Student Recognition Event / Year-end Potluck Lunch Thursday, June 20, 2019

- Mark your calendars! **On Thursday, June 20**, we will be hosting a **Student Recognition Event from 10:30 to 11:30**. Students in all grades will be receiving recognition awards for their academics, athletics, citizenship, AR and overall school involvement. Community awards such as the Wolfville Congeniality Award will also be presented at this time. Everyone is welcome to attend!

- Please come out and help recognize the successes here at Crestomere School.

- Our **year-end potluck lunch will start around 11:45 a.m.** following the above-mentioned student recognition event. Community members are welcome to join us. Coffee and juice will be provided for the lunch. **Please remember to bring your own cups, plates, and cutlery. Students in grades 1 to 4 should be picked up at their classroom by parents/guardians to be taken to the gym for lunch.**

- The last day of classes for students is **Wednesday, June 26**. **Progress reports and yearbooks** will go home with students. **Report Cards will not be mailed.**

Planning for Next Year

We are in the preliminary planning stages for next year and will be dealing with some significant budget cuts. To better meet the needs of our students, we would like to get an idea of our enrollment status. If you know that your child will **NOT** be attending our school next year, please inform the school by calling 403-783-2141 or by email to crestomere@wolfcreek.ab.ca.

Provincial Achievement Test Dates

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<tr>
<th>Date</th>
<th>Grade</th>
<th>Subject</th>
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<tr>
<td>June 11</td>
<td>6 &amp; 9</td>
<td>LA Part B</td>
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<tr>
<td>13</td>
<td>6 &amp; 9</td>
<td>Math Part A</td>
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<tr>
<td>19</td>
<td>6 &amp; 9</td>
<td>Math Part B</td>
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Friends of Crestomere Meeting

June 11 @ 7:30pm

Location: Crestomere School

**Important Library Information**

Hi Everyone! We have had a great year in the library with many new titles added to our collection this past school year. As our year starts to wind down to summer holidays, just wanted to let everyone know that all library books must be returned by **June 14, 2019**. Any monies owing for missing or damaged books should be paid by that time as well through the Cash On-line. Junior High textbooks will be collected as the students finish with final exams the following week. Again, it has been a great year, continue to encourage the summer reading!

Thank You!

The grade 9 students would like to thank all the parents and staff members who helped with the Grade 9 Farewell. We would also like to thank all those who took part in our fundraising efforts. Everyone’s help was greatly appreciated.
Kindergarten /Grade 1 Orientation
June 19, 2019
10:00 am

We are now taking kindergarten registrations for attendance this fall. If you have a child who will be eligible to attend, please go to Crestomere School Web-site and follow the registration link.

Students must be five years of age before December 31, 2019. If you know of any parents in our area who do not have children presently attending Crestomere, please have them contact the school.

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Student Recipe for Overcoming Exam Stress

Here are some tips and tricks on how to best prepare for your upcoming tests and PATs! Give even one or two a try and see how it helps you! If you would like more help in the areas of how to deal with exam stress and/or studying tips, you are always welcome to talk with your teacher.

**PLANNING HELPS:**
Create a schedule.
When are you at your best?
Prepare for the exam.
Your study space matters, find a quiet spot.
Reward yourself.

**HEALTHY HABITS:**
Exercise.
Catch enough ZZZZZs - Sleep is important.
Take breaks.
Practice deep breathing before and during exams.
Don’t forget . . . you have a life outside of school.

Remember . . . Your teachers, school social worker (counsellor) and other adults are here to help you when you need it. I challenge you to use them for support!
C.A.R.E Presentation

COMMUNITY NEWS

Crestomere Playschool is now accepting registrations for 2019-2020!

We operate two days a week from 9:00 - 11:30 a.m. Children must be toilet trained and 3 to 5 years old as of Sept. 1.

Open House and Registration night will take place on Monday, June 3, 2019 @ 6:00 p.m. in the Crestomere School kindergarten classroom.

Please contact Brandy Morneau for further information at 403-704-9073 or brandymorneau@live.ca.

JULY VACATION BIBLE SCHOOLS

Our exciting adventure takes place in a time lab this year and we go way back to Bible times right up to the present.

CRESTOMERE DATES are July 8 -12. Please phone Carol to register at 403-783-2137.

EVERYONE WELCOME FROM AGE THREE TO TEENS (HELPERS NEEDED)

MEADOWBROOK DATES are July 22 – 26. Please phone Merrigold to register at 403-782-6313.

Ages 4 to grade six welcome.
Our garden is your garden!

This year we have planted a variety of herb and vegetables that we hope everyone can enjoy. While we have planted many different root and squash vegetables, we have also planted bean and peas which will be ready for harvest this summer. Please, if you are around the school grounds this summer and want to help out, water and weed as much as you want. In return, we want you to enjoy some of the veggies. We really want our garden to be a community garden so please share in the celebration of the growing season. If you can, snap a picture of you and your family enjoying the playground, naturalization site and/or garden and send it to crestonere@wolfcreek.ab.ca. In the fall we would like to showcase our garden journey. Until then, Weed, Water, and Wander!
Getting Ready for Kindergarten/Grade One

*Are your Child’s Immunizations Up to Date?*

If your child is going into kindergarten or Grade One and has not received their preschool immunization they are due now.

The 4 – 6 year old booster is routinely given at this time. This may consist of updating

- Diphtheria, Pertussis, Tetanus, Polio
- Measles, Mumps, Rubella and
- Varicella (chicken pox immunization) if your child has not had the disease.

Please contact your local Community Health Centre to make an appointment.

For more information please refer to [www.immunizeAlberta.ca](http://www.immunizeAlberta.ca)

Christine Gustafson

Christine Gustafson
Public Health Nurse
403-704-8345
Arrrrgh you Excited for Kindergarten??!!

Dear Parents,
Arrrrgh you Excited for Kindergarten is a pirate themed program targeting a variety of skills children use at school. The program was developed by speech-language pathologists, occupational therapists, and physical therapists. Lesson content includes listening and turn taking and phonological awareness skills (pre-reading skills). In addition, every session targets fine and gross motor skills.

- The program runs July 16, 17, 18th, 2019 in the morning (9:30-11:00 a.m.) OR in the afternoon (1:30-3:00 p.m.) at the Ponoka Community Health Centre (5900 Highway 2A)
- A caregiver (parent, grandparent, etc) must attend the beginning (first 10 minutes) of each session with their child for a short information session.
- Registrations will be accepted on a first come, first served basis
- We will contact you when we receive your registration to confirm your enrollment.

Please return the attached registration form to the receptionist at the Ponoka Community Health Centre no later than June 14, 2019.

Please contact Amy at 403-782-8169 or Patti at 403-704-8368 with your questions about the program.


Child’s Name: ____________________________  
Date of Birth: ____________________________  
School: ____________________________  
Caregiver Attending: ______________________  
☐ I would prefer the morning session

Contact Phone #: ________________________  
☐ I would prefer the afternoon session
Homeglen Ladies Club

ANNUAL STEAK FRY

For Friends and Invited guests

SAT, JUNE 8, 2019

Homeglen Hall
Supper at 6:00pm
Live band -
Will Braun & Elena Marie

Tickets
$25 Adults
$5 Ages 6-12

For Tickets
Contact
Pat 403.843.3963
Woulien 403.783.6244
# NURTURING PARENTING PROGRAM

10-Week Workshops May to July, 2019 Schedule

**MONDAY & THURSDAY @ 1:30 pm – 3:00 pm**

**CAWES BOARDROOM**

*(Childcare Provided)*

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<thead>
<tr>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>The Philosophy and Practices of Nurturing Parenting &amp; Ages</td>
<td>May 23</td>
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<td>and Stages of Growth for Infants and Toddlers</td>
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<tr>
<td>Possessive and Violent Relationships – Keeping Our Children Safe</td>
<td>May 27 &amp; 30</td>
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<td>Ways to Enhance Positive Brain Development in Children and Teens</td>
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<td>Communicating With Respect</td>
<td>June 10 &amp; 13</td>
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<td>Building Self-Worth In Children</td>
<td>June 17 &amp; 20</td>
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<td>Understanding Feelings</td>
<td>June 24 &amp; 27</td>
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<td>Family Morals, Values &amp; Rules</td>
<td>July 4</td>
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<td>Praising Children &amp; Their Behavior</td>
<td>July 8 &amp; 11</td>
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<td>Alternatives to Spanking</td>
<td>July 15 &amp; 18</td>
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<td>Dealing with Stress &amp; Anger</td>
<td>July 22 &amp; 25</td>
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For more information, please call 403-346-5643 and ask to speak to a Nurturing Parenting Facilitator or call **Christian Calzar** at 403.350.2518.
Addiction & Mental Health News

JUNE 2019

Consider Screen Time
Screen time includes time spent in front of computers, TVs, videogames, smart phones, and iPads/tablets.
Help children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

The Canadian Pediatric Society recommends:
- No screen time for children under 2 years old
- Less than 1 hour of screen time per day for children between 2 and 4 years old
- Less than 2 hours of screen time per day for older children

Balance Screen Time With Other Activities
- Show children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get the family up and moving.
- Make a list of alternate activities so there is less reliance upon screens for entertainment. Include outdoor activities, playing, and reading in the family’s daily routine.

Keep Track Of Screen Time
- Have a central spot in your home to keep all your devices.
- Make a family TV show schedule together and post it where everyone can see it (e.g.) on the fridge and enjoy watching together.
- Make a family media plan and ensure that you all agree on it.
- Set up screen-free zones in your home during (e.g.) meal times, 1 hour before bed, and family times.

Use Screen Time to Learn
- Help your child learn by viewing and talking about TV and other media together.
- Choose TV shows that:
  - Repeat ideas to help kids learn
  - Pause and ask kids to join in
  - Teach only one message at a time
- Model good media use to teach children to use screen time mindfully.

MORE RESOURCES
myhealth.alberta.ca/
Search: Screen Time
MediaSmarts.ca
Search: Screen Time

Information on mental health, community supports, programs and services in your area:
MyHealthAlberta.ca
Addiction Services Help Line 1-866-332-2322
Mental Health Help Line 1-877-303-2642
11 Health Link
HealthAdvice 24/7
Alberta Health Services
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<td>Wolf Creek Jr High Track and Field Assembly @ 9:30 am</td>
<td>Gr. 1-3 Fort Normandeau Field Trip</td>
<td>FOC Outdoor Carnival 6 pm</td>
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<td>Grade 6 &amp; 9 PAT Exam LA Gr. 3/4 Field Trip FOC meeting</td>
<td>Kindergarten Field Trip Free hot dog lunch Grade 6 &amp; 9 PAT Exam Math Part A</td>
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<td>Happy Father’s Day!</td>
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<td>Alberta Opera Performance</td>
<td>Grade 6 &amp; 9 PAT Exam Math Part B</td>
<td>Student Recognition and Potluck</td>
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