

DRAGONS' PRIDE

ELEANOR HALL SCHOOL



Principal's Message

February 2017

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- Notice Board
- Pictures
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PowerSchool Updates and Goal Setting Nights

On February 8th all PowerSchool updates will be completed. If you do not have your log in information, or require assistance, please contact the office. Just a reminder to everyone that Goal Setting Nights are quickly approaching (February 15th and 16th from 4 PM - 7 PM). The exception is Kindergarten which is only on Thursday the 16th. If you would like to meet with Mrs. Schryver, please contact her directly. The online booking software will be open February 6th. If you want a particular time to see teachers please book early as slots fill up quickly. If you are having any issues with the program please call the office so we can assist you. Please note that time slots are 15 minutes for elementary and 10 minutes for Kindergarten and students in 6-9. Please note the 6-9 teachers will be meeting individually with parents, not as a group. If this does not seem like enough time feel free to book an alternate appointment directly with your child's teacher(s).

Breakfast Program Items Needed

We just wanted to thank everyone at this point in the year for their help with The Breakfast Program. We have had various donations come into the school in the form of food items and monetary donations that we use to help run our program successfully. Thank you all for your support. Now that we are in the second half of the school year we are in need of Cheese-Whiz, jam (strawberry or raspberry), syrup, forks and small paper plates (just big enough to fit one pancake on it). If anyone would like to contribute to this that would be greatly appreciated. All items can be dropped off at the office.

Teacher's Convention/Family Day/Long Weekend

Please remember that Teacher's Convention is coming up next week (February 9th and 10th) and there is no school for students. Also, February 17th is an Eleanor Hall day for staff and students to make it an extended weekend for our families as Monday, February 20th is Family Day.

Early Dismissal/Assembly February 22nd

February 22nd is our next early dismissal day. Students will be dismissed at 2:40 PM. Also on February 24th at 1:00 we will be having our annual students versus staff basketball game. We do this every year just before students head off to the divisional tournament. We will begin with a pep rally. If you are able to make it out on this day please do so as this is always an exciting event.

Child Welfare (Vulnerable Sectors) Check/Criminal Record Check/Volunteers

A reminder for those of you who volunteer and those who want to get involved volunteering in the school that you need to have a Child Welfare Check and Criminal Record Check done, or updated. Once they are completed please bring them into the office so we can put your documents on file. These Welfare & Criminal Record checks are good for three years. If you have any questions on this please contact us at the school and we will assist you where we can.

Report Outlines How PHPS Performed on 15 Key Measures

Each year, the provincial government gives each school board a report card describing how it performed on 15 key measures. A school board's results are based on surveys of students, parents and teachers; how students perform on Provincial Achievement Tests and Provincial Diploma Exams; how many students drop out; how many students complete high school and how many students move on to post-secondary studies. Check out this two-page summary outlining how Pembina Hills Public Schools did in 2015-16: <http://bit.ly/2k9XK67>

2016/2017 Yearbooks



We already have 18 orders for the 2016/17 Yearbook!

It's Time to Order Your.....
YEARBOOK!



If you would like a 2016/2017 Yearbook please pre-order by March 1, 2017. Please send \$15.00 per copy with your name and grade to the school office. If we do not receive 32 more orders we will be unable to print a yearbook and your money will be returned to you.

Candy Grams

February 6—February 8
Send a Message to Someone Special
\$2.00 each



All Proceeds go to Grade 9
Prom.
Thank you!

McDonald's Receipt Fundraiser

We are now participating in the McDonald's Fundraising Program. Please save all your McDonald's receipts from any of these locations—Westlock, Spruce Grove, and Stony Plain and bring them into the office.

We will receive 10% back up to a maximum of \$500 per year of the total dollar value.



COMING SOON!

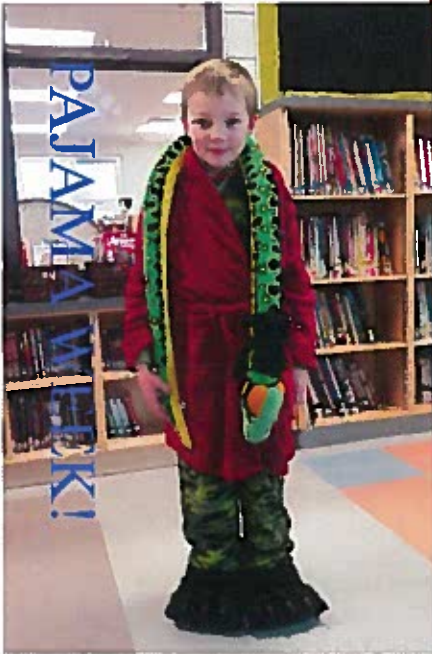


CLYDE MINOR BALL REGISTRATION

Registration forms will be sent through school in February. Watch for them!

Contact Linda McCoy at 780-307-5588 for more info or if you are looking to get involved in the organization!

Pictures



February 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------|--|---|--|---|----------|
| | | | 1 "Center of the Sky Session" @ R.F. Staples Grade 5-9 12:30 pm-2:30 pm | 2 | 3 Crazy Hair Day Skiing at Tawatinaw Grade 4-6 | 4 |
| | | | | JH DAY 3 | JH DAY 4 | |
| | 6 | 7 Swimming Grade 1 2:00 pm-3:00 pm | 8 Swimming Grade 1 2:00 pm-3:00 pm | 9 No School Teachers Convention | 10 No School Teachers Convention | 11 |
| | JH DAY 1 | JH DAY 2 | JH DAY 3 | | | |
| 2 | 13 | 14 | 15 Parent Teacher Student Interviews Hockey Field Trip Grade 1-3 Symphony Field Trip Grade 4-6 | 16 Parent Teacher Student Interviews Swimming Grade 1 2:00 pm-3:00 pm | 17 No School Eleanor Hall Day | 18 |
| | JH DAY 4 | JH DAY 1 | JH DAY 2 | JH DAY 3 | | |
| 9 | 20 No School Family Day | 21 Swimming Grade 1 2:00 pm-3:00 pm | 22 Early Dismissal Basketball Pep Rally 1:00 pm | 23 JH Basketball Divisionals @ Barrhead Composite High School Swimming-Grade 1 2:00 pm-3:00 pm | 24 Swimming Grade 1 1:00 pm-2:00 pm | 25 |
| | | JH DAY 4 | JH DAY 1 | JH DAY 2 | JH DAY 3 | |
| 6 | 27 | 28 Swimming Grade 3 2:00 pm-3:00 pm | | | | |
| | JH DAY 4 | JH DAY 1 | | | | |



Dragon Bites Menu



| February 6-10 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---------------------|-----------------|-----------------------|-----------|-----------|
| Soup & Bun \$4.00 | Cream of Potato | Italian Wedding | Chicken Veggie | No School | No School |
| Lunch Special \$5.00 | Chicken Caesar Wrap | Shepherd's Pie | Burger & Potato Salad | No School | No School |
| Salad \$4.00 | Caesar | Caesar | Caesar | No School | No School |

| February 13-17 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--------------------|---------------------------|-----------------|-------------------------|-----------|
| Soup & Bun \$4.00 | Vegetable | Cream of Garden Vegetable | Beef Barley | Clam Chowder | No School |
| Lunch Special \$5.00 | Chicken Quesadilla | Sub & Potato Chips | Baked Spaghetti | Chicken Fingers & Fries | No School |
| Salad \$4.00 | Tossed | Tossed | Tossed | Tossed | No School |

| February 20-24 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|-----------|--------------------------|-----------------|--------------|----------------|
| Soup & Bun \$4.00 | No School | Hamburger | Italian Wedding | Tomato | Beef Vegetable |
| Lunch Special \$5.00 | No School | Hot Dog & Baked Macaroni | Nachos | Chicken Wrap | Stew |
| Salad \$4.00 | No School | Caesar | Caesar | Caesar | Caesar |

| Feb. 27-Mar. 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|-----------|-------------------------------|--------------------|-----------------------|---------------------|
| Soup & Bun \$4.00 | Vegetable | Cream of Potato | Chicken Noodle | Tomato Macaroni | Mushroom |
| Lunch Special \$5.00 | Lasagna | Grilled Cheese & Potato Chips | Pyrogy's & Sausage | Burger & Potato Salad | Pancakes & Sausages |
| Salad \$4.00 | Tossed | Tossed | Tossed | Tossed | Tossed |

| | |
|------------------------|------------------|
| Daily Items: | Juice Box \$1 |
| Veggie Plate & Dip \$4 | Water Bottle \$1 |

**** Pre-paid Lunch Cards are available in \$20 & \$40 denominations****

| | |
|--------------------|---|
| Piece of Fruit \$1 | Treat of the Week \$1 (ex. Cookies, Muffins, Puffed Wheat & Rice Krispie Squares, Confetti Slice) |
|--------------------|---|

FAMILY ACTIVITIES IN WESTLOCK

February

Parent Link Drop-In Playgroups

Encourage your child's development through play, socialization, and games! ****No Cost to Attend**** (parents & children 0 - 5 yrs)

Tuesdays 9:30 - 11:30 am
Rotary Spirit Centre

Free Play Wednesdays
February 1 & 15 1:00 - 2:30 pm
Rotary Spirit Centre - Field House

Thursdays 9:30 - 11:30 am
St. Mary School
~except Feb. 9 when we will meet at the Pioneer Museum for a Fieldtrip~

Saturdays
February 4 & 25 10:00 - 11:30 am
Rotary Spirit Centre

Tuesday, Feb. 14 Valentine Party during playgroup at the Rotary Spirit Centre Fieldhouse. Please bring a peanut-free potluck item

Parent Link Registered Programs

Coffee Talk
Parents can get together, have coffee, and discuss important parenting issues. **No Cost**
9:30 - 11 am @ the Spirit Centre
Feb. 8 - "Grief and Loss"
Feb. 22 - "Stress and Anxiety in Children"

****To register contact Parent Link**
780-307-2444 ext 1 or parent.link@hfbalberta.com

Mother Goose

Join us for song, rhyme, & dance! from 10 - 11 am

Mondays at the Library and Fridays
At Westlock Continuing Care

READ AND ROLL

We will read an age appropriate book and then roll with activities to promote engagement, early literacy, and speech for 3 or 4 yr olds. We will demonstrate how to foster your child's interest in books while encouraging language development through group activities and stations.

Tuesdays, Feb 7 - Mar 28
1 hour sessions
10 am start *Once this session is full we will book for 11 am*
Please register for this 8 week program by calling 780-307-2444 ext. 1 or email parent.link@hfbalberta.com



Join Westlock Parent Link at the Westlock Community Daycare for Dinner & Discussion Night

Learn about "Managing Fighting and Aggression" through video clips, group discussion, and a parent book to take home from the Triple P - Positive Parenting Program.

Free spaghetti supper and childcare are provided for participants.
Feb. 22 @ 5:30 pm Westlock Community Daycare (10801 101 St.)

Call Erin for more information at 780-307-2444 ext. 1
Please register by Feb. 15. Space is limited!

Take Apart, Put Together with Dad

What's inside a telephone or DVD player? Come find out! ...And explore Lego, K'nex, Magnets, and items to take apart.

Tuesday February 21 6:00 - 7:30 pm at
The Parent Link Centre (10011 106 St.)
Register for this evening of fun and learning!

****Limited Space****
Call 780-307-2444 ext. 1



What's Up @ Your Library?

Children's Programs Resume

Mondays: Storytelling @11 am
Ages 3 months - 36 months

Tuesdays: Pop-Up Storytime @10:30 am

All ages welcome to Kali's Corner at the Spirit Centre

Thursdays: Read With Me @ 10:30 am

Ages 3-5 - "It's All About Snow"

Special Events

Family Day Fun Saturday, February 18 @ 10 am - 4 pm

Crafting and a Family Movie "Storks" (G)

Art Jam Thursday, February 23 @3:30 pm "Collage"

Pre-register at 780-349-3060.

The Library is closed Monday, Feb. 20 for Family Day.



"Parenting the Love and Logic Way"

Love allows children to grow through their mistakes. Logic allows them to live with the consequences of their choices. This 6 week session uses humour, hope, and empathy to build the adult-child relationship. ~designed for caregivers of children 6 - 17 yrs old~

Dates: Thursdays - Feb 23 Mar 2, 9, 16, 23, 30
Time: 6 - 8 pm
Location: Parent Link Centre (10011 106 St.)

Must register by calling 780-307-2444 ext. 1 or email parent.link@hfbalberta.com
It's free but space is limited. Register early!

For information on the current swimming schedule, visit www.westlock.ca or call the Aquatic Centre.






Westlock Parent Link



COMMUNITY CALENDAR OF EVENTS FOR FEBRUARY

Health Link Alberta - 811

Poison & Drug Information Services 1-800-332-1414

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|---|---|--|--|--|---|
| <p>10 - 11 am Mother Goose @ L (Feb 6 & 13 only)</p> <p>11 am Storytelling @ L</p>   | <p>9:30 - 11:30 am PLC Playgroup @ RSC</p> <p>10:30 Pop-Up Storytime @ L</p> <p>Please Note: February 14 9:30 - 11:30 am @ RSC PLC Valentine Party</p> <p>February 21 6 - 7 :30 pm @ PLC Take Apart, Put Together with Dad</p> |   <p>Please Note: February 1 & 15 1 - 2:30 pm @ RSC Free Play Wednesdays</p> <p>February 8 & 9 9:30 - 11 am @ RSC Coffee Talk.</p> | <p>9:30 - 11:30 am PLC Playgroup @ St. Mary School</p> <p>10:30 Read with Me @ L</p> <p>Please Note: February 9 9:30 - 11:30 am PLC Fieldtrip to the Pioneer Museum</p> <p>February 23 3:30 pm @ L Art Jam "Collage" (pre-register)</p> | <p>10 - 11 am *NEW* Mother Goose @ Westlock Continuing Care (10203 96 St)</p>  | <p>Please Note:  February 4 & 25 10 - 11:30 am PLC Playgroup @ RSC</p> <p>February 18 10 am - 4 pm @ L Family Day Fun</p> |
| <p>For more information, call</p> <p>AC Westlock Aquatic Centre (780) 349-6677 PLC Parent Link Centre - (780) 307-2444 ext 1 L Westlock Municipal Library - (780) 349-3060 EOTO Each One Teach One (780) 349-0742 FCSS Westlock & District FCSS - (780) 349-5900</p> | | | | | |



Family Fun Tobogganing Day

Westlock Parent Link is going tobogganing on Family Day.

We will be at Belvedere Park on Monday, February 20, with free hot dogs, hot chocolate, and marshmallows for everyone!

The first 25 children attending with their parents will receive a FREE Crazy Carpet!



Family Day Activities

- ~ Free Family Swim at the Aquatic Centre from 1 - 5 pm
- ~ Free Events at the Rotary Spirit Centre from 12:30 - 3:45 pm including Skating, family games, balloon animals, and strolling magic entertainment. A Magic and Variety Family Show starts at 2:45.

Sponsored by Westlock & District FCSS



Watch for these up-coming sessions at the Westlock & District Adult Learning Centre

Child Custody & Parenting - March 1, 7:00 - 9:00 pm
Adult Learning Centre, Class
Fee: \$25.00

Child & Spousal Support - March 8, 7:00 - 9:00 pm
Adult Learning Centre, Class 1
Fee: \$25.00

Property Division - March 15, 7:00 - 9:00 pm
Adult Learning Centre, Class 1
Fee: \$25.00
Please call 780-349-5253 to register.

Find this calendar online at



Classifieds, Events, Jobs, Garage Sales & Community



A monthly publication provided by your child's school in recognition of your role as a partner in education.

Resources for Families

Protecting your child from cyberbullying

Today's students are overwhelmingly digitally connected through cell phones and social media. One consequence is cyberbullying, a modern trend that can be a distraction for students or, at its worst, cause real harm.

What is cyberbullying?

According to Common Sense Media, "Cyberbullying is the use of digital-communication tools (such as internet and cell phones) to make another person feel angry, sad, or scared, usually again and again.

Examples of cyberbullying include sending hurtful texts or instant messages, posting embarrassing photos or video on social media, and spreading mean rumors online or with cell phones.

If you're trying to figure out whether your kid is being cyberbullied, think about whether the offender is being hurtful intentionally and repeatedly. If the answer is no, the offender might simply need to learn better online behavior. If the answer is yes, it might be time to get some help.

www.common sense media.org/cyberbullying/what-is-cyberbullying

Teasing vs. bullying

It is helpful for children to understand the difference between teasing and bullying. If the behavior is hurtful but not continual, it is likely not bullying.

According to the RCMP, "bullying happens when there is an imbalance of power; where someone purposefully and repeatedly says or does hurtful things to someone else." <http://www.rcmp-grc.gc.ca/cvcp-cpcj/bull-inti/index-eng.htm>

Cyberbullying among youth

Consider these statistics:

- Two out of five Canadian parents report their child has been involved in a cyberbullying incident.
- One in four educators have been cyber-harassment victims
- 76% of Canadian educators believe cyberbullying is a very or somewhat serious problem at their school.

From: <http://www.stopabully.ca/bullying-statistics.html>

- 68% of teens agree that cyberbullying is a serious problem.
- 81% of young people think bullying online is easier to get away with than bullying in person.
- 90% of teens who have seen social-media bullying say they have ignored it. 84% have seen others tell cyberbullies to stop.
- Only one in 10 victims will inform a parent or adult of their abuse.
- Girls are about twice as likely as boys to be victims and perpetrators of cyberbullying.
- Bullying victims are two to nine times more likely to consider committing suicide
- About 75% of students admit they have visited a website bashing another student.

From: www.dosomething.org/us/facts/11-facts-about-cyber-bullying

Why do children bully others online?

The reasons behind cyberbullying are similar to reasons behind face-to-face bullying, but the appeal



Resources for Families

may be greater due to the anonymity of cyberbullying. Bullies are often popular kids seeking to stay popular or kids on the social fringe who want to increase their popularity and fit in better with their peers.

Students also bully online because of a reduced fear of getting caught, ignorance of consequences, lower empathy with victims they can't see, and social pressure from peers who encourage mean online behavior. <http://bit.ly/2gWnCDf>

Teach your children appropriate online behavior

The first step parents should take to reduce the chance of cyberbullying is to teach appropriate online behavior. Common Sense Media outlines basic guidelines for responsible internet use:

- Respect others and be courteous.
 - Don't lie, steal or cheat. Downloading others' work is easy, but it is dishonest.
 - Be an "upstander" by standing up for others who are targets of cyberbullying.
 - Report misbehavior.
 - Follow family rules about which sites to avoid or when to stop texting.
- <http://bit.ly/2g3zXUH>

What to do if your child is the victim

Cyberbullying can be as hurtful as face-to-face bullying, but it can be hard to detect. Children who are harassed online may be too embarrassed or ashamed to tell their parents. When discovering cyberbullying, parents should offer the following guidance:

- Sign off the computer. Ignore the bully and leave the online interaction.
- Don't respond or retaliate. Cyberbullies, like traditional bullies, want a reaction. The best response is no response.
- Block the bully. Social sites let you block friends and followers. Ignore mean online comments by avoiding them.

- Save and print bullying messages. If the bullying does not stop, it is important to have evidence to show a responsible adult.
 - Talk to a friend. Talking to friends who care about your feelings and sharing with a sympathetic ear can be reassuring and provide a helpful counterbalance to mean online comments.
 - Tell a trusted adult who has the skills, desire and authority to help. Telling an adult about cyberbullying isn't tattling. It is learning to stand up for yourself.
- <http://bit.ly/2gZHWnS>

What to do if your child is the bully

Parents should also watch for signs of bullying behavior in their children. Bullying affects both the victim and the perpetrator.

Stopping bullying behavior will reduce the potential for long-term harm to the bully as well as the victim. Kids who bully are more likely to abuse alcohol, get into fights, drop out of school, have criminal convictions and be abusive toward spouses and kids.

<http://bit.ly/2gJLzjN>