

December 1, 2022

Volume 3 Issue 14

Kodiak Kronicle

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Upcoming

December 2

Junior B Girls Volleyball
Tournament

December 5

Professional Learning Day
No Classes

December 15

Healthy Hunger – Hot Lunch

December 16

Kodiak Spirit Day
Wear Red/Green/Festive
Sweater Day

December 20

Winter Concert – 1:00pm

December 23

First Day of Winter Vacation

January 9

First Day Back from Winter
Vacation

Dear Kodiak Families,

Students are excited that it is the first of December. This week the weather has kept us indoors for most of the day. A reminder that Monday, December 5th is a Professional Learning Day so there are no classes for students.

Families who ordered Kathyrn Kodiak Hoodies were distributed today. Families who ordered Kathyrn Kodiak Hats will be receiving these next week.

Please find attached updated information from Rocky View Schools regarding SafeArrival.

Meet our staff

Mr. Brar is our Head Building Operator. He is responsible for ensuring our building is safe and clean for our students and staff. Mr. Brar has worked in Rocky View Schools for over two years and he joined Kathyrn Staff in June of 2022. Mr. Brar enjoys our students and getting to know our community. Outside of school, Mr. Brar enjoys spending time with his family and playing tabla which is a type of drumming.

Hello Parents and Guardians of Kathyrn School,

We would like to announce our annual food drive! Our school has a goal to bring 1214 food items to donate. The food drive will be from December 2 to December 16. We would like to encourage students to bring nonperishable food items to their classes. We would appreciate your generosity. These items will be donated to the Irricana Food Bank.

From Kathyrn School Leadership Class.

Basketball Skill Development

Students in grades five through eight have been having an opportunity to work on their basketball skills during the lunch hour. Students in grades 7 and grade 8 have skill development on Monday and Wednesdays from 12-12:30 and students in grades 5 and 6 go on Tuesdays and Thursdays from 12-12:30. In January the basketball teams will begin to practice, Junior B Boys and Girls will be practicing afterschool. The Grade 5/6 Basketball teams will be practicing at lunch hour. Mr. Schenk, Mr. Stabler, Mrs. Shierman, Mrs. Stern and Ms. Ruzicka are assisting with the basketball skill development as well as coaching in the New Year.

School Council

Our next School Council meeting will be held on Thursday, December 8th at 8:45 am in person at the school and via zoom. If you are attending in-person please sign in at the office.

Join the Zoom meeting

<https://rockyview.zoom.us/j/3229279250>

Meeting ID: 322 927 9250

Passcode: 9354291

The email address for School Council is
kathyrn-schoolcouncil@rvschools.ab.ca

More Important News

This week we have had indoor recesses due to the weather. Students have been playing games, learning crafts, reading and building items.



Winter Art Projects



Science – Grade 8 Frog Dissection



Child Development Advisor
(CDA), Ms. Ludwig

What to do when your child
complaints?

(applicable to ALL ages)

One of the best things you can do is to LISTEN and validate what they're feeling in the moment. Often it is the **most effective** approach as it lets them know they're being heard and understood.

Attached is an excellent guide for parents (or teachers) on how to handle a child's (or anyone else's) complaints in a positive way -- so that the person feels HEARD and VALIDATED.



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Subject: Updates to absence reporting

Dear parents and guardians,

Rocky View Schools uses an absence reporting system called **SafeArrival** which allows parents/guardians to report absences in advance. This communication is to inform you that **attendance options are changing** within the system to make it easier for parents/guardians to report specific reasons for absences.

The changes in absence reporting will enable us to better track illness and injury within the division while offering parents/guardians the option to declare absences for cultural events, family, vacation, and unavoidable reasons.

Updated Absence Reason Options (effective Dec. 6, 2022):

Absence Reason	Description
Appointment	The student is out of school for a health-related appointment (counselling appointment, dental, medical, etc.).
Cultural	The student is out of school for a cultural, spiritual, or ceremonial event.
Family	The student is out of school for family reasons (e.g., lack of childcare for a parenting student, care for a sick relative, legal proceedings, and bereavement for a family member).
Illness/Injury	The student is out of school because of personal physical/mental health/illness or injury.
Unavoidable	The student is out of school because of transportation, weather, or infrastructure barriers.
Vacation	The student is out of school because of family vacation or involvement in extracurricular activities that are not sponsored by the school.
Late	The student arrives to class more than 10 minutes after the start time.
Early Departure	The student is leaving early and cannot attend entire class.

If a student is leaving early and/or returning part-way through the day, please follow the school's specific procedure (e.g., signing out/signing back in at the office).

If you have already submitted an advance notice of absence for a date after Dec. 6 using the old options, please resubmit the absence after Dec. 6 using the new attendance options. We apologize for the inconvenience.

How to Use SafeArrival

If you are unfamiliar with **SafeArrival**, here are three convenient methods to use when reporting your child's absence in advance:

1. Using your **mobile device**, download and install the SchoolMessenger app from the Apple App Store, the Google Play Store, or via the links on the [SchoolMessenger website](#).
 - The first time you use the app, select Sign Up to create your account.
 - To report an absence, Select Attendance.
2. [Use the SafeArrival website](#).
 - The first time you use the website, select Sign Up to create your account.
 - To report an absence, Select Attendance.
3. Call the **toll-free number** (1-833-244-5565) to report an absence using the automated phone system.

These options are available 24 hours/day, seven days a week. Future absences can be reported at any time. Thank you for your patience and cooperation as we implement these changes. [This information is also available on the RVS website](#).

Thank you for your understanding as we transition to the new options.

7

POWERFUL WAYS TO RESPOND WHEN YOUR CHILD COMPLAINS

by Big Life Journal

1

DEFINE IT

- Discuss the “nice voice” or “**calm voice**” inside everyone. How does that voice sound? Practice asking for things with a calm voice.



2

LISTEN AND VALIDATE

- Make eye contact, do not interrupt, and accept without judging.
- Use the “**I hear you...AND**” method: “*I hear that’s not what you wanted...AND we have no control over the weather.*”



3

GIVE A CHOICE

- When your kids start to complain, clarify **what they want to happen** as a result. Say, “*It sounds like you’re frustrated right now. Do you need to vent or do you want to make a plan?*”
- Encourage them to switch from complaining to **problem-solving** mode. Say, “*Let’s think about what we can do to fix this situation.*”



4

REPHRASE AND REFRAME

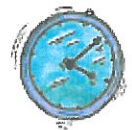
- Rephrase complaints as a “**want**” or a “**wish**.” Say: “*You want a different toy?*” (The message: you’re a child who knows her likes and dislikes).



5

SET LIMITS

- Give a **time limit** for complaining. Say, “*You can say one more negative thing, but then say 5 positive things that happened today.*”
- Set aside a **daily “complaint time”**.



6

RESPOND PLAYFULLY

- Once kids know about their “strong voice” and how to use it, playfully offer to find it when it disappears.
- Say, “*Hey, where did your strong voice go? It was here a minute ago...Help me look. HEY! You found it! Now let me hear you use it!*”



7

FIND THE GOOD

- Empathize and then help **notice** the positive.
- Empower with questions: What can you learn from this? How would you like things to be? How can you take it there?



10 POSITIVE RESPONSES

to common child complaints

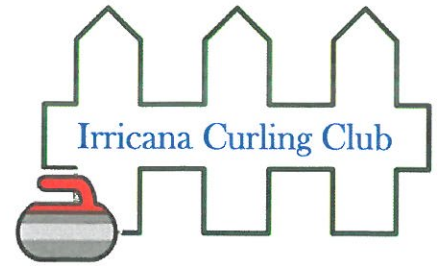


- | | | | |
|-----|--|---|--|
| 1. | "I DON'T LIKE MYSELF." | → | "YOU DON'T LIKE YOURSELF... THAT SOUNDS LIKE IT DOESN'T FEEL VERY GOOD." |
| 2. | "I'M BORED." | → | "YOU WISH THIS WAS MORE INTERESTING." |
| 3. | "I'M NOT GOOD AT THIS." | → | "YOU THINK YOU'RE NOT GOOD AT THIS. DO YOU WANT ME TO HELP?" |
| 4. | "I MISS MY OLD FRIENDS." | → | "YES, YOU MISS THEM SO MUCH. YOU WISH YOU COULD GO BACK AND SEE THEM." |
| 5. | "THIS IS DUMB." | → | "YOU WISH THIS WAS MORE ENTERTAINING." |
| 6. | "HE ALWAYS GETS HIS WAY." | → | "YOU WISH THINGS TURNED OUT DIFFERENTLY." |
| 7. | "I DON'T WANT YOU TO....." | → | "YOU'RE SAYING NO TO ME DOING THIS. I HEAR THAT." |
| 8. | "I DON'T LIKE THIS." | → | "YOU WISH YOU GOT SOMETHING DIFFERENT." |
| 9. | "BUT I WANT IT NOW!" | → | "YOU WISH YOU COULD HAVE IT RIGHT NOW." |
| 10. | "WHY DOES SHE ALWAYS GET BETTER STUFF THAN ME?!" | → | "YOUR SISTER GOT THE GIFT YOU WANTED. I SEE. YOU WISH YOU HAD HER GIFT." |

Acknowledging their feelings and letting them be.

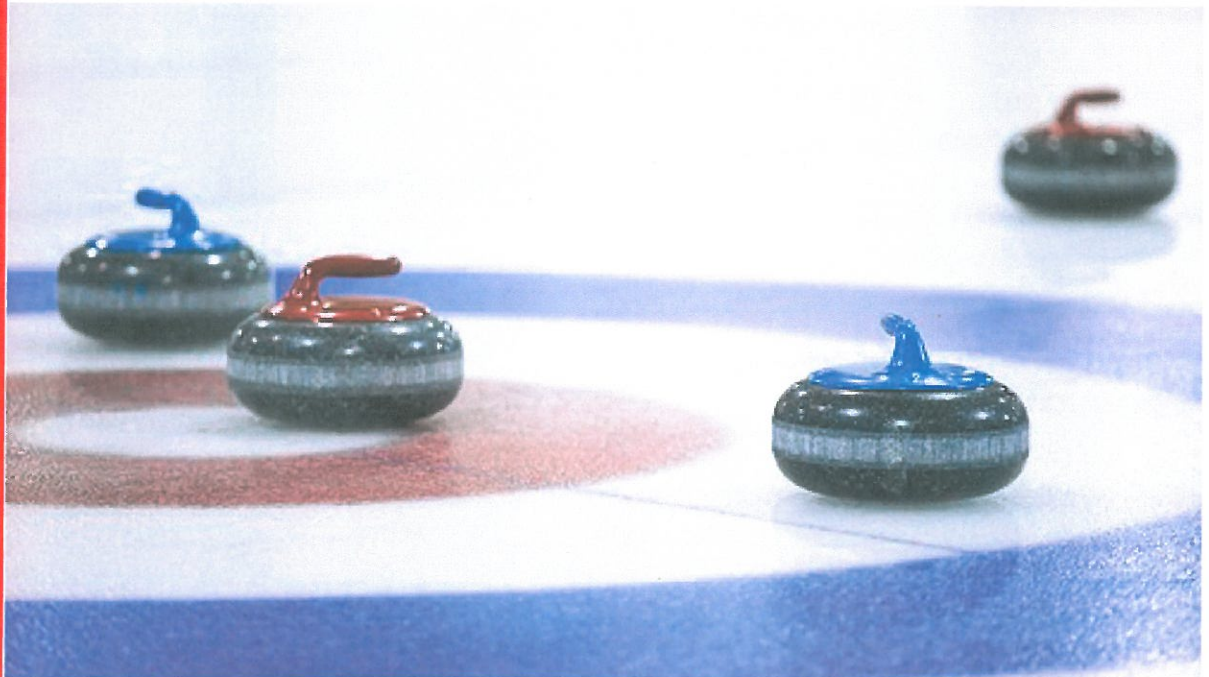
Irricana Curling Club

302 3rd Street Irricana, AB T0M 1B0



2022-2023

Junior Curling



Monday nights 6:30 – 7:30pm

Monday November 28 to March 13

Grades 3 – 12

\$25

Call Julina at 587-572-3462 to register



No special equipment is required, however your child must have a **helmet, clean rubber soled shoes** and **warm clothing**.