



# Crestomere Cougar News

## November 1, 2020

Crestomere School

Principal: Ms. P. Neufled

*We're going Virtual!*

## This year our **Annual Book Fair**

will be accessible through our own store which Scholastic will set up for us

<https://bookfairs-canada.myshopify.com/pages/5149636>.

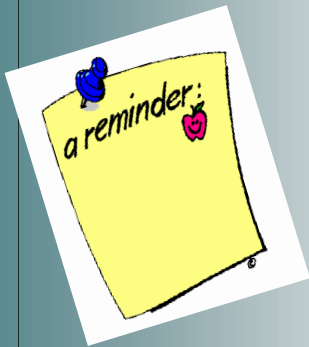
This will be an easy way to explore the new titles and support our library. Our Crestomere Book Fair will be open for business and to take orders from November 17th to 30th, 2020 and will allow for shopping from 12:01 am on the 17th to 12 midnight on the 30th. A helpful link will be set up on our homepage at that time to give you easy access and allow you to share this opportunity with friends and family.

As in the past, the Book Fair is our biggest fundraiser which gives us the opportunity to purchase new titles for our library throughout the year. As you explore the Virtual Book Fair 2020, please make note that all orders over \$35 are free and a flat fee of \$6 for those under \$35. Orders can be shipped to your home address or to alternative addresses. This will make it easy for Christmas stocking and gift orders.

Thank you again for all your tremendous support to Literacy and Reading at Crestomere School.

Mrs. Schindel

## SCHOOL FEES



**School Fees Are Past Due.** Parents may choose a payment plan option if required. Please contact the school office for details on this option. Payments may be made online at <http://www.wolfcreek.ab.ca/fees.php>

**Reminder: All items will need to be paid online.**

Thank you for your prompt attention to clearing up these fees.

## Important December Dates

Dec. 11: PD Day - No school  
Dec 23-Jan 6: Christmas Break  
Jan 7: Classes Resume



## SCHOOL COUNCIL MEETING November 2 at 7:00 p.m. via Google Meet

link: <https://meet.google.com/miy-vskp-mkq?hs=122&authuser=0>

Agenda items include: Council elections, School updates and Trustee updates.

## Reminder:

It is very important that students come to school with appropriate winter clothing for weather conditions.





## Honour and Remember

The Remembrance Day Ceremony has played a major role in Remembrance since 1931. Every year, at the eleventh hour of the eleventh day of the eleventh month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen. Together, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

This year, at Crestomere School, we will have a virtual service on Thursday, November 5th at 10:30 a.m.. Our students will be participating and honoring the contributions of our armed forces through readings, music, video, a laying of wreaths, and a virtual guest speaker. Families and individuals are invited to explore Remembrance through the people and stories of those who served as Canadians. Veterans Affairs Canada has compiled excellent resources to pass on the importance of Remembrance.

Consider visiting their website <https://www.veterans.gc.ca/eng/remembrance/people-and-stories/> to bring to life the sacrifice of those who served.

Poppies will not be available at the school this year, but please consider donating locally to the Ponoka Legion.

Online donations can be made by visiting <https://legion.ca/donations>.

Through your generosity, the Legion helps all of Canada's Veterans and their families.



### MASK REMINDER

Students need to bring mask(s) to school every day. Please make sure all masks are cleaned on daily basis.

THANK YOU for helping keep our school and students safe.





## Crestomere Sports

### Cross Country

Cross Country Running: We could not run any events this year, and I'm sure the other schools are happy they didn't have to race against us. But, we have an amazing crew who have been practicing Tuesdays and Thursdays after school since we got the green light in October. We have mixed indoor strength workouts with outdoor speedwork, intervals, and distance training. This extra tough crew has run on grass and in the snow, the rain and the mud! Our workouts will run up until the November Break. Way to go, team - keep on runnin'!



### VOLLEYBALL - Serve, Set, Hit!

The Crestomere School gym has been busy with both girls and boys getting active and enjoying the game of volleyball. Despite not being able to play other schools, the students are excited to improve their skills and fitness levels in readiness for next year and possibly a surprise game! Because we have such large numbers of participants, we will need to go to two after school practices. It's an excellent problem to have!

Boys - Monday @ 3:00 - 4:00

Girls - Wednesday @ 3:00 - 4:00

See you in the gym!

Sheri Harink & Kathy Bogath

### Curling

Curling: We have a number of curlers throwing rocks at houses Friday Nights at the Lacombe Curling Club! Despite the new challenges, these students will play and hone their skills throughout this curling season in preparation for the 2021 Wolf Creek Bonspiel. With game action this hot, it's a good thing they play on ice.

Good Curling!





## INCLEMENT WEATHER REMINDERS

### Cancelling School Buses and Closing Schools Due to Bad Weather

During the winter months, inclement weather may cause the disruption of bus transportation and at times regular school operations. We must recognize that there are days when school buses will not be able to operate because of extreme temperatures, fog, freezing rain or other adverse road conditions. Parents/guardians are reminded to review the inclement weather information below for the 2019-2020 school year.

With safety of students as the primary concern, the Superintendent and Transportation Manager make a joint decision, between 5:30 a.m. and 6:00 a.m., on school closure and cancelling buses.

Since Central Alberta weather conditions are extremely unpredictable, families, staff, and substitute teachers have a responsibility to check our social media feeds, local radio, and/or division websites for busing and school closure announcements when inclement weather conditions exist.

The Transportation Manager contacts the appropriate radio stations for public service announcements:

- FM stations Sunny 94.1, Big 105.5, CKGY 95.5, ZED 98.9
- AM stations CHED 630, CFCW 790, KJR 1440

The following are updated and posted/shared:

- **SwiftReach:** Message to registered households
- **Website:** Notice on [Division](#) and [School](#) banners; [Bus Route Status](#) on Transportation webpage.
- **Twitter:** [@WCPS72](#)
- **Facebook:** [Wolf Creek Public Schools](#)

### Diploma and PAT Exams

Inclement weather includes situations where the weather conditions prevent a student from being able to arrive safely at the nearest available writing location or where the writing locations have been closed due to severe weather. This can include situations where division school buses were not operating due to weather conditions.

In the event that a group of students are impacted and unable to access the writing of a diploma exam as a result of inclement weather, an application will be made on their behalf to the Alberta Education Special Cases Team to indicate how the students were impacted. The decision to provide an exemption is provided at the sole discretion of Alberta Education.\* (excerpt from Alberta Education General Information Bulletin)

During inclement weather, schools with writing locations will, where possible, remain open for Diploma exams to be completed by students who are able to make their way into the exam location. Students, where possible and where safe to do so, are encouraged to write Diploma exams on the assigned day as these are not able to be rescheduled. Writing times will be accommodated for late arrivals on the same day of the exam.

Students in Grade 6 and 9 who are writing PAT exams and miss the exam due to inclement weather will be accommodated on an alternate day, where possible.

Students and parents should watch for notifications with further details on any inclement weather day where a Diploma or PAT exam is being written as specific details will be provided on school websites and radio.

### IMPORTANT REMINDERS

- When a decision is made to cancel bus transportation in the morning and schools remain open, buses will typically run at the end of the school day to return students home.
- Bus drivers have the individual authority to cancel their route, or decide not to stop at a particular pick up site if they feel the weather/road conditions warrant such action. This can occur regardless of a decision being made by the Superintendent regarding bus cancellations.
- The decision to cancel all bus runs for a full day of school automatically includes the closing of the affected school(s) for all students. However, there may be occasions when the following occurs:
  - Area bus runs (eg. Bluffton, Clive, etc) are cancelled in the morning but schools remain open, or
  - Cases such as fog conditions and freezing rain, where road conditions are expected to improve significantly within a short period of time, but improvement in road conditions occurs too late to operate morning bus routes.
    - In such cases, schools will remain open, and the bus runs will be reopened for operation in the afternoon in order to transport students home who found alternative modes of transport to school. Reminders that the afternoon bus runs will operate and will always be announced on the radio immediately in the morning.
- Schools will be closed with no buses running when the air temperature in excess of 40 degrees C exists regardless of wind conditions. In instances where the air temperature is between 30 degrees C and 40 degrees C, the wind chill factor may be considered if it creates a temperature in excess of 40 degrees C with the wind chill factor included.
- Schools will be closed with no buses running when dangerous road conditions and/or poor visibility (e.g. heavy snowfall, blowing snow, freezing rain, heavy fog) are present.
- Pay careful attention to the bus cancellation message if your child/children are bus riders. Waiting for buses in extreme cold temperatures is very dangerous and being cognizant of bus cancellations will ensure your child/children are not outside waiting for a bus that has been cancelled.
- Dress warmly on cold weather days as school buses may be delayed and your child/children may be waiting for the bus for a longer time than usual.
- Wolf Creek Public Schools will continue to announce any district wide busing cancellations due to inclement weather, fog, or poor road conditions using WCPS' communication practice.

***It is a parent's decision whether or not they send their child to school on inclement weather days when buses are cancelled and schools remain open.***



## Interesting Facts About Miss. Kerr

June 2020 I upgraded my Social Work Diploma to my Social Work Degree



I rescued a dog from Saving Grace Animal Society in Alix, AB this summer



Meet Charlie

# Counsellor Connect

## Well into 2020-2021 School Year

Hello, Crestomere students, parents, and guardians:

The start of this school year has been filled with many new challenges and adjustments. I am so proud of the students and families for pushing through with optimism and courage. I am happy to be back as the School Social Worker here at Crestomere School. I am continuing to support students with their emotional, social, and behavioral needs. I work closely with the students to enhance their educational, social, emotional and behavioral experiences. I can assist students on an individual basis and may also facilitate group/classroom sessions depending on the school's needs. I am linked to various community agencies and advocate effectively in support of students and their families. I am here at Crestomere school Wednesdays & Thursdays from 9:15-3:00.

I look forward to working with all the Crestomere families. Please don't hesitate to reach out, [Shentel.kerr@wolfcreek.ab.ca](mailto:Shentel.kerr@wolfcreek.ab.ca), with any questions or concerns. I am sending you all love and light.





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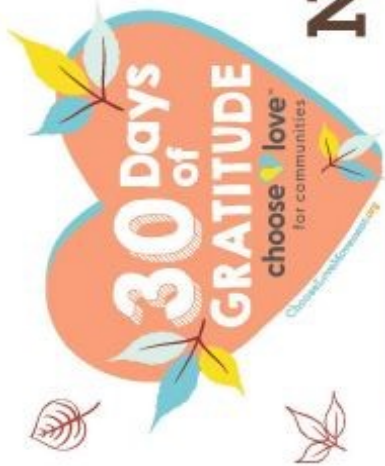
## A Message for You

A global pandemic. Social unrest. Is it possible to be grateful in this environment? YES! Actually, the stressors actually make it even more imperative! Our ultimate goal as humans, for our children and ourselves, is to flourish. Gratitude is the number one way to shift our focus from negative to positive and facilitate growth in our lives. It sounds simple, and it is, but it's not always easy.


How can we be grateful when it seems like everything is falling apart around us? In fact, this is THE time to Practice Gratitude. Those two words should always be together because gratitude is an exercise. Gratitude can be thought of as a muscle that we can strengthen with daily practice. When we think of something to be grateful for it shifts our focus from negative thoughts to positive thoughts. When we do it often enough, it can change the wiring in our brain and make it a habit. Unlike many other routines in our lives, gratitude is extremely healthy and positively impacts our physical, mental, and emotional health.

Scarlett Lewis  
Jesse's mother  
Chief Movement Officer





# NOVEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 REFLECT ON THE BLESSINGS YOU HAVE IN YOUR LIFE.	2 MAKE A GRATITUDE JAR AND EVERY DAY WRITE DOWN WHAT YOU WERE GRATEFUL FOR.	3 THINK OF HAPPY MEMORIES AND HOW THEY BRING YOU JOY.	4 WRITE A THANK YOU NOTE TO SOMEONE WHO HAS BROUGHT YOU HAPPINESS.	5 DO A MEDITATION ON GRATITUDE.	6 WRITE DOWN 3 THINGS YOU LOVE ABOUT YOURSELF. USE THESE POSITIVE AFFIRMATIONS TO HELP YOU COPE THROUGH STRESS.	7 FOCUS ON YOUR THOUGHTS & CHANGE ONE ANGRY THOUGHT TO A GRATEFUL ONE.
8 CREATE A THANK YOU SIGN FOR ESSENTIAL WORKERS.	9 FIND A QUOTE THAT SPEAKS TO YOU AND HOW YOU CAN INCORPORATE INTO YOUR LIFE.	10 WHAT ARE YOU GRATEFUL FOR IN THIS VERY MOMENT? TAKE TIME TO REFLECT FOR FIVE MINUTES.	11 CELEBRATE THE TROOPS SERVING NOW AS WELL AS FAMILY AND FRIENDS WHO HAVE SERVED IN THE PAST.	12 BE MORE SELF-AWARE AND RECOGNIZE THAT YOU NEED TO NURTURE YOUR OWN SELF.	13 ASK YOURSELF: WHAT IS DIFFERENT TODAY THAN A YEAR AGO THAT I AM GRATEFUL FOR?	14 TAKE A MOMENT TO CONNECT TO ELDERNS IN YOUR FAMILY, A FRIEND OR A NEIGHBOR.
15 TELL THE CHILDREN IN YOUR LIFE HOW YOU FEEL ABOUT THEM. GIVE THEM A BIG HUG TODAY.	16 BE GRATEFUL FOR YOUR PARENTS OR GUARDIANS. GIVE THEM A HUG.	17 BE GRATEFUL FOR YOUR NEIGHBORHOOD AND EVERYTHING IT HAS TO OFFER.	18 WHAT ANIMALS ARE YOU GRATEFUL FOR? A FAMILY PET? FARM ANIMAL? WILD ANIMAL? OR EVEN ONE THAT IS EXTINCT.	19 WHAT ARE TWO WORDS THAT DEFINE WHAT YOU ARE GRATEFUL FOR?	20 CREATE A GRATITUDE GARDEN BY WRITING DOWN THINGS YOU ARE GRATEFUL FOR ON PAPER FLOWERS.	21 THINK OF 5 THINGS YOU TAKE FOR GRANTED BUT ACTUALLY VALUE.
22 THINK ABOUT WHAT GRATITUDE MEANS TO YOU AND WRITE A POEM ABOUT IT.	23 WHAT ARE 3 THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL TO HAVE? WHY?	24 THINK ABOUT A SPECIAL PLACE THAT MAKES YOU FEEL GOOD. VISIT OR FIND PICTURES OF IT.	25 WHO IS SOMEONE THAT INSPIRES YOU TO BE A BETTER AND KINDER PERSON?	26 HAPPY THANKSGIVING! READ FROM YOUR GRATITUDE JAR!	27 WHAT IS YOUR FAVORITE FAMILY RECIPE OR FOOD TRADITION? SHARE IT WITH YOUR FAMILY.	28 WHAT ACTIVITIES ARE YOU GRATEFUL TO BE A PART OF? THANK THE PERSON WHO MAKES IT POSSIBLE.
29 WRITE A LIST OF 5 THINGS YOU ARE GRATEFUL FOR THAT DON'T COST A SINGLE DIME.	30 BE GRATEFUL EVERYDAY - CHOOSE LOVE!	 <b>choose love™</b> for communities				



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## Gratitude Challenge

### Gratitude Jar

Write down something you are grateful for each day this month and add it to your jar

### Write a Thank You Note

Think about someone in your life who has brought you happiness and reflect on how they have brightened your life. Write a note, thanking them for all that they've done for you. Take a picture of the note to remind yourself not to take that person for granted. By expressing your gratitude, you are deepening your relationship with this person.

## Community Event



**TRAUMA INFORMED  
EMPATHY WORKSHOP**

**FCSS** Family Community Support Services  
Drayton Valley & District

**PARTICIPANTS WILL:**

- Develop an understanding of what trauma is and how it can impact one's day-to-day life
- Learn what means to be "trauma informed" when working with others and the impact of vicarious trauma
- Discover how to use empathetic responses to support those who are or have experienced trauma, with particular focus on employing empathy throughout a pandemic situation

**NOVEMBER 23, 2020**  
**1:00pm to 3:00pm**  
**\*Workshop to take place over Zoom\***  
**FREE OF CHARGE**

To register, please contact Drayton Valley & District FCSS at (780)514-2204 or by email: [fcss@draytonvalley.ca](mailto:fcss@draytonvalley.ca)  
Registration Deadline: Wednesday, November 18, 2020

**PRESENTER:** Faye Hamilton (MSW, RSW) is a professor, educator and researcher who has extensive experience in the field of trauma informed front line practice. Faye brings an insightful, informed lens to this topic and presents a safe place for learners to explore the topic.



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*"Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another." – Alfred Adler.*

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# November 2020

Sun Mon Tue Wed Thu Fri Sat

1 Daylight Saving Time Ends	2	3 School Council Meeting @ 7:00	4	5 Remembrance Day Ceremony @ 10:30 am	6	7
8	9 Staff Earned Day Off - No School	10 Staff Earned Day Off - No School	11 Remembrance Day No School	12 Fall Break No School	13 Fall Break No School	14
15	16	17	18	19	20	21
22	23	24	25	26	27 PD DAY NO SCHOOL	28
29	30	BOOK FAIR NOVEMBER 17 – NOVEMBER 30				