

Grouard School Times

A NEW MISSION AND VISION

The staff of Grouard Northland School have been working together to develop a new school mission statement. "A **mission statement**...is a public declaration that schools...use to describe their founding purpose and major organizational commitments—i.e., what they do and why they do it... A **vision statement** ... is a public declaration that schools...use to describe their high-level goals for the future—what they hope to achieve if they successfully fulfill their mission." (<http://edglossary.org/mission-and-vision/>). We have some great ideas regarding the direction we would like the school to take but would like your input. We will be holding at least one community meeting to offer you the opportunity to have a say in the mission and vision of our school. We will be sending out an invitation to attend this opportunity to contribute to our new mission. We hope to see everyone who has an interest in Grouard Northland School participate.



Have a great month!

Ms. Karen Lemay



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DATES TO REMEMBER

- November 1 – Metis Proclamation Day/Family Day – No school
- November 10 – Remembrance Day Service
- November 11 – Remembrance Day – No School
- November 14 – Whole School Write
- November 16 – Early dismissal 12:30; LSBC meeting 5pm
- November 22 – Family Game Night 6:30-7:30pm
- November 25 – Metis Showcase 2-3pm
- November 28 – PD Day – No school for students
- November 29 – Picture retakes
- November 30 – Report card # 1 goes home.

OCTOBER PERFECT ATTENDERS

On November 2, we held our October awards celebration. Students were recognised for attendance, achievement and citizenship.

Perfect attenders for October were:

Marcus B-G, Cade C, Adrianna C, Dreyden G, Elyssa G, Leslie G, Brianna L, Ethan L, Wyatt L, Daniella L, Nikkita L, Aliyah L'H, Amerie L'H, Cherie S, Elijah S, Santana S, Chavo S, Kilo S, Pewyis S, Shyla S, Taejence S, Tessa S, Xavier S, Markada T
Congratulations!! Great job!!!



“No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.”
- Alfred North Whitehead

NEWSLETTER

CHALLENGE

In each issue of Grouard School Times there will be three spelling errors throughout the newsletter. Look for the errors, circle them and return the newsletter with your child (please indicate if you would like it returned). Your child will then be entered into a draw for a small prize each month. Our October winners were Amerie and Aliyah. Congratulations!

The next draw will be made November 23.

Good luck!

EVERYDAY COUNTS!

Our goal is that every child attends school regularly. Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and in life.

Here are some tips to help support regular attendance:

- Make sure your children keep a regular bedtime and establish a morning routine.
- Lay out clothes and pack backpacks the night before.
- Ensure your children go to school every day unless they are truly sick
- Avoid scheduling vacations or doctor's appointments when school is in session.
- Talk to teachers and counselors for advice if your children feel anxious about going to school.
- Develop back up plans for getting to school if something comes up. Call on a family member, neighbor, or another parent to take your child to school.

Absences can add up quickly. A child is chronically absent if he or she misses just 2 days every month!!

Let us know how we can best support you and your children so that they can show up for school every day and on time. We want your child to be successful in school! If you have any questions or need more information please contact the school.

Northland School Division

No. 61

Our Mandate

The Northland Board is responsible for ensuring that all students have the opportunity to acquire knowledge, skills and attitudes needed to be self-reliant, responsible, caring and contributing members of their individual communities and the larger society .

Vision

Every student is a lifelong learner and successful in life.

Mission

Northland School Division will provide quality educational experiences and opportunities for all students.

Remembrance Day Service



ODDS AND ENDS

Here are a few things that we'd like to inform you of...

- **If your child is going to be absent, please call the office to let us know**
- **If your child is going to be late, please call the office by 10 am so he or she can be counted for lunch**
- **Please send a backpack with your ECS/ grade 1 child.**
- **We are committed to the health and safety of our Grouard School community. If your child is too sick to go outside for recess, please keep them home in order to fully recuperate. If they are at school, they will be sent outside for recess.**
- **Students are to turn in all electronics, cell phones, iPods, etc. to the office upon arriving at school. Better yet, would be to leave them at home. This is to prevent distractions in class and damage/loss/theft of the device. The school is not responsible for any devices that are damaged, lost or stolen. If you need to contact your child throughout the school day, please call the office.**
- **If you choose to send a snack with your child, please ensure that it is healthy.**
- **A pair of non-marking, comfortable inside shoes, suitable for gym, is required**
- **If your child is to go somewhere other than home after school, please make sure to call the school before 3pm. If we don't hear from you, your child will be sent home.**
- **Junior High students are able to leave the school grounds at lunch provided they have written permission from a parent/guardian and return by 12:30 for their afternoon classes. Failure to be on time will result in a loss of the privilege.**

If you have any questions or concerns, please contact us.

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Facebook!



**DAILY MENU
GROUARD**

September 2016 to June 2017 Students 100

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY Nutrition Break: Yogurt Lunch: Cheese Burger Fries Raw Veggies & Dip Apple Juice	MONDAY Nutrition Break: Fruit Cup/ *Cookie Lunch: Pork Chops Mashed Potatoes Vegetables Chocolate Milk	MONDAY Nutrition Break: Crackers & Cheese Lunch: Assorted Subs Salad Apple Juice	MONDAY Nutrition Break: Fresh Fruit Lunch: English Style Fish Mashed potatoes Mixed Vegetables Milk
TUESDAY Nutrition Break: Crackers & Cheese Lunch: *Pizza *Tossed Salad Orange Juice	TUESDAY Nutrition Break: Cheese & Crackers Lunch: Spaghetti and meat sauce *Caesar Salad Milk	TUESDAY Nutrition Break: *Cheese Bannock Lunch: French Toast Sausage Veggies & dip Orange Juice	TUESDAY Nutrition Break: Fruit muffin Lunch: *Wiener Wrap Oven Fries/Gravy Baby Carrots Chocolate Milk
WEDNESDAY Nutrition Break: Apple Lunch: Lasagna Veggies & dip Apple Juice	WEDNESDAY Nutrition Break: *Muffin Lunch: Chicken Nuggets Potato Wedges Mixed Veg Milkshake	WEDNESDAY Nutrition Break: Fresh Fruit Lunch: *Chef's choice soup *Pizza Pretzel Milk	WEDNESDAY Nutrition Break: *Fruit Cereal bar Lunch: *Sloppy Joe w/ cheese Salad Milkshake
THURSDAY Nutrition Break: Cereal Bar Lunch: Salisbury Steak Mashed Potatoes Vegetables Milkshake	THURSDAY Nutrition Break: Fresh Fruit Lunch: Ham Mashed Potatoes Corn Chocolate milk	THURSDAY Nutrition Break: Applesauce Cereal Bar Lunch: Chicken Stir fry *Oven Fried Rice Chocolate Milk	THURSDAY Nutrition Break: Yogurt Lunch: Cream of chicken soup Grilled Cheese Sandwich Orange Juice
FRIDAY Nutrition Break: Orange Lunch: Taco Chocolate milk	FRIDAY Nutrition Break: Yogurt Lunch: Beef Stew Cheese Bannock Orange Juice	FRIDAY Nutrition Break: *Fruit Muffin Lunch: Pizza Tossed Salad Milkshake	FRIDAY Nutrition Break: Fruit Cup/ cookie Lunch: Meatballs Rice Vegetables Chocolate Milk

October 2016 PROMOTING STUDENT SUCCESS!



The NLCS Scoop

Get Involved with Your NLCS Team

- Contact us at the numbers listed on the reverse
- Ask your school when the NLCS team will be visiting
- Read our monthly newsletters!

Northern Lakes Collaborative Services (NLCS) delivers supports and services to children, youth and their families within our NLCS boundary inclusive of schools from Holy Family Catholic Regional Division, Northland School Division, High Prairie School Division, Koinonia Christian School Division and Living Waters School Division. These services include collaboration with schools, community partners and various service providers (including Occupational Therapists, Speech Language Pathologists, Behaviour Management Consultants and if indicated contracted services for Physiotherapy, Vision and Deaf and Hard of Hearing consultation).

Occupational Therapy

Occupational Therapists help students with meaningful everyday activities. We can help with:

- Fine motor needs (e.g., printing, cutting)
- Activities of Daily Living (e.g., dressing, toileting)
- Productivity (e.g., attention, focus)
- Sensory needs (e.g., heavy work, movement breaks)
- Visual perception
- Setting up classrooms to help students succeed!



Northern Lakes Collaborative Services

High Prairie: 780-523-0011

Slave Lake: 780-840-3539 ext 1450

Northwest Regional Learning Consortium

Free Parent Workshop

- Self Regulation: Enhancing Your Child's Capacity to Thrive Through Working Together

• Thursday Oct 20 - Grande Prairie

Register at:

- <https://nrlc.net/index.php/en/nrlc-learning-opportunities?controller=event&task=details&eventid=1536>

• Monday Oct 24 - Peace River

Register at:

- <https://nrlc.net/index.php/en/nrlc-learning-opportunities?controller=event&task=details&eventid=1537>

Behaviour Management

School can be a wonderful place in which children thrive, but there are also students that need support for many reasons, such as:

- Maybe test anxiety is eroding marks and self-esteem
- Maybe there is a personality conflict between students in a classroom
- Maybe students are not sure how to interact with each other in certain settings (egs. cafeteria, playground)
- Maybe students are not sure how to ask for help, breaks, etc.

Your friendly neighbourhood Behaviour Management Consultants can help! We are more than happy to provide staff and parents/guardians with ideas, strategies, and connections to local agencies as needed.

Speech-Language Pathology

Speech-Language Pathologists (SLPs) deal with communication!

We can help with language

- Understanding language and following directions
- Expressing needs, wants, and ideas

We can help with speech

- Producing sounds correctly

We can help with reading and writing

- Getting ideas out
- Sounding out words
- Understanding what you read



We can help with social skills

- Communicating with others

We can help with voice and fluency

- Stuttering
- Hoarse voice

Addiction Services, Peace River

PARENTS' QUESTIONS & ANSWERS

1. Schools cans make a valuable difference in preventing substance use and gambling problems.

TRUE

FALSE

2. Parents should leave it up to schools to educate their children about substance use and gambling.

TRUE

FALSE

3. Marijuana does not impair a person's ability to drive.

TRUE

FALSE

4. Only a trained professional knows the signs that a child may be involved with alcohol, tobacco, and other drugs or gambling.

TRUE

FALSE

5. Tobacco is the most frequently used drug by Alberta youth.

TRUE

FALSE

Answers:

1. True. Research shows that participation in extracurricular activities, positive relationships between youth and adults, in the school setting and high social and academic expectations are critical factors in preventing substance use and gambling.

2. False. Preventing substance use and gambling is more effective when schools, students and parents, as well as other community organizations, work together. A collaborative approach recognizes the importance of people who influence young lives and connects everyone involved.

3. False. Marijuana can impair a person's ability to drive. Use of marijuana impairs physical coordination, and the performance of complex visual tasks. Using marijuana together with other drugs, like alcohol, causes greater impairment.

4. False. Parents know their children and should trust themselves to know when there is a problem. Possible patterns of behavior to watch for are changes in school performance, attitudes towards sports, and other activities, physical appearance, friends and eating or sleeping habits.

5. False. A 2008 research study showed alcohol at 49.1% to be the most frequently used drug by Alberta youth in grades 7 to 12 at least once during the year. The next most used drugs were marijuana or hashish at 16.3% and cigarettes at 4.7%.

Alberta Health
Services

For more
information please
contact, Addictions
and Mental Health,
Addiction Services
at 780-624-6193.

Addiction Services, High Prairie

Alberta Health
Services

DID YOU KNOW...PERCS, OXYS AND OTHER PAIN PILLS

1) In Canada you could be sentenced up to life in prison for producing, trafficking, importing or exporting opioid drugs .

TRUE **FALSE**

2) Driving while under the influence of prescription pain pills is safe.

TRUE **FALSE**

3) The terms opioid, opiate and opium mean the same thing.

TRUE **FALSE**

4) Opioids can cause an overdose even if you take them just once.

TRUE **FALSE**

5) Eating poppy seed bagels could cause you to fail a drug test

TRUE **FALSE**

Information taken from CAMH
Publication

Answers:

1. **TRUE**

It is illegal for anyone without a prescription to possess, use or share prescription opioids. Prescription opioid pain pills are used legally in Canada if supervised by a doctor or dentist.

2. **FALSE**

Taking pain pills and driving is much like drinking and driving. Opioids can make you drowsy and lose control of the vehicle. Larger doses can slow your reflexes and harm your decision making.

3. **FALSE**

Opium- is the drug that comes directly from the poppy plant *Papaver somniferum*

Opiates- are drugs made by separating and purifying the various chemicals in the poppy. Examples include codeine and morphine.

Opioids- include all opiates, as well as synthetic and semi-synthetic opioids (man-made drugs designed to work like opiates). Examples include heroin, oxycodone and fentanyl.

4. **TRUE**

Opioids slow down the part of the brain that controls breathing. An overdose can cause death because breathing stops. Signs of an overdose include: slow breathing or no breathing
bluish skin, lips and fingernails
coma-the person won't wake up and may be unresponsive to physical stimulus

5. **TRUE**

An individual could produce a positive test result for opioids following consumption of poppy seeds. Opioids such as codeine and morphine are present in the poppy plant. The opium poppy is native to southwestern Asia, but is now grown around the world, including Europe, the Middle East, China and India. Many opioids available today are made in a pharmaceutical lab.

For more
information please
contact, Addictions
and Mental Health,
Addiction Services
at 780-523-6490.