

SPC Bulletin

Principal's Message



Reporting an Absence?

Please email

spc@psd70.ab.ca or call 780-

963-2203 anytime and leave a

message. Please be sure to

include your child's complete

name and grade and details of the

absence!

Stony Plain Central Administrators

Mrs. T. Neuman – Principal

Mr. W. Moody – Assistant
Principal

Mrs. D. Villeneuve – Assistant
Principal

It is hard to believe that we are already in the fourth month of school and wrapping up another calendar year! During the month of December there will be many opportunities for our SPC community to participate in events of giving and celebration. We are once again supporting our local Kinsmen Hamper Gift Donation Drive and appreciate all the generous gift donations that have already been brought in. We will continue to collect donations until December 10th.

There will be theme days such as Ugly Christmas Sweater/Dress like Christmas Day and Pajama Day. Pajama Day will accompany the Pancake Breakfast that is sponsored by our School Council. We also look forward to sharing with you virtually a K-6 Christmas concert video later this month that students are eagerly preparing for. These next few weeks of December will fly by as students continue to engage in learning and enjoy celebrating all the extras this season brings!

We also celebrate and report on the learning that has taken place up to this point in the year. Report Cards will be available online at 4:00 p.m. on Friday, December 3rd. Please take time to access them by logging into your PowerSchool account. The report cards are an important part of communicating student progress with families and setting goals for the upcoming terms.

As we have experienced some very unpredictable weather recently, please remember to ensure that students are dressed appropriately for the weather. Classes continue to be outside for recess and PE classes and it is important that they have hats/toques, mittens, jackets, etc. to keep them warm. Unless the temperature is extreme, we will continue to be outside.

Although December often brings with it an extra layer of hustle and bustle, I hope that the holiday season also brings with it a time to pause and connect with loved ones. On behalf of the staff of Stony Plain Central we want to thank our parents and community for your continued support. We wish all of you a happy holiday season filled with joy and peace!



STONY PLAIN CHRISTMAS CONCERT

Stony Plain Central's annual Winter Concert will be released on Youtube by December 23, 2021. All K-9 parents will be receive an email with the link attached.



School Council and Society Meeting.

Friends of SPC next meeting will be December 6th @ 3:45pm via Google meet.

The next School Council will be December 14th, @ 3:45pm via Google meet.

All SPC Parents are welcome!!!!

Student Drop Off and Pick Up

Please remember that all student drop off and pick up is to be done in the parking lot by the bus area.

REPORT CARDS—December 3, 2021

Your child's report card will be available online on December 3, 2021. Using the link below, you will sign into your PowerSchool account. On the left side of the screen you will locate "Report Card K-9". Then you will select the 2021-22 school year and then the term! If you require a paper copy be sent home with your child, please send an email to your child's homeroom teacher.

<https://powerschool.psd70.ab.ca/public>

Kindergarten Field Trip

The Kindergarten kiddos will be participating in a "Secret" Wooden Christmas Gift on-site field trip in the mornings of Thursday, December 16, 2021 and Friday, December 17, 2021. Please keep your eyes out for the permission slip; all permission forms and the \$15.00 fee MUST be returned before Wednesday, December 15, 2021.

Get Involved. Make a Difference.

Parent Council

Tuesday, December 14 @ 3:45pm.

This meeting will be held virtually. Please watch your email for the Google Meet link to join us. These council meetings are a great way to connect with teachers, administrators and our school board trustee about what is happening in our school throughout the year. We hope to see you there! Our meetings for the rest of the school year have also been set. They will be January 18, February 15, March 15, April 19 and May 17 (AGM).

The Parent Council is very happy to announce that we are back with pancake breakfast for the kids this year. EE, ECSB, EYSP, MYSP and Grades 1-6 will be on December 21 and ECSCA and Grades 7-9 will be on December 22.

Friends of SPC

Monday, December 6 @ 3:45pm

This meeting will be held virtually, if you would like to join us please send your email address to spc.scchair@partner.psd.ca. An invitation will be sent for you to join us! We hope to see you! Please consider joining our fundraising committee, we are hard at work fundraising for playground equipment for the replacement school. The construction has begun on the replacement school and funds are still needed to go towards the playgrounds for our children. Your help is greatly appreciated and will go a long way. If you have any ideas to help our fundraising efforts please bring them forward to our meeting. We would love to hear everyone's ideas.

Involvement in school groups is a meaningful, hands-on way to have a direct, positive impact on your child's educational experience. Research shows that when parents are involved in their child's education, the level of student achievement increases. Our meetings are a great way to connect with others and even make new friends! Please consider attending as our numbers are very small and the more voices we have the better both the Parent Council and our Fundraising Society will be. Even though we can't meet in person at this time we would still love to have you join us!

Hot Lunch

Hot lunch is up and running. The response to our hot lunch has been amazing and we are so happy that we are able to offer it. Thank you all for your support! Ordering will be open from December 8-20 for January hot lunch. Please familiarize yourself with the rules before ordering. We will not be offering any refunds unless closures are mandated by the Government, in which case those will be done at the end of the year, minus any banking fees. Full details of the policy are on the hot lunch website. If you haven't signed up the directions are below. Here's how to get started...(you must register again regardless if you've had an account in the past)

- ✓ Go to spc.hotlunches.net
- ✓ Click on "Click Here to Register"
- ✓ Enter Access Code HLSP if asked
- ✓ Complete the rest of the registration form. (Including your email address will ensure you receive reminder emails about hot lunch order deadlines, and your child's hot lunch order for the upcoming week)
- ✓ Click the "Register Now" button at the bottom
- ✓ Follow the instructions to add each child in your family who attends SPC. Once your child(ren) are registered, click on "Orders"
- ✓ Proceed to order hot lunch for your child(ren)

ALL orders and payments must be electronic.

FUNDRAISING

Thank you everyone for your support with our final two fundraisers for 2021. If you ordered from Kiwi please check your email for pick up details. You are responsible for going to Kiwi Nursery to pick up your order. **Pick up for Purdys Chocolates will take place at the School on Wednesday, December 15th from 2:30-2:55 and 3:15-5:00.**

We are also teaming up with Domino's Pizza in Stony Plain. On Tuesday Dec 7, 2021 you can order 2- medium 3 topping pizzas and a cheesy bread for \$25.99 and use the code RAISE and \$5 will come back to the school. Such an easy way to help support the school and have a quick and easy supper.

Stay in touch!

We regularly update our Social Media

Facebook: **SPC School Council & Fundraising Society**

Instagram: **SPC Council & Society**

Email: spc.scchair@partner.psd.ca

WINTER IS HERE!!!

Remember that the cold weather is now here! Please ensure that your child is dressed according to the weather.....hats, warm mitts, boots!!!!

Christmas Break

Christmas Break is fast approaching. Students are not at school from December 24– January 9, 2022.

Hello Families,



This winter, we are once again working to make Christmas brighter for local families struggling with a limited income by collecting donations for the Kinsmen Christmas Hampers.

Due to the COVID-19 pandemic and restrictions, there will be major changes to the Christmas Hamper program this year, and we will NOT be collecting non-perishable food items. We will still be running the gift portion of the program as usual and will collect unopened gifts, gift cards, and monetary donations for children 17 and under. To ensure a diverse selection of age-appropriate gifts, we are asking for donations of new, unwrapped gifts or gift cards that are based on your child's gender and age. For children 10 and older, gift cards are ideal.

Donations will be accepted until December 10, 2021. See attached document for some gift ideas.

Please refer to stonyplainkinsmen.ca for additional information and gift ideas. Last year, we helped the Kinsmen to provide gifts to 750 children in our area! Thank you for your support in this community project!

Sincerely

SPC Staff



Kinsmen Club
of Stony Plain

STONY PLAIN AND WEST PARKLAND

CHRISTMAS HAMPERS 2021

GIFT IDEAS (Children 9 and under)

- Lego
- Games
- Stuffed animals
- Puzzles
- Sports equipment
- Barbies
- Monster High
- Disney Princess
- Little People
- Super Heroes
- Thomas the Train
- Hot Wheels
- Craft kits
- Dolls
- Other popular children's toys. Please do not send "weapon" toys.

LOCAL GIFT CARD IDEAS (Children 10 and over)

- Red Apple Store
- Superstore
- Wal-Mart
- Landmark Cinemas
- Canadian Tire
- Michaels
- Sport Chek
- Winners
- Chapters Indigo

December 7th, 2021

FAMILY PIZZA NIGHT

STONY PLAIN CENTRAL SCHOOL

Order our special outlined below on **December 7th, 2021** and your school will receive a \$5.00 contribution for each order.

Use Order Code: RAISE ~~\$25.99~~

**2 Medium 3-Topping on each
\$ Cheesy Bread**

Pizza Cals 250-400 Per Slice, 8 Slices
Cheesy Bread Cals 120 Per Piece, 8 Pieces
Coke Product Cals 0-240 Per 500ML Serves 4



Stony Plain Domino's
4300 Southpark Dr
Stony Plain, AB
(780) 968-9999



Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Day 3	2 Day 4	3 Day 5
		SR Boys BB Pr. 3:15-4:30	GR 4 & 7 FT Horizon Stage STA SR BB Tourn.	Reports Available on-line STA SR BB Tourn.
				Last Day Term 1
6 Day 1	7 Day 2	8 Day 3	9 Day 4	10 Day 5
Term 2 Begins JR B BB Prac. 3:15-4:30pm	SR Boys BB Prac 3:15-4:30	SR Girls BB Prac 3:15-4:30	SR Girls BB Prac 3:15-4:30	Final Collection day for Kinsemen Hampers
13 Day 1	14 Day 2	15 Day 3	16 Day 4	17 Day 5
JR B BB Prac. 3:15-4:30pm	SR Boys BB Prac 3:15-4:30 School Council Mtg 3:45pm	Sr. Girls BB Prac 3:15-4:30	SR Girls BB Prac 3:15-4:30	Ugly Sweater Day/Dress Like Christmas Day
20 Day 1	21 Day 2	22 Day 3	23 Day 4	24
SR Girls BB Prac 3:15-4:30	Pancake Brfst EE, EYSP, MYSP, Gr K-6 SR Boys BB Prac 3:15-4:30 Pajama Day	Pancake Brkfst ECS, Gr 7-9 Pajama Day		Winter Break - No School
27	28	29	30	31
Winter Break - No School	Winter Break - No School	Winter Break - No School	Winter Break - No School	Winter Break - No School

Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Technology and the Teenage Brain

Digital Wellness for Families
Thursday, December 2
6:00 – 7:30 pm

Sleep and Your Family's Mental Health

Monday, December 6
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, December 8
6:00 – 7:30 pm

More than Just a Bad Day *Understanding and Supporting Depression and Self-Injury in Youth*

Thursday, December 9
6:00 – 7:30 pm

Resilience in Parenting

Caring for the Caregiver
Monday, December 13
6:00 – 7:30 pm

Lunch & Learns

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1:

Wednesday, December 1
12:00 – 1:00 pm

Part 2:

Wednesday, December 8
12:00 – 1:00 pm

Building Executive Functioning Skills

Promoting Success in Learning

Part 1:

Tuesday, December 7
12:00 – 1:00 pm

Part 2:

Tuesday, December 14
12:00 – 1:00 pm

Drop-In Series

Support, Education, and Engagement Drop-In Sessions (SEEDS)

Effective Consequences

Wednesday, December 1
6:00 – 7:30 pm

Sessions at a Glance



Mental Health Foundation



Alberta Health
Services
Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Thursday, December 2, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Date: Monday, December 6, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

Date: Wednesday, December 8, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only

Parent Feedback:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Virtual delivery is appreciated."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

More than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. We will explore factors that contribute to depression and potential motivations behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Date: Thursday, December 9, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Parent Feedback:

“I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after.”

“The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions.”

“Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, December, 14, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!”

“I liked the interactive format of the session and participating in the discussions.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

SEEDS Growing Parenting Skills

Effective Consequences

In this final session of our SEEDS series, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, December 1, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

*Caregiver who have not attended previous sessions in this series are welcome to register for this session.

Parent Feedback

“This was really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation.”

“The presenters again are so personable and seem very genuine and empathetic.”

“Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!”



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca