

Kodiak Kronicle

Telephone: 403.935.4291

Twitter: @KathyrnSchool

Website: kathyrn.rockyview.ab.ca

Facebook: <https://www.facebook.com/KathyrnSchool/>



Dear Kodiak Families,

Just a reminder that Friday, November 11 is Remembrance Day and there are no classes. Monday, November 14 is a Professional Learning Day and there are no classes. On November 14, our staff will be experiencing and learning from lectures, conversation with an elder and an opportunity to visit the museum at the Blackfoot Crossing Historical Park.

Meet our staff

Miss Sevcik has taught in the Kathyrn area for many, many years. She started teaching at the Independent Kindergarten that was housed in the little schoolhouse across the road. The current grade 8 class were the first kindergarten class in Kathyrn School. She was raised on a mixed cattle and grain farm near Hussar where she attended grades K-12. Miss Sevcik participated in many 4-H projects, showed purebred cattle in the summers, figure skated, played ringette and school sports during the winter. She has a Degree in Sociology from Augustana University and an Education Degree from the University of Alberta. Miss Sevcik now enjoys the mountains, yoga, boxing, and Broadway Musicals. She spends her time outside of school with family, friends, and her Mini Australian Shepard dog, Delilah. Miss Sevcik and Delilah have recently started volunteering with Community Therapy Dogs Society. Miss Sevcik has always felt very welcomed and at home in this community and cannot imagine teaching anywhere else!

SafeArrival

Families received information about SafeArrival which is a student absence reporting system. Families can report absences in advance through a mobile device, website or toll-free number. We are asking all families to begin using SafeArrival starting **Tuesday, November 15th**. Please see information attached.

Grade 5 and Grade 6 Volleyball

Congratulations to our three volleyball teams. Thank you to Mrs. Adams, Mr. Drummond and Mr. Schenk for coaching.



Upcoming

November 8

Home Reading book Exchange

November 10

Grade 6 Vaccinations

Remembrance Day Ceremony

November 11

Remembrance Day – No
Classes

November 14

Professional Learning Day – No
Classes

November 15

Home Reading book Exchange

November 18

Kodiak Spirit Day
Jersey Day/Favourite Team
Color Day

School Council

Our next School Council meeting will be held on Thursday, December 8th at 8:45 am in person at the school and via zoom. If you are attending in-person please sign in at the office.

Join the Zoom meeting

<https://rockyview.zoom.us/j/3229279250>

Meeting ID: 322 927 9250

Passcode: 9354291

More Important News

Entrepreneurial Fair: Farmers Market

As part of their marketing unit for Career Technology Foundations, the grade 6, 7, and 8 students are organizing a Farmers Market:

WHEN: Wednesday, November 23 12:45 - 2:45

WHAT: Selling homemade crafts and baked goods.

WHY: This year the grade 6, 7 and 8 students have been studying entrepreneurship. They developed a product plan, worked with finances and are marketing their product.

WHO: Students will be attending with their classroom teachers and can bring \$\$ to buy items. All items will be under \$10 unless buying multiples. Parents are also allowed to stop in see all the items the grade 6, 7, and 8 students have produced.

WHERE: In the Learning Commons 12:45 - 2:45

Positive Behavioural Interventions and Supports (PBIS)

PBIS is a foundation of regular, proactive support while preventing unwanted behaviours.

Through conversations, learning, and reflection, staff developed our matrix using the Kodiak BEARS

Be Accountable, Be Respectful, Be Safe.

All expectations were developed and taught last school year and this year we are reviewing and focusing on different expectations every month. For the month of November, we are focusing on Being Respectful by using whole body listening. Our school provides these universal supports to all students, school wide. Students are recognized on announcements and on bulletin boards.

Child Development Advisor (CDA),
Ms. Ludwig

Has your child ever bottled up a lot of difficult emotions and frustrations?

If so, they can begin to become very overwhelming for them because children and adults all have a **limited capacity** to hold onto uncomfortable emotions.

If we let the uncomfortable emotions build up, we may eventually blow up, say hurtful things, or even burst into tears.

There are many tools that can help us manage uncomfortable feelings, meditation, exercise, and deep breathing are just a few.

But here’s the catch: for these tools to work their magic, we need to practice them when we’re feeling good. In this way, they help diffuse frustrations **before** they start to bottle up.

As parents, you don't need to hide uncomfortable emotions. Instead, you need to MODEL how you manage your frustrations to prevent them from building up.

Use this week’s parenting guide **“The Tolerance Cup Analogy”** to encourage your child to build their toolbox of stress-relieving strategies so that they can **manage frustrations in a healthy way.**

Show this to your child and demonstrate it with an actual cup.

SafeArrival Letter to Parents

October 12, 2022

Dear Parents/Guardians,

At **Rocky View School Division**, one of our greatest priorities is ensuring that all our students arrive safely at school each and every day.

To enhance our existing absence-checking procedure, we are introducing *a new, more efficient* student absence reporting system called **SafeArrival**. This new system will reduce the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences.

With **SafeArrival**, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, download and install the **SchoolMessenger app** from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.com>). The first time you use the app, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
2. Use the SafeArrival website, <https://go.schoolmessenger.com>. The first time you use the website, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
3. Call the toll-free number **1-833-244-5565** to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

In addition, we will use the **SchoolMessenger Communicate** automated notification system to contact parents whose child is absent when the absence was not reported in advance. The automated notification system will attempt to contact parents at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, office staff will follow up.

If you report your child's absence in advance using the **SafeArrival** toll-free number, website or mobile app, you will NOT receive these notifications.

Starting **Monday, November 14, 2022**, please report absences in advance using **SafeArrival** instead of sending notes or calling/emailing the school.

Starting **Monday, November 14, 2022**, staff will be using the **SafeArrival** notifications to let you know if your student is absent (when you haven't reported the absence in advance).

If you have children attending other schools, please continue to report absences using the existing procedures for those schools.

Thank you for your patience and cooperation as we implement this new system.

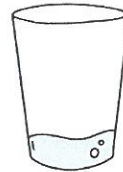
Explain The "Tolerance Cup" To Your Child:

Our body has a **tolerance cup**.
Depleting or frustrating experiences **add water** to the cup throughout the day.

TERRIBLE
NIGHT SLEEP

SIBLING BROKE
FAVORITE TOY

TEST AT SCHOOL,
FEELING ANXIOUS



By the middle of the day, your **tolerance cup** is **filling up**.
You might be feeling **irritable with a lot of emotions inside**.

BOY ON THE
BUS PUSHED ME

FEELING TIRED
BUT HAVE SPORT
PRACTICE

ANSWERED 2/10
QUESTIONS CORRECTLY
ON THE TEST



You come home from school **tired and irritable**.
Your tolerance cup is **very close to overflowing**.

ASKED TO DO
CHORES

ASKED HOW TEST
WENT

ASKED TO DO
HOMEWORK



Sometimes, if our cup is really full, even the **tiniest drip can make it spill**.
When your cup overflows, **strong emotions** come out of your body, which can get messy!

When our big emotions come out, our cup gets emptied again. That's a good thing.

SOME WAYS TO POUR WATER OUT OF YOUR TOLERANCE CUP:

- ◆ Ask for an earlier bedtime. You'll wake up to an emptier cup the following day.
- ◆ Take slow, deep breaths.
- ◆ Stretch or do some yoga poses.
- ◆ Hug your loved one (including pets!).
- ◆ Take a warm shower or bath.
- ◆ Dance it out.
- ◆ Talk to someone about how you're feeling.
- ◆ Close your eyes and think about someone you love.



Read this with your child. Maybe even take a cup and show it to them.
Then, **read it to yourself.** We all need these reminders.