



Crestomere Cougar News

March 2019

Crestomere School

Principal: Mrs. P. Mueller

Crestomere's CTF Students Host Ag Day February 12

The creative talent of Mrs. Harink's Agriculture CTF students, paired with the generosity of Alberta's Agriculture Industry producers made for a delightful morning of learning, tasting, visiting and reflecting on the importance of Alberta's food producers. The dual theme of our month long Agriculture CTF class was "Farm to Table" and "Careers in Agriculture", whereby students connected with a particular industry and became an expert in their area of choice.



The class participated in a dairy tour at Crestomere Holsteins and a beef tour at Beechinor Brothers Simmentals, in which they explored several careers related to a family farm operation. They were amazed to learn that a family farm business connects with several different agriculture specialists throughout the course of their operation. Their eyes were opened to many careers in agriculture that they didn't know about before. "Farming is more than just cows and plows!" was one of the themes explored in the CTF class at Crestomere.

Throughout the month the class explored topics such as the portrayal of agriculture in social media, and discerning between myth and truth in what we hear and see. Our twelve committed students in one short month created a connection with a particular industry, put together a display board, collected some swag for handing out to other students, and prepared a recipe showcasing their product. Crestomere's Ag Day was well attended, bringing 200 students, staff, parents and community members to learn about some of the different agriculture industries in Alberta.

Booths were created showcasing facts about each industry such as nutritional benefits, production, harvest techniques and animal welfare. From live chickens and free cooking spray, to lamb chops and black bean brownies, the morning was entertaining and educational. Students presented on chicken, beef, pulse, pork, turkey, eggs, lamb, potatoes, sugar beets, milk and canola. It was rewarding to hear these grades 5 through 9 students answering some tough questions about antibiotics in food, and animal welfare. Crestomere School is definitely home to some adventurous young "Ag-vocates"!

Special guests at the event were Shane and Elizabeth from the Lacombe Research Station, who hosted a hands-on agriculture research booth for students to enjoy at the Agriculture Day. These two are definitely passionate about their careers in agriculture and really connected with students of all ages. Isla Mueller was another special guest who presented on her career as a welder for an agriculture equipment fabrication company.

We would like to thank the Simanton family at Crestomere Holsteins and John Beechinor and family at Beechinor Brothers Simmentals for hosting our class tour days.

Hats off to these great students for preparing this Agriculture Day for us at Crestomere School!

Sheri Harink



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Tyler Hawkins in grade 3 was visited by Blaine Calkins who presented him with an award for his January photo that was selected on the community calendar.



**BULLYING
STOPS
HERE!**
TOGETHER WE CAN MAKE A DIFFERENCE

Pink Shirt Day

Staff and students were encouraged to wear pink on Wednesday, February 27 and to "Strut their stuff to say enough" to bullying.



Important April dates:

- 2 - Assembly @ 9:30 am
- 4 - Inside out/backwards Day
- 5 - No School—PD Day
- 19 -22 Easter Breal
- 25 - Spring Concert/
Volunteer Tea
- 26 - Kindergarten Attend
Taco in a Bag Hot Lunch

School Council Meeting

Date Changed

March 11

6:30 p.m.

School Library



Daylight Saving Time begins on Sunday, March 10. Remember to set your clocks ahead one hour.





Badminton Tryouts

The Crestomere Cougars badminton team is holding tryouts on March 13 afterschool until 4:30pm. All students in grades 6-9 are encouraged to come. Coaches Lewis, Heppell, and Leighton are excited to see potential players compete for spots on the team. Proper gym strip is required.



Do You Want To Be Part of an Amazing Club?

Come Parents and Students to an informational night about the Eco Team!

Wednesday, March 6, 2019 @ 6:30 p.m.

Crestomere School



Crestomere Girls Basketball

The Crestomere Girls Basketball team has been busy playing exciting games and working hard in practices! Their skills are improving and have led to some well-deserved wins! This weekend they will finish the season with a tournament in Lacombe.

Come watch all the action at J.S. McCormick School gym, Saturday morning.

Crestomere Girls play at 9:00 and 10:15.



Family Fun Night

Wednesday March 27, 6:30-8:30. We will be playing badminton, dodge ball, wilsonball, card games, board games and more! Please email Mr. Heppell if you have any questions.



See you then!



Crestomere students and staff have had a great time using the ice rink this winter. We have enjoyed playing hockey and practicing our skating. It is a great way to get outside and enjoy the winter.

Thank you to all the volunteers that maintained the ice. Our school is fortunate to have such a great place to skate. Thank you also to all the parents and volunteers that came to help tie skates and participate.



INFORMATION NIGHT - THURSDAY
MARCH 28 @ 6:30 P.M.

ADVENTURE AWAITS

Eastern Canada Jr. High Trip 2019-2020
Parent Meeting





Addiction & Mental Health News

March 2019

Why Practice Self-Care?

Self-care can help to prevent burnout, help our relationships and can make us more effective.

Excessive stress can lead to mental and physical exhaustion. By engaging in self-care practices we can reset our minds and bodies, maintain healthy relationships with ourselves and others, and become more productive and resilient.

Self-Care Tips

Self-care practices are usually things we enjoy doing. Practicing self-care does not have to be time consuming or difficult!

Try these activities out:

- Take a walk
- Cuddle with a pet
- Listen to music
- Spend time with friends and family
- Take 5 deep breaths
- Write down 3 things you are grateful for

Self-kindness is taking actions and reactions we would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Give yourself the bare essentials
- Pay attention to your internal dialogue
- Feel your feelings
- Reframe challenges
- Find solutions
- Lower your expectations
- Start now

5 Tips to Be Kind to Yourself

Try adding these ideas to your self-kindness practice:

1. Forgive yourself
2. Magnify your strengths
3. Participate in self-care techniques
4. Make some positive affirmations and review daily
5. Make a list of ways to encourage yourself

MORE RESOURCES

UCalgary.ca search "self-care starter kit"

AHS.ca search "ways to wellness"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642





Dear Colleague,

Do you know parent(s)/guardian(s) of a child ages 4 to 6 (or somewhat younger or older) who might have a "wee worry" habit? If so, this program may be for them. Lacombe Mental Health Center, in conjunction with Lacombe Parent Link, are excited to offer ***Worry Taming Strategies for Parent(s)/Guardian(s) of "Wee Worriers"***.

This program consists of **four sessions from 1:30pm to 3:00pm** that will be held at **Lacombe Parent Link (located in the LMC) – childcare will be provided by Parent Link: spaces limited (must register with Mental Health prior to accessing childcare if needed)**. Dates of the sessions are **Wednesdays April 17, 24 and May 1, 8, 2019**. Session topics will include:

Session One: Just the Facts, Jack

- Information on normal development in this age group
- How come a child may have worries, what are normal worries for this age and when do they become a concern
- Discussion of general worry taming strategies

Session Two: Name it, Tame it

- Information on available resources
- Worry taming strategies continued: externalizing worry/worry scales etc

Session Three: Relax!!

- The physiological response of worry
- The importance of breathing in worry taming
- Relaxation and visualization strategies


Session Four: Something Stinks!!

- Introduction to cognitive distortions (stinkin thinkin) and strategies
- Looking at worry 'tricks'
- Thought stopping

For further information and to register please contact Lacombe Mental Health, Norene Gillespie, 403-782-3413. **Registration deadline is Wednesday April 10, 2019. Minimum four participants.**

Sincerely,

Norene S. Gillespie BSW RSW MSc (Lacombe Children's Mental Health Therapist/ Liaison)
Carolyn McLaren (Parent Link Coordinator)

PONOKA FCSS AT ROGERS PLACE

JOIN PONOKA FCSS FOR AN EDMONTON OIL KINGS
GAME AT ROGERS PLACE!



GET AN EXCLUSIVE VIEWING OF THE OILERS HALL OF FAME ROOM, PLUS ALL YOUTH WILL GO BEHIND THE SCENES TO HIGH FIVE THE OIL KINGS!

BUS DEPARTS FROM PONOKA ARENA AT 11:15 AM

SATURDAY, MARCH 16, 2019 AT 2:00 PM



TICKETS ONLY \$10 EACH

INCLUDES GAME TICKET, LIGHT SNACKS AND TRANSPORTATION
OFFER AVAILABLE TO TOWN AND COUNTY OF PONOKA RESIDENTS*
*LIMITS APPLY

Contact Shelly Van Eaton at
483-783-4462

OILKINGS.CA



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March 2019

Sun Mon Tue Wed Thu Fri Sat

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

BB Tournament - Lacombe (March 1)
 Assembly @ 9:30am / Curling Bonspiel Lacombe (March 7)
 PD Day / No School (March 8)
 Beach Day / Telus World of Science Jr. High Field trip (March 12)
 Gr. 6-9 Badminton Tryouts 3-4:30 (March 13)
 Teacher Convention / No School (March 15)
 Spring Break (March 20-21)
 Family Fun Night 6:30-8:30 (March 27)
 School Resumes (March 25)