Literacy* guide for parents. “Children tell us that not having the skills to play is one major reason they drop out of physical activity and organized sport.” With physical literacy, kids are more likely to be active, and this will help them stave off health problems such as obesity and chronic disease.

To find out how to enhance your child's physical literacy go to: [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca)



**CANADIAN  
SPORT FOR LIFE**

## Physical Activity & Mental Health: Move Your Mood

Stress is something we all experience. Research has shown the strong relationship between physical and mental health and long term stress. Exercise can lower our anxiety levels and distract us from what we perceive as stressful.

A leisurely stroll through a park can sometimes provide us with the break we need to get our minds off a problem that is consuming us. Deep breathing is also an effective way to lower our heart rate and calm our bodies so that we can face our troubles. When we are feeling blue, getting up and doing something physical can help lift our spirits and give us the energy we need to make healthy choices and feel better.

# Stay Winter Active!



**Participate in Winter Walk Day!**

**February 8, 2012**

Celebrate winter by walking at least 15 minutes outside your home, school, workplace, or favourite area!

# StepUp Alberta!



**Join Griffin Park for Winter Walk Day!!**

Meet at

Time

For info call:

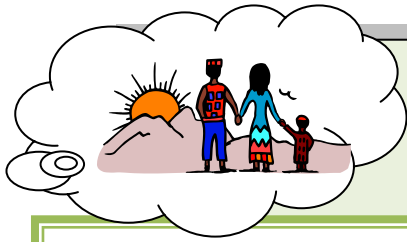
or Email:

## Lost and Found

Is your child missing a toque or a mitt. Please come and check the lost and found boxes located in the Grade 3/4 hallway and in the Grade 5 hallway. Lost and Found items will be displayed Feb 13th to 16th. Items will be kept for two weeks after, and then donated to a local charity.







# Acting Out Behavior and Adult Response

Strategies to Improve Behavior



February 2012

**Ask yourself**

Do you have **rules**? Are they clear and specific?  
Do your kids know what they are?

Do your kids know what the **consequences** will be? Do you apply them consistently or plead, beg, and continue to warn the child?

Are you able to effectively consequence your child without raising your voice, getting angry, or becoming verbally or physically abusive?

Do each of your children feel as though the consequences are applied fairly to all?

Acting Out Behavior can be verbal or physical. There are levels of behavior that an individual experiences when becoming agitated and appropriate responses for each level. Adults can influence crisis situations in either a positive or a negative way. Are you aware of your verbal and nonverbal communication? Adults generally have less confidence in dealing with agitated individuals. As the individual becomes increasingly agitated parents may become more verbally or physically aggressive. Restraint should be used only as a last resort and if required to ensure the safety of the individual or others.

Be specific about the behavior you want to stop. "No hitting"  
Tell the child what positive behavior you want to see instead.

"Use your words"  
Give positive reinforcement  
When you see appropriate behavior. "Thank you for being patient and asking"

Talk less. Avoid lecturing, nagging, interrogating and moralizing. You can, and should, talk about it later when everyone is calm.

Appear confident. You are the adult and you are in charge.

Stay calm and be firm. Handle the situation in a respectful manner.



Need more information? Have questions?

**When? Last Wednesday** of each month  
9:30 to 11 a.m. – Parents

**Where?** PUF Meeting Room  
\* entry through rear entry of Sunrise School\*

**Register with Dawn** by Monday, February 27, 2012  
(403) 362-8684  
dawn.schlosser@grasslands.ab.ca

## Resources

### Nonviolent Crisis Intervention® Training

CPI's training programs emphasize early intervention and nonphysical methods for preventing or managing disruptive behavior.

NVCI Training, Level 1, Level 2 and Autism specific can be provided by Lee Westre, certified instructor.

<http://parentscanada.com/tweens/behaviour/attitude-adjustment.aspx>

*Lee Westre, Behavior Specialist*

[lee.westre@grasslands.ab.ca](mailto:lee.westre@grasslands.ab.ca)

[www.leewestre.com](http://www.leewestre.com)

<http://www.zerotothree.org/child-development/challenging-behavior/tips-tools-challenging-behaviors.html>

<http://www.pbsc.info/>

# FEBRUARY 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2 <i>Grade 6 Basketball</i>	3	4
5	6 <i>District Wide Professional Development Day No School</i>	7 <i>Grade 6 Basketball</i>	8 <i>Gym Riot Grade 3/4 3:15-4:30 Winter Walk 11:40 - 12:05</i>	9 <i>Gym Riot Grade 5/6 3:15-4:30</i>	10	11
12	13	14 <i>Grade 6 Basketball Last Practice</i>	15 <i>Parent Council Meeting 7:00pm</i>	16	17	18
19	20 <i>Family Day</i>	21 <i>Lieu Day</i>	22 <i>Lieu Day</i>	23 <i>Teacher's Convention</i>	24 <i>Teacher's Convention</i>	25
<b>NO SCHOOL THIS WEEK</b>						
26	27	28	29			