

## Kodiak Kronicle

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### Dear Kodiak Families,

This week we have continued to have nice weather during the days and then freezing at night. This has resulted in the roadway in front of our school and the parking lot being slippery. Mr. Brar, our Head Building Operator, spreads sand every day and Rocky View Maintenance was out on Wednesday sanding. We would like to ask our students, families and staff to please walk carefully.

### Meet our staff

This is Ms. Ruzicka's third year as Principal of Kathyrn School. Kathyrn School was the first school Ms. Ruzicka worked at when she moved from BC to Alberta in 2002. Coming back to Kathyrn School has felt like coming home as the students, staff and community are extremely welcoming and Kathyrn School is an amazing place to work. Outside of school time, Ms. Ruzicka spends time in the Kootenays, travelling, fishing and enjoys connecting with family and friends.

### Swimming Lessons

Students in grades Kindergarten to grade 5 will have an opportunity to take part in swimming lessons at the Strathmore Aquatic Centre on Tuesday, April 25, Thursday, April 27, Tuesday, May 2 and Thursday, May 4. Field trip forms and more information will be coming out in March. We always appreciate volunteers to assist on these days.

### Three-Way Conference Dates

There will be two more three-way conference dates coming up this spring. Conferences are on Thursday, March 9<sup>th</sup> from 4pm-7pm and Thursday, May 4<sup>th</sup> from 4pm-7pm. Conferences will occur in-person, via zoom or via phone call. If you have any questions about your child's learning prior to conferences, please contact the homeroom teacher.

## Upcoming

### 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

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

50 Meeting ID: 322 927 9250;

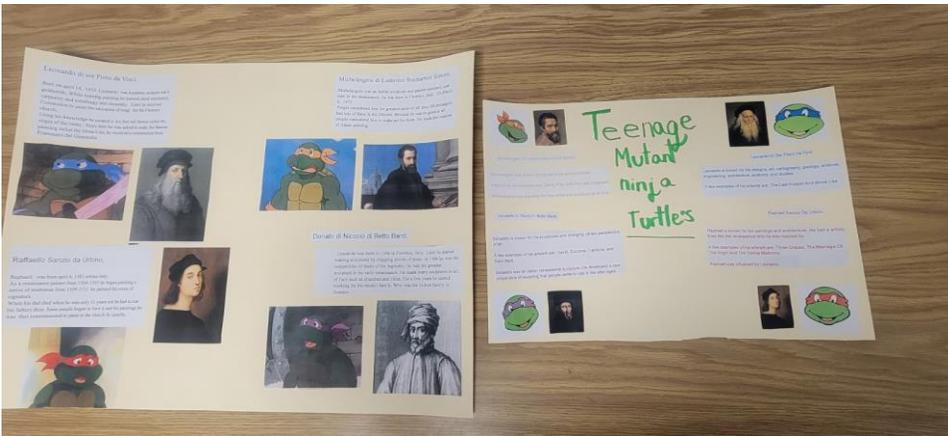
Passcode: 9354291

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

## More Important News

### Grade 8 Social Studies

Students in grade 8 are learning about the Renaissance. Students recently learned that the Teenage Mutant Ninja Turtles were real people and named after 4 famous artists. After researching the “real” Ninja Turtles, students created a new turtle based on a Renaissance personality and explained why that person would make a great addition to the turtle team.



### Grade 6, 7 8 CTF – Foods

Students in Foods have had the opportunity to cook some simple breakfast foods such as French toast and pancakes. After trying some recipes provided together, students collaborated in a group to choose a recipe, research the ingredients, make a shopping list and determine the cost per serving. The groups made a good selection of breakfasts including lemon muffins, crepes, banana chocolate chip pancakes and cinnamon glazed pancakes.



Child Development Advisor (CDA), Ms. Ludwig

Does your child give a negative response when asked to do their “chores”? Simply reframing the word “chores” to another word can result in a positive response. Because kids respond very differently if you reframe chores and start calling them “responsibilities,” “ways to be helpful,” or “family contributions”, instead. A name change may seem simplistic, but the language is powerful and can make a big difference in the way children view helping around the house.

This week's parent tip is a set of fun **contribution trackers**, as well as a list of effective tips to get your child to do chores. Print them out and invite your child to track the days they contribute. Whether or not they have daily chores, they will be proud to color in the days they were helpful.

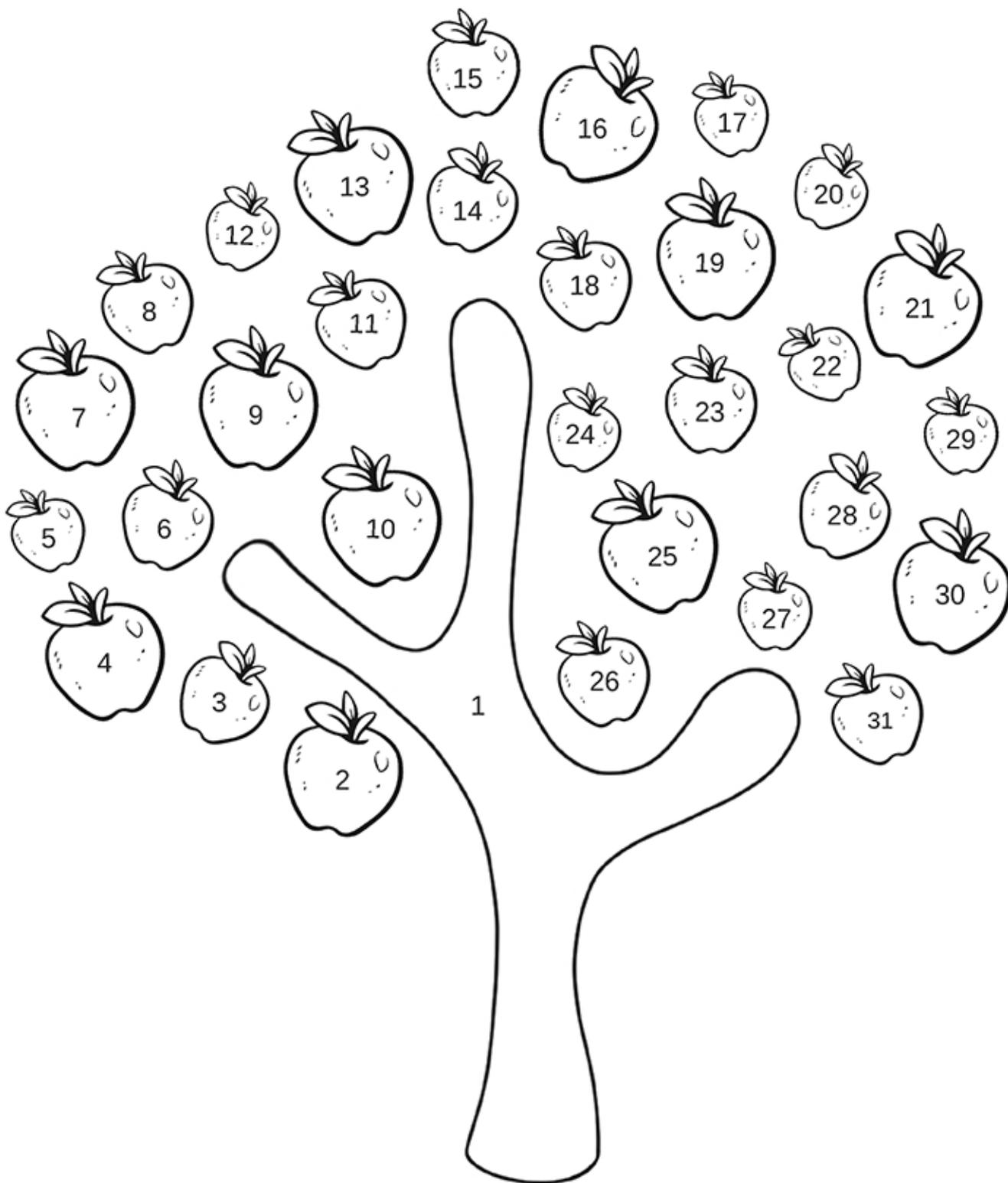
# CONTRIBUTION TRACKER

This leaf is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



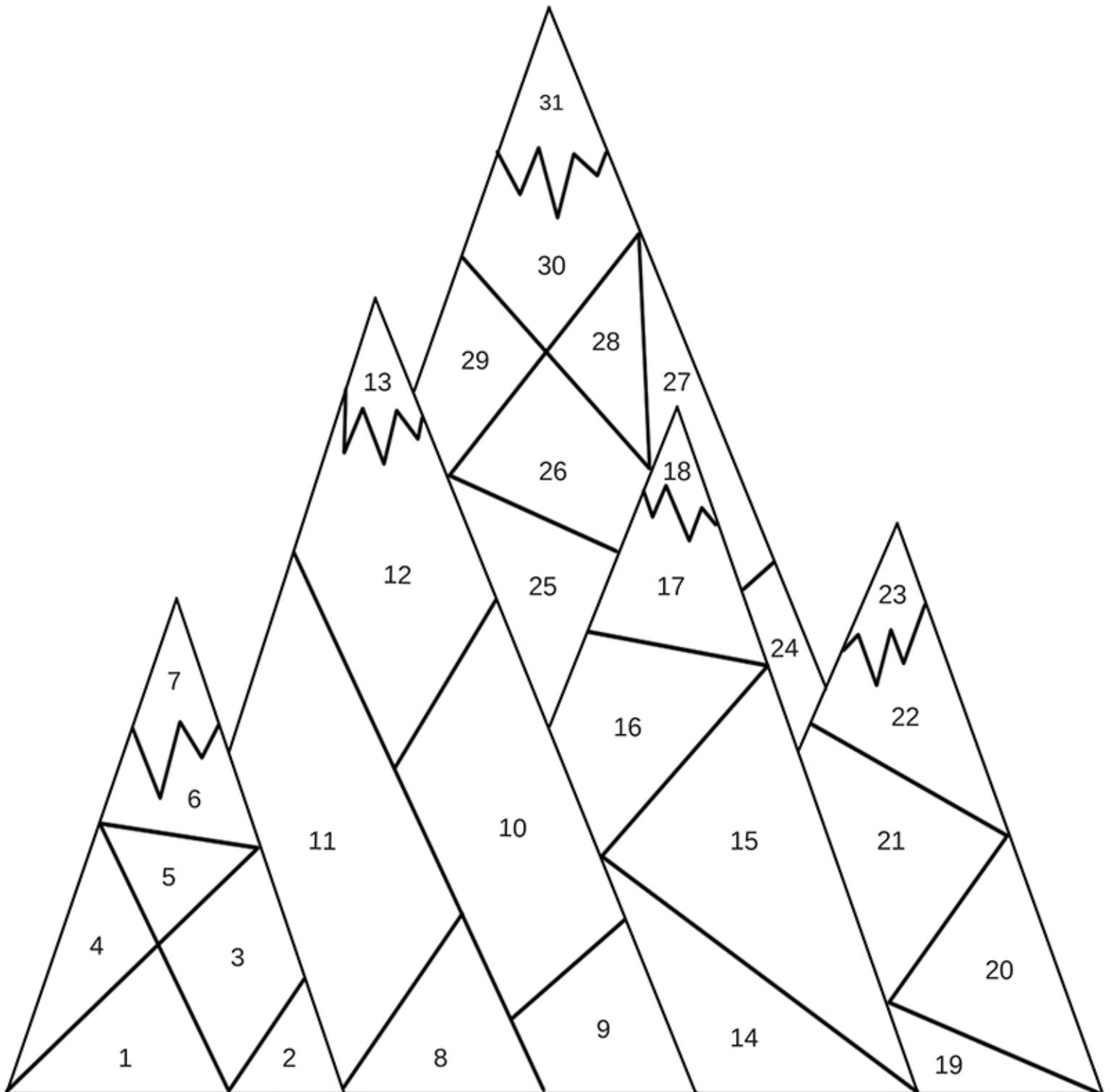
# CONTRIBUTION TRACKER

This tree is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



# CONTRIBUTION TRACKER

This mountain is broken into 31 parts, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



# CONTRIBUTION TRACKER

There are 31 leaves, one for each day of the month (certain months have less than 31 days). Color in each day when you contributed to your family -- cleaned up, organized, helped make a meal, or anything else.



# 5

# Effective Tips to get your

# KIDS

## TO DO CHORES

by Big Life Journal

### ★ STRESS-FREE ★

#### Don't call them "chores"



- **Reframe chores** by calling them "responsibilities," "ways to be helpful," or "family contributions."
- Emphasize it's every family member's responsibility to help take care of themselves and one another.
- Creating a **family manifesto** is a fun way to internalize these values.
- Children are much more willing to help around the house when they view these tasks as a meaningful way to **contribute to the family**.



#### Set a positive, cheerful tone



- Remember to set a good example. If you grumble about your responsibilities and family contributions, children will likely do the same.
- Try our **50 Positive Phrases to Build Resilience in Kids**, available in our Growth Mindset Printables Kit. Hang it anywhere you need a reminder.



#### Set reasonable expectations



- Ask your children to complete *age-appropriate* chores.
- If they're struggling, ask if there's anything you can do to be helpful: **"It seems like you're having trouble getting started. Is there something I can do to help?"**
- Complete the chore with the child the first several times, if necessary.
- Use our **"Power of Yet"** printable, from our Growth Mindset Printables Kit, to help your kids track the chores they are learning to do.



#### Create visuals



- It's an excellent way to provide support and set them up for success.
- **"Ways to Be Helpful"** visual. These will be images of your children doing age-appropriate, helpful tasks around the house.
- **Step-by-step** picture instructions for how to complete a task.
- Pictures depicting where items belong in the house.



#### Offer choice



- Offering choices often increases a child's willingness to help around the house.
- You might ask, **"Do you want to take out the trash or sweep the kitchen?"**



#### BONUS TIP: Praise effectively

- When children help around the house, offer encouragement to reinforce the behavior.
- You might say, **"You set the table so we could all enjoy a meal together. Thank you, that was helpful!"**



# Community Education Service



*Improving emotional health and well being*

## Supporting Your Child's Journey to Wellness

Carmen McCarty - Youth Facilitator, RSW

Amanda Tailleir-Marshall - Youth Facilitator, Diploma in SW

Closer to Home Community Services

You will learn about teenage brain development, mental health statistics affecting our youth and how to advocate for your youth.

**March 15, 2023**  
**12:00 PM – 1:00 PM**



**Click here to  
Register**

**FREE**

**Online Event**

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with  
**Closer to Home Community Services**

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/> 403 955-4730

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**Closer to Home Community Services**

You will learn about teenage brain development, mental health statistics affecting our youth and how to advocate for your youth.

**April 18, 2023**  
**6:30 PM – 7:30 PM**



**Click here to  
Register**

**FREE**

**Online Event**

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with  
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