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Kodiak Kronicle

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Dear Kodiak Families,

With the cold weather upon us, we ask students to have a pair of indoor shoes as well as a pair of outdoor shoes. We also ask that students are prepared each day to go outside and be warm (hats, mitts, snowpants, warm footwear etc.).

This Friday our Grade 5 and Grade 6 students will be playing volleyball. The boys' team will be at Meadowbrook and both girls' teams will be playing at Bearspaw. We know our students will be positively representing our School.

We are a nut aware school, please remember to send nut-free snacks and lunches. As Nutella includes hazelnuts, we ask that these items are not sent to school. We have students in our school who are highly allergic.

Home Reading

Home Reading began this week. Each week students may pick one book off the home reading carts. We ask that students bring back their home reading books on the following Tuesday to be able to exchange their books.

Remembrance Day Poppies

Poppies are available in the office. We ask that students please bring in a donation for the Poppy Campaign which directly support Veterans and their families within their community and to help ensure Canadians 'never forget'.

Meet our staff

Mrs. Adams is our current grade one teacher. She has taught at Kathyrn School for the past 15 years. Mrs. Adams also attended Kathyrn School as a child from Kindergarten to grade 9. Mrs. Adams enjoys coaching volleyball at the school. Outside of school, she enjoys curling at the Irricana Curling Club, quilting, watching her children play sports (hockey, volleyball and lacrosse) and enjoys reading.



Upcoming

November 4

Grade 5/6 Volleyball
Tournament

November 8

School Council meeting

November 10

Grade 6 Vaccinations
Remembrance Day Ceremony

November 11

Remembrance Day – No
Classes

November 14

Professional Learning Day – No
Classes

November 18

Kodiak Spirit Day
Jersey Day/Favourite Team
Color Day

School Council

Our next School Council meeting will be held on Tuesday, November 8th at 6:30 pm 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

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 use SafeArrival starting Monday, November 14th.

Kodiak Spirit Day – Costume/Dress Up Day.

Students took part in a parade and activities in their classrooms. Thank you to our Leadership students for taking photos.



Kathryn School Fundraising Society

We are still looking for volunteers to assist with the upcoming Casino. On Monday, December 5, we are looking for two volunteers for the evening shifts and on Tuesday, December 6 we are looking for 5 volunteers (one during the day and four during the evening shifts). Please contact Kate Culp or Carol Hagel if you can volunteer.

Child Development Advisor (CDA),
Ms. Ludwig

You know, those crazy nights at home towards the end of the day? You’re trying to get through those last few emails, prepare dinner, and play referee in your children’s feud, and you finally snap saying: **“You’re making me so upset!”**

Were you stressed? Yes. Did that cause you to overreact? Yes. Did your child/children truly make you feel upset? No, and that’s the key!

Our children are not responsible for our feelings.

The problem with placing the heavy weight of our feelings on our children is that it can lead to codependency: *“I need to make mommy/daddy happy.”*

While it is good for children to see us experience different emotions, it is also important for them to learn where the responsibility ultimately lies.

An alternative way I could have responded was: *“I feel upset when I hear whining because I can’t concentrate on what I’m doing.”*

The words we choose to say to our children matter, and so are the words we choose to say to ourselves.

If you’ve ever snapped at your child, it does not make you a bad parent. It simply makes you human and reminds you that we all make mistakes. The concept of mistakes that we teach our children also applies to us as parents.

Mistakes will happen and that’s okay, as long as we learn from them and do better next time.

This week’s guide shares ways to help flip the script on how we can communicate our feelings to our children.

WHY YOUR WORDS MATTER

What is wrong with **You're making me so angry (sad, frustrated...)?**

When we say phrases like this we are essentially telling our children:
"You are responsible for my feelings"

WHY IS THIS A PROBLEM?

Because it's a huge responsibility for your child that they do NOT know how to handle.



It's up to me to make my parents happy.

This transforms children into **co-dependent people pleasers** who:

- can't say no to others.
- makes choices based on other people's feelings.
- puts their own needs aside.

INSTEAD OF:

You're making me very upset with this mess.



TRY:

I feel very upset when I see the mess in the kitchen.

INSTEAD OF:

Your whining makes me so frustrated.



TRY:

I feel frustrated when I hear whining because I can't concentrate on what I'm doing.

INSTEAD OF:

Now you've made me mad.



TRY:

I feel mad right now so I'm going to go calm my body down.

Rephrasing your words this way let's your child know that you are feeling an emotion in response to their behavior...AND **that you are still responsible for those emotions.**