

January 12, 2023

Volume 3 Issue 18

## Kodiak Kronicle

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## Upcoming

### January 13

Alien In-Line consent forms due

### January 16-19

Alien In-Line

### January 19

Healthy Hunger

### January 23

Kindergarten registration for the 2023-2024 school year

### Dear Kodiak Families,

For students participating in Alien In-Line next week, please tell your child what size of shoes they wear. This will assist when students are collecting their equipment.

- All students must wear socks.
- Helmets, safety gear, in line skates are provided
- Helmets –If students are bringing their own helmet it needs to have a safety certificate sticker attached e.g. CSA, CPSC, etc.
- **Please see <https://alieninline.com/> for more information**

### Meet our staff

Mrs. Jeske is our grade 5 homeroom teacher. Mrs. Jeske started her career by subbing in our area. She fell in love with our community and had an opportunity to join Kathyrn Staff. Mrs. Jeske has taught grade 4, 5 and middle school options throughout her career and has coached many middle school sports. In her free time, Mrs. Jeske enjoys being out in nature, hiking, snowshoeing and skating. She also enjoys spending time with her family and building train tracks with her son.

### Healthy Hunger

There are three new opportunities to order Healthy Hunger – Hot Lunch. The dates are January 19, February 16 and March 16. Please visit <https://healthyhunger.ca/> if you would like to order.

### Basketball Forms

Students interested in joining the following Basketball teams received their forms this week - Junior B Girls, Junior B Boys, Grade 5/6 Girls, Grade 5/6 Boys.

We ask that forms are filled out and returned to the school by Monday, January 16th.

Currently there are no grade 7/8 Girls who are interested in joining the Junior B Girls Team.

## School Council

Our next School Council meeting will be held on Thursday, February 9 at 8:45 in person at the school and via zoom. Join the Zoom meeting

[https://rockyview.zoom.us/j/32292792](https://rockyview.zoom.us/j/3229279250)

50 Meeting ID: 322 927 9250;

Passcode: 9354291

[kathyrn-schoolcouncil@rvschools.ab.ca](mailto:kathyrn-schoolcouncil@rvschools.ab.ca)

## More Important News

### Alien In Line – January 16-19<sup>th</sup>

#### Are students allowed to use their own skates during the Alien In-Line program?

Students are welcome to bring their own equipment. Be aware that their skates and protective gear may not be as “floor friendly” as ours, and that we are not responsible for damage caused by skates not provided by Alien In-Line.

Skates brought in by students **must have soft urethane wheels**; hard plastic wheels are not safe to use indoors and may damage the gym floor.

**Skates brought in by students must have a non-marking soft rubber heel brake**; hard plastic heel brakes are not safe to use indoors and may damage the gym floor.

**If personal skates do not meet the above specifications, students will be asked to not wear their personal skates.**

The Alien In-Line Instructor will decide what is suitable.

#### 2023-2024 Kindergarten School Registration Kindergarten Registration for the 2023-24 school year will be open for all schools in Rocky View Schools (RVS) on January 23, 2023.

Alberta's standardized age of Kindergarten entry requires students to turn five years old by Dec. 31 of the school year they begin Kindergarten. This means children born between Jan. 1 and Dec. 31, 2018, can register for Kindergarten for the 2023/24 school year.

All new registrations for Kindergarten must be completed through SchoolEngage, RVS' online registration system. During operational hours, schools will allow access to a computer and assist families who otherwise do not have access to a computer.

#### Winter Concert

Thank you to our students and staff for their hard work in preparing and presenting at the Winter Concert. Students did an excellent job in remembering their lines and songs after the winter break. Students were excited to perform in front of a live audience.



#### Child Development Advisor (CDA), Ms. Ludwig

Do you ever feel like you're constantly trying to get your child to follow directions, only to end up feeling drained and frustrated?

But what if I told you that **there's a way** to encourage cooperation, strengthen your bond with your child, and avoid those pesky power struggles?

It might sound a little counterintuitive, but one of the best things you can do for your child is to **say "NO" less often.**

When we use positive language and focus on clear communication, we give our children the opportunity to reflect on natural and logical consequences.

This helps them understand boundaries, and it can lead to stronger, more genuine connections with our little ones.

This week's parenting guide: "**3 Ways to Say 'NO' Less**" is full of practical tips and strategies to help you become a more effective parent while striking that balance between setting boundaries and fostering a strong bond with your child.

## 3 WAYS TO SAY "NO" LESS WHILE STILL BEING AN EFFECTIVE PARENT:

USING THE WORD "NO" CAN BECOME A PARENTAL REFLEX:

No running in the house!

No hitting!

No yelling!

After a while, your child tunes out.

What if you could be more effective with your "no" when you DO use it?

It might sound odd...  
but saying "no" LESS, could be exactly the change you need.

### 1 Focus on the behaviors you DO want to see

"Use a **quiet voice** please."

"**Walk** when you're inside the house."

### 2 Offer an alternative

"You can have a piece of candy **after dinner.**"  
**Instead of** "no candy."

"You can visit your friend **once your homework is done.**"  
**Instead of** "no playdate tonight."

### 3 Provide a reason WHY

"You need to eat healthy food to **keep your body strong.**"

"Family time is **our priority today.**"

Yes, children still need **boundaries...**

But using positive language will strengthen your relationship with your child and lead to better cooperation.