

Kodiak Kronicle

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Upcoming

December 16
Kodiak Spirit Day
Wear Red/Green/Festive Sweater Day
Last day of food drive

December 19
Kodiak Spirit Day - Candy Cane Day

December 20
Winter Concert – 1:00pm

December 21
Kodiak Spirit Day – Dress like a Grinch Day
Home Reading – Exchange books

December 22
Kodiak Spirit Day –Toasty Thursday wear festive/unique socks/hats

December 23
First Day of Winter Vacation

January 9
First Day Back from Winter Vacation

Dear Kodiak Families,

Tomorrow is the last day of the Annual Food Drive of nonperishable items for the Irricana Food Bank. Thank you to the families who have already generously donated.

Safe Arrival – Student Absences

If you have more than one student enrolled at Kathyrn and they are all absent, families need to submit an absence for each student. If not, the absence will stay as “AU” and you will receive notification of the absence.

Home reading book exchange will occur on Wednesday, December 21.

Meet our staff

Mrs. Kelk is our grade two homeroom teacher. She has worked at Kathyrn School for many years. Mrs. Kelk has taught Grade 3, 5, and 6. When not teaching, Mrs. Kelk enjoys reading, family movie and game nights (including video games) and teaching her quaker parrot “Pickles” to say new things.

January 16-19 – Alien In-Line (<https://alieninline.com/>)

This week, families have received the consent form for Alien In-Line which is occurring January 16-19th. All signed consent forms need to be returned by Friday, January 13th. All risks and dangers associated with the program were provided in the parent letter and on the consent form.

Kodiak Spirit Days

December 19 – Candy Cane Day. Leadership students will be handing out candy canes.

December 21 – Dress like a Grinch – wear green

December 22 – Toasty Thursday wear festive/unique socks and/or hats.

Winter Concert – December 20th at 1:00pm

Our Winter Concert is scheduled for Tuesday, December 20th at 1:00. This is a live event and there will not be additional recordings or live links. We ask that all guests enter through the main office door entrance. There will be leadership students at the office to bring guests to the gym. Doors will open at 12:45pm.

At the end of the concert, if you are picking up your child, please contact the homeroom teacher, please sign out students at the office and contact your child’s bus driver.

School Council

Our next School Council meeting will be held on Tuesday, January 10th at 6:00pm in person at the school and via zoom. Join the Zoom meeting <https://rockyview.zoom.us/j/3229279250> Meeting ID: 322 927 9250; Passcode: 9354291

kathyrn-schoolcouncil@rvschools.ab.ca

More Important News

Grade 8 Science – Mr. Schenk

The grade 8's created model projects of a plant and animal cell. Students went above and beyond making different ways of showing the plant and animal cell and the different parts. In class, students completed mini presentations and practiced their public speaking skills. Great job grade 8's!!!



CTF Foods – Ms. Rott

For their first lab in easy meals, students in grades 6-8 made pancakes.



Child Development Advisor (CDA), Ms. Ludwig

Have you ever told your child “You are fine!” when they fall, get hurt or something goes wrong?

When a child is told “You are fine”, they may feel misunderstood...It may make them feel like their feelings (pain, embarrassment, or frustrations) are not being acknowledged and that they are not real.

Being understood is **essential to feeling connected and supported.**

This week’s helpful tip for parents (below), “**What to say instead of: “You’re Fine”**”, will help you flip the script to help your child reflect on their feelings and offer validation to support them.

This ultimately **makes them feel safe and grows their self-compassion and the capacity to be empathic with others.**

Please see attached.

"YOU'RE FINE!"

Can make your child feel unheard and invalidated.

THEY THINK: "MOMMY SAYS I'M FINE BUT I'M NOT..."

Situation: Your child falls off their bike and scrapes their knee.

When you say, "You are okay.":

Your child thinks:

"BUT I AM NOT OKAY! MY BODY IS IN PAIN, DOESN'T THAT MATTER?"

Your real message to your child:

"I DON'T BELIEVE IT HURTS, I WANT YOU TO STOP CRYING."

Instead, acknowledge your child's feelings and offer support:

"I BELIEVE THAT IT REALLY HURTS. WOULD YOU LIKE A HUG?"

Situation: Your child is upset about having a friend ignore them in class.

When you say, "It's not a big deal.":

Your child thinks:

"BUT I FEEL LOST AND UNWORTHY. I FEEL I WILL NEVER HAVE ANY FRIENDS. ISN'T THIS FEELING VALID?"

Your real message to your child:

"IT DOESN'T MATTER WHAT YOU'RE FEELING, JUST MOVE ON."

Instead, reflect their feelings and offer validation:

"I KNOW HOW HARD IT IS TO FEEL REJECTED. I'M HERE FOR YOU."

Situation: Your child is panicking about an upcoming test.

When you say, "You'll be fine....":

Your child thinks:

"BUT WILL I STILL BE LOVED AND ACCEPTED BY YOU IF I FAIL?"

Your real message to your child:

"YOU'RE OVERREACTING, IT'S NOT A BIG DEAL. YOUR FEARS ARE NOT VALID."

Instead, allow space for the fears to be discussed and shared:

"YOU'RE CONCERNED WITH WHAT WILL HAPPEN IF YOU FAIL. LET'S TALK ABOUT IT."

In all situations when your child needs emotional support:

1. Paraphrase your child's emotion back to them offering validation of their experience.
2. Let them know you are safe for them to be vulnerable with.