

September 8, 2022

Volume 3 Issue 2

Kodiak Kronicle

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Upcoming

September 15

Welcome Back BBQ

5pm-7pm

September 22

Terry Fox Run/Walk

School Council sponsored
viewing of ReLIT

September 29

Healthy Hunger-Hot Lunch

September 30

National Day for Truth and
Reconciliation

No classes

Dear Kodiak Families,

We would like to welcome the following new staff

Ms. Ludwig – Child Development Advisor (CDA)

Mr. Schenk – Grade 8 Homeroom Teacher, 6/7 PE

Mr. Stabler- Grade 3 and Grade 4 Teacher

Returning Staff

Mrs. Adams – Grade 1 Teacher

Mrs. Anderson- Receptionist (Monday and Fridays)

Mr. Brar – Head Building Operator

Mr. Carasco-School Technologist

Mrs. Connors-Learning Assistant

Mr. Drummond- Grade 6 and Grade 7 Teacher

Mrs. Kelk- Grade 2 Teacher

Mrs. Hagel- Secretary (Tuesday, Wednesday, Thursday)

Ms. Hagen – Learning Commons Facilitator (Tuesday, Thursday, specific
Fridays)

Mrs. Hassett – Grade 3 Teacher

Mrs. Jeske-Grade 5 Teacher

Ms. Rott- Assistant Principal, PE, Social Studies 8

Ms. Ruzicka- Principal, PE

Miss Sevcik – Kindergarten, CTF, PE at additional grade levels

Mrs. Stern- Learning Assistant

Mr. Ward-Learning Assistant

School Council

Please find attached
information about our next
School Council meeting that
will be held on Thursday,
September 22.

Healthy Hunger - Hot Lunch

Hi parents, we have kicked off our hot lunch program again this year, if you are new to the program and are not registered but wish to participate, please visit healthyhunger.ca to do so. Otherwise the first few lunches of the year are posted and ready to order. If you have questions please contact Andrea Wise @ 403-702-1723.

More Important News

Welcome Back BBQ – September 15

We are looking forward to seeing families at our Welcome Back to School BBQ on Thursday, September 15 from 5pm-7pm. The following will be served Beef on a bun, pop/juice/, chips and cookies. We ask families to enter through the main office doors (north end of the school by the flag poles). There will be several student supported organizations in attendance to provide families with information, the Little Red Reading Van will be available, we will be having a photo booth for families, School Council information and an opportunity for families to purchase Kodiak t-shirts for \$5.

- 5:00pm – 6:15pm Food will be available
- 6:15pm - 6:25pm Introductions
- 6:30pm – 7:00pm Classroom visits

Kindergarten

The kindergarten class went on a Nature Scavenger Hunt. Working with a new friend, they were looking for birds, trees, bugs, leaves and more.



Positive Behavioral Interventions and Supports (PBIS)

is a systems approach to establishing the social culture and behavioral supports needed for all children in a school to achieve both social and academic success. For the past year, our students have been demonstrating being accountable, respectful and safe. For September we are focusing on being accountable by “following directions” and being safe by “keeping hands, feet and body to self.”

Child Development Advisor (CDA), Lynita Ludwig will be sharing information each week. This week is “conversations starters to discover your child's negative self-talk”. If you have any questions or would like to contact Ms. Ludwig, please email lludwig@rockyview.ab.ca.

PBIS Kathryn Kodiaks Behavioral Expectations

B

E

ACCOUNTABLE

RESPECTFUL

SAFE

ACCOUNTABLE

RESPECTFUL

SAFE

Follow Directions

Property Pride

Sound Check

Be Your Best Self

Care for All

Whole Body Listening

Kindness Counts

School Friendly Language

Hands, Feet and Body to Self

Tidy and Tuck Away

Move Safely

Report and Ask for Help



Kathyrn School Council

Presents:

Dr. Jody Carrington

RELIT 2022

Where: Kathyrn School

When: September 22, 5:30pm

What: a viewing of Dr. Jody Carrington's presentation at the RELIT 2022 conference at the River Cree Resort and Casino (recorded August 27, 2022).

Pizza supper provided for those who RSVP!

Who: Parents, staff, caregivers

**due to colourful language used, attendance is for 18+*

Please RSVP using the following link by September 20:

<https://kathyrnschoolcouncil.rsvpify.com>

or email Kate Culp for more info at culp.kate@gmail.com

RELIT 2022, organized by Dr. Jody Carrington and her team, is a conference held for those who work with children, those who care for them, and those who raise them.

Dr. Jody Carrington Official Bio

Dr. Jody Carrington is a renowned psychologist sought after for her expertise, energy and approach to helping people solve their most complex human-centred challenges. Jody focuses much of her work around reconnection – the key to healthy relationships and productive teams.

Her approach is authentic, honest and often hilarious. She speaks passionately about resilience, mental health, leadership, burnout, grief and trauma – and how reconnection is the answer to so many of the root problems we face. Her wildly popular book, *Kids These Days*, was published in 2019 and has sold 150,000 copies worldwide. Jody's message is as simple as it is complex: we are wired to do the hard things, but we were never meant to do any of this alone.

With a Ph.D. in clinical psychology, work with major institutions and thriving clinical practice, she brings a depth of experience and insight that is unmatched in the industry.

Jody lives in small-town Olds, Alberta, with her husband and three children (she had three kids in 2 years to test her own resilience) and leads the amazing team at Carrington & Company.

<https://www.drjodycarrington.com>

3 CONVERSATIONS STARTERS TO DISCOVER YOUR CHILD'S NEGATIVE SELF-TALK

YOUR CHILD SPENDS MOST OF THEIR LIFE IN THEIR HEAD. DO YOU KNOW WHAT KIND OF PLACE IT IS?
DOES THEIR INNER VOICE... CRITICIZE? CHEERLEAD? DEMAND?
SYMPATHIZE? VICTIMIZE? COMPARE?



CONVERSATION STARTER #1

ASK THEM:

"If you and I were trying to meet for the first time, never having seen each other before, how would you describe yourself to me so that I could find you in a restaurant? What does your hair look like? Your face? Your body?"

LISTEN:

Does your child use kind or hurtful words? Is your child realistic, demeaning or wishful?

CONVERSATION STARTER #2

ASK THEM:

"If you had a movie made about you, what would the title be? What would the trailer sound or look like? What genre would it be - comedy, drama, cartoon, action?"

LISTEN:

Are the words positive or negative? Does your child focus on their strengths or weaknesses?

CONVERSATION STARTER #3

ASK THEM:

"If you ran a race, what would you say to yourself and the other racers if you came in...1st place, 5th place (in the middle of the pack), last place?"

LISTEN:

Is your child encouraging to self and others? Critical? Accepting? Disappointed?

TO GET THE MOST OUT OF THESE CONVERSATIONS

- ◆ CHOOSE A CALM, QUIET, UNHURRIED PLACE AND TIME TO ENCOURAGE DISCUSSION.
- ◆ SHARE HOW YOU WOULD ANSWER THE QUESTIONS ABOUT YOURSELF.
- ◆ BE OPEN, HONEST, AND VULNERABLE TO ROLE MODEL FOR YOUR CHILD THAT EVERYONE HAS A MIX OF INNER VOICES: POSITIVE AND NEGATIVE