

SPC Bulletin

November
2022



Principal's Message

Reporting an Absence?

Please email spc@psd.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

Mrs. D. Villeneuve – Assistant
Principal

Mr. W. Moody – Assistant
Principal

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. Currently many parents are using the teacher parking lot and this is very dangerous as well as a fire hazard.

The month of October was a full one at SPC that provided many great learning opportunities for students both in and out of the classroom. Our K-9 Cross-Country Runners wrapped up a great season and the Junior High Senior and Junior girls volleyball teams head into playoffs during the first week of November. There have been a number of field trips that provide rich learning of curricular concepts. Of course, Halloween celebrations also brought much excitement and there were amazing learning activities and fun to be had in every classroom.

Our recent Kindergarten - Grade 9 parent-teacher conferences were also a success and these interviews are such an important time to work together and share learning goals with parents. If you did not get a chance to meet with your child's teacher, please feel free to contact them to set up a time to meet. Our Early Education learning conferences will take place in the first week of November. Teachers are also working on capturing the learning over the first term and the culmination of ongoing assessments will be shared in the first term report card, which will be released on December 2nd.

We will be recognizing Remembrance Day with our students through a Remembrance Day assembly on Thursday, November 10th. The assembly will be a culmination of student, staff and community members honoring the significance of Remembrance Day through poems, laying of wreaths and a soldier's reflection.

We will also show our respect by listening to "The Last Post" followed by a minute of silence and Revelry. If you would like your child to have a poppy they can bring a donation into the school office and pick up a poppy.

We have had such a beautiful fall and as the weather inevitably gets colder, a reminder that our students play outside unless the temperature drops below -23 degrees celsius. Please ensure that your child has warm clothing including warm footwear, mittens or gloves and hat/toque. Recess times and Physical Education classes have students participating in activities outdoors and it is important that students are dressed for the weather.

Fall break is scheduled for November 11 through November 18 and the break is a wonderful time for everyone to rest, relax and maintain physical and emotional health. On behalf of the Stony Plain Central Staff, I wish each of you a safe and relaxing Fall Break!

Tanya Neuman
SPC Principal



Student Leadership

Student Leadership began meeting in October and representatives were selected from each class from Grades 1 to 9. We meet every Day 6 at lunch/recess time. We plan school spirit days and various activities throughout the school. In **October** we planned a door decorating contest and the parade for grades kg to 6 for Halloween.

November events include:

November 8th - Hat and Hoodie Spirit Day

November 21st - Kinsmen Hamper Collection begins - please see attached information

November 30th - Moustache Day - there will be a pre-sale of mustaches and proceeds will go to an organization for Men's Mental Health in our community. Some of our teachers will be growing their mustaches and beards in support of this event.

Enjoy some pictures of Halloween costumes and door decorating!



With the cooler weather approaching, we will inevitably have some snow days to come. A reminder that you will still need contact the school to inform us if your child is not going to attend that day. You can leave a message at 789-963-2203 or you can email spc@psd.ca.

The Castling Rooks

SPC once again will be having a noon hour chess club. Students from grades 7-9 will be meeting on day 1's and 5's and to learn, improve their skills and challenge each other's abilities. Chess is a great game that develops abstract reasoning, pattern recognition, patience and many more skills. See Mr. Winchester for more information or if you'd like to join the chess club.





Kinsmen Club
of Stony Plain

STONY PLAIN AND WEST PARKLAND

CHRISTMAS HAMPERS 2022

THANK YOU to the students and their families, and all staff at the local area schools that support the Christmas Hamper program in Stony Plain and west Parkland. For the 44th year, the Stony Plain Kinsmen and volunteers are working to make Christmas brighter for local families struggling with a limited income. Our goal is to support families in need with food and gifts for the holidays. Last year, with your help, we assisted 697 families in our area and supported over 2000 residents! We anticipate a significant increase this year.

We will continue with the changes to the Christmas Hamper program made in recent years. We will **NOT** be asking for non-perishable food items. If you do receive food donations, we will be happy to take them to the Parkland Food Bank for you. We will collect monetary donations, gifts, and local grocery store gift cards to 'upsized' the Parkland Food Bank's December hampers for all clients. We will continue to run the gift portion of the program as usual and will collect and distribute gifts and gift cards to 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 gender and age. For children 10 and older, gift cards are ideal. Please refer to stonyplainkinsmen.ca for additional information and gift ideas. Last year, we provided gifts to 837 children in our area!

Items will be picked up at the schools on Monday, December 12th, 2022. Hampers will then be assembled and distributed to registered families on December 16th. Families must register through the Parkland Food Bank to receive a Kinsmen Christmas Hamper.

Ray Côté will be your contact and is available to speak with any class and/or assembly. Please leave a message on the Kinsmen phone at (780) 915-6934 and he will return your call. Also, visit stonyplainkinsmen.ca for 'School Information' and a list of 'Gift Ideas'.

THANK YOU for your incredible support of local families at Christmas. Best wishes for a safe, happy, and healthy holiday season!

Sincerely,

The Kinsmen Club of Stony Plain

Virtual Book Fairs

Save The Date!

Dear families,

Mark your calendars! The fun and excitement of a Scholastic Book Fair is coming to our school! To adapt to our changing needs, Scholastic has developed a **Virtual Book Fair** to provide an opportunity for our students and families to experience the joy of reading together.

The library will also be available in person during the fair at our school during regular school hours.

So save the date! Our Scholastic Virtual Book Fair will take place on **November 21 to December 2, 2022.**

When it's time to shop, visit our school's **Virtual Book Fair** site using this link:

[Stony Plain Central Bookfair](#)

Before our Fair begins, click the link to:

- **SAVE** it to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Watch for news leading up to our Scholastic Virtual Book Fair!

Happy reading!





SPC Wellness

Mental Health - Mindfulness for Kids

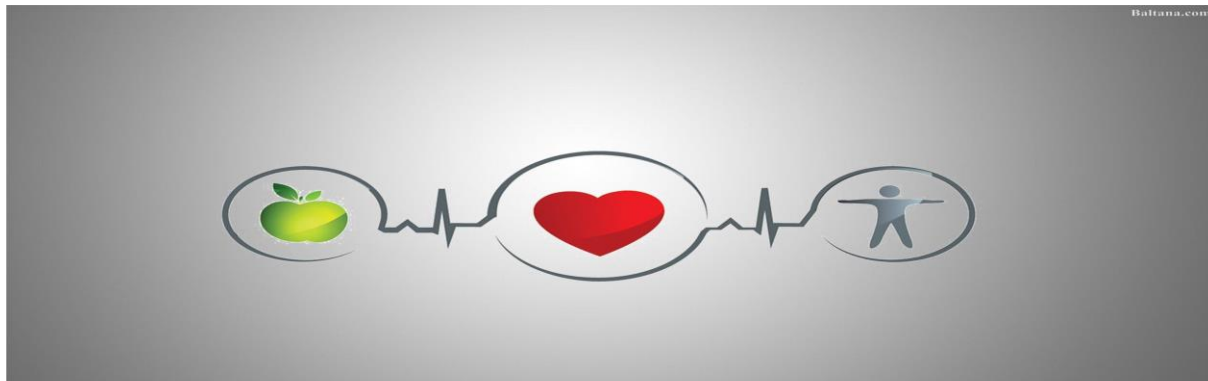
When we teach mindfulness to kids, we equip them with tools to build self-esteem, manage stress, and skillfully approach challenges. [Explore this mindfulness guide](#) on how to introduce mindfulness and meditation to children at any age.

Physical Activity - Active Everyday

Active Everyday calendars will keep you and the kids moving, with daily and easy to follow activity ideas for at home or at school. When you move, your child is more likely to do the same! [Download these monthly calendars](#) and click the activity names for links to their videos and resources. Be sure to click the links in the margins for more fun activities and resources.

Healthy Eating - Fuel Up for Lunch

A new school year means new routines, and new routines require embracing some positive habits - like packing a healthy, tasty but simple lunch. Ensuring that kids get a nourishing lunch that they actually like each day doesn't have to be complicated. [Check out this article in YMM parent on quick tips menu ideas using common ingredients from your fridge and pantry!](#)



STONY PLAIN CENTRAL LIONS SPIRIT WEAR

Show your Stony Plain Central Lions pride through custom SPC Spirit Wear. Shop the online apparel store for a wide selection of clothing, sportswear, merchandise and accessories, including masks. You can shop, customize logos and color, order and pay online. Orders will be shipped directly to your home. Order today at <https://urstore.ca/stony-plain-central-school-527117>



HEALTH ZONE

This month, students were learning about bone health through a campaign called Bone Bounce Blitz. Here is a summary of our learnings here at SPC.

- Building and maintaining healthy bones should continue throughout a person's life. Bones play many important roles in the body: support, protect organs, help muscles work, and store calcium.
- Building better bone health is not just about the foods we eat. Adding weight-bearing exercises that involve jumping and running helps build strong bones.
- Vitamin D is needed for your body to absorb the calcium you eat. That's why vitamin D is added to milk and other dairy products, but it is also made in your body when you are in the sun. Spending time outside can help keep your bones strong!

Bulletin Board created by 2B and 2W



Get Involved. Make a Difference.

UPCOMING MEETING DATES:

SPC Fundraising:
Monday, November 7
1:30pm - 2:30pm
School Library



Parent Council meeting:
Tuesday, November 22
3:30pm - 4:30pm
*online available

Thank You!

For the fantastic support for the Wilhauk fundraiser. We raised \$2300 to go towards such things as the elementary pancake breakfast, Jr High Snowball and the new school playground!

Mrs. Ainsworth's Tues/Thurs Kindergarten class sold the most Little Caesars and earned a class pizza party!

Congratulations!

These Christmas fundraisers are coming your way!!

Watch for dates and order information on social media and email.



Oct 28 - Nov 21

<https://fundraisings.kiwifundraising.com/41>



please keep us in mind when planning your Christmas baking as we will be asking for donations of baked goods to sell at the bake sale

Hot Lunch
(ordering closed)

Nov 7 - Dominos Pizza
Nov 21 - Opa
Nov 28 - Quiznos Subs



Pizza Fridays
(pr-orders closed)

Nov 4 - Cosmic Pizza
Nov 25 - Cosmic Pizza

December Hot Lunch & Pizza Fridays will be open for ordering mid November



October 24, 2022

DEAR SPC PARENTS/GUARDIANS:

We will once again be hosting an in-person Remembrance Day assembly with our students at SPC on Thursday, November 10th at 10:30 a.m. The assembly is designed to help students understand the meaning of Remembrance Day through their participation in a ceremony of poems, readings, music, a moment of silence and potentially a guest speaker. Poppies will be distributed to students on the morning of November 10th and **donations** for the poppies will be accepted at that time, or anytime during the week of Nov. 7-10.

Many of you have had friends or relatives who **SERVED** their country in wartime. We would like to remember these people by having your child place a poppy in their honor during the assembly. At the time that your child is doing this, we would like to mention the name of the family friend or relative and a little detail concerning him or her. With this in mind, please fill in, and have your child return the information sheet below to the front office if you wish to have your child participate in this part of the program.

Parents and community members are very welcome to attend this ceremony.

Sincerely,

Tanya Neuman - SPC Principal

YOUR CHILD'S NAME _____ CLASS _____

NAME OF RELATIVE/OR FAMILY FRIEND _____

UNIT/RANK OR POSITION _____

WHERE OR HOW HE/SHE SERVED _____

IF THEY DIED IN ACTION, WHICH WAR OR BATTLE _____

**MUST BE RETURNED TO THE OFFICE NO LATER THAN Wednesday,
November 9, 9:00A.M.**

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Day 6	2 Day 1	3 Day 2	4 Day 3
	Picture Retake day	Take your Kids to Work (Gr 9)		Gr 3S Stony Library
	PCAA JR VB Playoffs	PCAA JR VB Playoffs	PCAA JR VB Playoffs	PCAA JR VB Playoffs
		PCAA SR VB Playoffs	PCAA SR VB Playoffs	PCAA SR VB Playoffs
7 Day 4	8 Day 5	9 Day 6	10 Day 1	11
PCAA JR VB Finals	Hat and Hoodie Spirit Day	PCAA SR VB Finals	Remembrance Day Assembly 10:30am	Remembrance Day No School
PCAA SR VB Finals		CN Rail Presentation K-6		
Friends of SPC 1:30pm				
14	15	16	17	18
Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School
21 Day 2	22 Day 3	23 Day 4	24 Day 5	25 Day 6
Kinsmen Christmas Hamper Begins	School Council 3:30pm	Book Fair	Book Fair	Book Fair
Book Fair	Book Fair			
28 Day 1	29 Day 2	30 Day 3		
Book Fair	Book Fair	Spirit Day - Mustache Day		
		Book Fair		