

Kodiak Kronicle

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Upcoming

- January 23**
Kindergarten registration for the 2023-2024 school year
- January 24**
Home Reading Book Exchange
- February 3**
Kodiak Spirit Day
Fun and Funky Hair Day
- February 10**
Professional Learning Day
No Classes
- February 15**
Pink Shirt Day
- February 17**
Kodiak Spirit Day
Backwards Day

Dear Kodiak Families,

Our students enjoyed Alien In-Line this week! Thank you to our Instructor Ashley, to our volunteers and staff for assisting our students. We were able to utilize Walk-A-Thon donations and a previous credit to cover the cost. Because of this we were able to offer this at no cost to families. The total cost for Alien- In-Line was \$2646.00.

Meet our staff

This is Mr. Drummond’s 7th year teaching at Kathryn in the middle school grades. Though he studied geology in university, he spent 15 years working in the new home building industry designing home theaters and home automation systems before returning to school to become a science teacher. When he’s not teaching or coaching, he can often be found in the mountains hiking and skiing with his wife and 2 kids.

Kodiak Spirit Days
Our CTF Leadership students are busy organizing Kodiak Spirit Days.

- February 3 – Fun and Funky Hair Day
- February 14 – Valentine's Day Activities
- February 15 – Pink Shirt Day
- February 17 – Backwards Day

Terry Fox Donations

Thank you so much to everyone who donated to this year’s Terry Fox Run/Walk. We recently received our final total. Congratulations to everyone at Kathryn School for raising **\$1,255.00** for cancer research and surpassing our previous year's fundraising total!

Upcoming February Dates

- February 20 – Family Day (No Classes)
- February 21 – Vacation (No Classes)
- February 22 – Vacation (No Classes)
- February 23 – Teachers' Convention (No Classes)
- February 24- Teachers' Convention (No Classes)

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/3229279250>
Meeting ID: 322 927 9250;
Passcode: 9354291
kathyrn-schoolcouncil@rvschools.ab.ca

More Important News

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.

Alien In-Line



Positive Behavioural Interventions and Supports (PBIS)

This month's focus is showing accountability by Being Your Best Self. Students in Mrs. Hassett's grade 3 class are teaching the rest of the school about expected behaviours by creating posters, reading stories to other classes and presenting during morning Zoom announcements.

Child Development Advisor
(CDA), Ms. Ludwig

Has your child come to you upset about something and you naturally want to cheer them up? For example, you're playing a game together and your child starts to show frustration because they aren't winning, you try to cheer them up by saying "It's okay, it's just a game!" Sometimes our good intentions to offer comfort in moments of frustration and anger may come off as invalidating to our children.

It's completely healthy to have "negative" emotions. In fact, we can help our children acknowledge their emotions as the first step to regulating them in a healthy way.

In this week's parenting guide "**How to Avoid Toxic Positivity with Your Child**", you will find tips on how to validate your child's feelings and help them move forward when things feel tough.

HOW TO AVOID TOXIC POSITIVITY WITH YOUR CHILD:



You may use Toxic Positivity when you don't know what to say or you feel uncomfortable with your child's difficult emotions.

IT'S NOT A BIG DEAL!

JUST STAY POSITIVE!

These messages signal to your child that it's **NOT** okay to feel strong emotions.
But science shows **NO** emotions should be suppressed or avoided.

When your child says:

"I'm sad that we have to move to a new place."

Instead of toxic positivity:

"It's okay, you will find new friends in no time!"

Reply with:

"It's okay to be sad. We often feel sad when we have to say goodbye."

When your child says:

"I'm frustrated I keep losing in this game!"

Instead of toxic positivity:

"It's just a game, you'll win next time!"

Reply with:

"It is frustrating not to win. I hear you. I don't like losing either."

Your child will find comfort through feeling validated and heard.

Let's teach children that, while being positive is great,
it's also okay to NOT be okay.

