

Kodiak Kronicle

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Upcoming

December 13

Home Reading – Exchange books

December 15

Healthy Hunger – Hot Lunch

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

Home Reading – Exchange books
Winter Concert – 1:00pm

December 21

Kodiak Spirit Day – Dress like a
Grinch Day

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,

Rocky View Schools have approved an adjustment to the school calendar. The adjustment is that Monday, January 30th will be a regular school day and Friday, February 10th will be a professional learning day with no classes.

Families who ordered Kodiak hats were delivered to students today. As with the hoodies, we encourage families to write the name of their child in the hat to ensure that if it is misplaced, it is returned to the right person,

Any families who ordered Art cards, once they are delivered to the school, they will be given to students to take home.

Meet our staff

Mrs. Stern is one of our Learning Assistants. She works with and supports all students from kindergarten to Grade 8. For the past nine years, Mrs. Stern has worked at Kathyrn School. Previously she had worked four years at the private Kindergarten across the road. For the past 29 years, Mrs. Stern lives on a small farm in our community. Outside of school, Mrs. Stern is a member of many community organizations and she enjoys spending time with friends, family and her new grandbaby.

New Career Technology Foundations courses

This week our Grade 6, 7, and 8 students began Term 2 of their CTF courses. The Leadership class has organized Kodiak Spirit Days for the last week of December.

Monday, December 19 – Candy Cane Day – Dress like a candy cane

Tuesday, December 20 – Winter Concert

Wednesday, December 21 Dress like a Grinch Day – wear green

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

Annual Food Drive

The annual food drive is occurring from December 2 to December 16. Our school has a goal to bring 1214 food items to donate to the Irricana Food Bank. We would like to encourage students to bring nonperishable food items to their classes. We would appreciate your generosity.

[From Kathyrn School Leadership Class.](#)

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

More Important News

Friendship finders, students in grades six through eight, are sharing winter snow activities outside at both morning and afternoon recess with students to encourage friendly play.



During lunch hour, there are several activities that are occurring each week for students. Students who have speaking parts in Star bucks the musical are practicing; there is skill development for students interested in basketball (Grade 7/8 M, W, F) (Grade 5/6 T/Th), card games in the learning commons and board games for students.

Kathryn School Fundraising Society Casino

Thank you to all the parents that volunteered at our School Fundraising Casino this week. Special thanks to families where both parents volunteered their time. Extra thank you to the Grandpa's for volunteering to help us out – Leonard Wright, Don Gabruck & Murray Hanson – we really appreciated it!

School Council

Hello!

Please forward any general school council information to kathryn-schoolcouncil@rvschools.ab.ca account, and pass along to anybody who would like to be in contact.

Thanks,
School Council Chair Kate Culp

Child Development Advisor (CDA), Ms. Ludwig

Holidays can be such a fun time of year! Parties, music, and so many tasty treats fill our homes.

For many of us, all the sounds, tastes, and togetherness are what make the holidays so special.

However, these are the same things that can bring on anxiety, meltdowns, and overwhelm to many of us (including our children). Emotional regulation is harder than ever during this time of year.

If your child is sensitive to noises, seems more withdrawn, or has more meltdowns during the holidays, they may be experiencing holiday-related sensory overload.

Please see below **a tool to help cope with the holiday overwhelm.**

Feeling Overwhelmed?

Holiday Edition is a visual tool to help you and your child find activities to help calm and regulate emotions.

In addition to this flowchart, there is a child-friendly list of

FEELING OVERWHELMED? HOLIDAY EDITION

START HERE

Do you need to be alone?

NO

YES

TRY THIS

Take 5 deep belly breaths. Do you feel better?

YES

Great! If you still feel a little overwhelmed, you can go here.

NO

Find a friend or family member

CHOOSE ONE

Move OR Create OR Play outside

OR

OR

Play music and dance OR Kick a ball back and forth OR Make art together OR Bake together

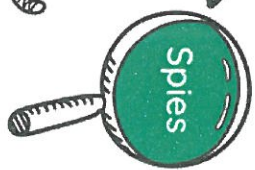
Play tag

OR

Pretend to be



Wild animals



Can you go outside?

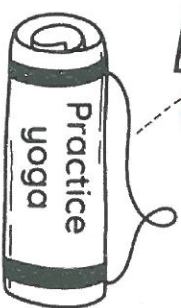
CHOOSE ONE

Quiet activity OR Movement

Do you have lots of energy?

Do you still feel overwhelmed?

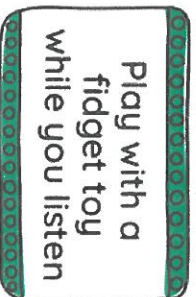
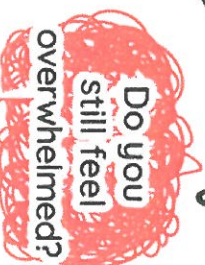
NO



OR

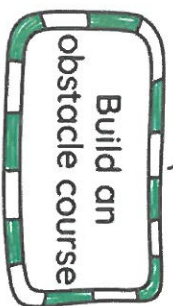


Put headphones and listen to calming music



Movement

CHOOSE ONE



YES

OR



Lay back and watch the clouds

Quiet activity



TOOLS + ACTIVITIES FOR WHEN YOU FEEL OVERWHELMED

* HOLIDAY EDITION *



WHEN YOU WANT TO BE TOGETHER

Calm Down Tools:

- ★ Puzzles
- ★ Mini massager
- ★ Board or card games

Calmning Activities:

- ★ Give hugs or massages
- ★ Take a walk together
- ★ Throw or kick a ball back and forth

WHEN YOU WANT TO BE STILL

Calm Down Tools:

- ★ Weighted or heated blanket
- ★ Noise-cancelling headphones
- ★ Sound machine

Calmning Activities:

- ★ Make art
- ★ Read a book
- ★ Listen to a guided meditation

WHEN YOU WANT TO BE INSIDE

Calm Down Tools:

- ★ Essential oils + diffuser
- ★ MP3 player with peaceful music
- ★ Fidget toys

Calmning Activities:

- ★ Chew on gum or hard candy
- ★ Build something
- ★ Solve a logic puzzle

WHEN YOU WANT TO BE ALONE

Calm Down Tools:

- ★ Blank books
- ★ Building toys
- ★ Stress ball

Calmning Activities:

- ★ Listen to music
- ★ Write/draw in a journal
- ★ Color in a coloring book

WHEN YOU WANT TO BE MOVE

Calm Down Tools:

- ★ Skipping rope
- ★ Yoga cards
- ★ Mini trampoline

Calmning Activities:

- ★ Put on music and dance
- ★ Punch a pillow
- ★ Practice yoga

WHEN YOU WANT TO BE OUTSIDE

Calm Down Tools:

- ★ Bubbles + wand
- ★ Swings
- ★ Balls to kick and throw

Calmning Activities:

- ★ Play imagination games
- ★ Run + climb
- ★ Watch birds + wildlife