



**MARCH
2019**

ABERDEEN COMPOSITE SCHOOL

Principal: Donna Duriez

Vice Principal: Deane Martin Gray

<http://blogs.spiritsd.ca/aberdeenschool/>

Box 10 Aberdeen, SK Phone: (306) 253-4333

DATES TO REMEMBER

March 19th & 20th Student Progress Meetings 4:00-8:00
Mar. 20th Gr.7 to 12 Learning Fair 5:30 to 7:30
March 22nd No School
March 28th SRC FUN NIGHT
April 3rd MOTHERS AGAINST DRUNK DRIVING Presentation Gr. 9 to 12 1:00
April 18th Gr. 9 to 12 Report Card Distribution
April 19th to 28th No School Easter Break
May 1st Worker, Health, Safety & Well Being Presentation 11:15 Large Gym
May 6th Teddy Anderson Hoop Dancing Performance 1:00
May 7th School Community Council Elections and Annual Meeting 5:30 School Library
May 25th Grade 12 Graduation
May 26th Marafun Runners participate in Sask Marathon
June 7th Kindergarten Orientation 1:30 pm
June 20th to 26th Gr. 10 to 12 Exams
June 26th K to 9 Report Card Dis- tribution
June 26th Last day of classes for K to 12
June 28th Gr. 10 to 12 Report Card Pick-up
June 28th School Closes for the summer

Sloppy Slushy Spring Weather

As we live through the arrival of spring and a slushy, wet school yard, we would ask you to please consider sending a change of clothes for younger students in case of unforeseen puddle accidents.



MARVELOUS MARCH

Our students and staff have certainly gotten into the swing of spring. The warmer weather and melting snow has generated excitement through the halls as everyone starts to show signs of spring fever. Parent/Student/Teacher Conferences begin this evening and continue tomorrow night as well. We hope that our scheduling process using *Coconut Calendar* has been convenient. If you have not yet booked an appointment please call Mrs. Lalonde or drop by the school and we can arrange meeting times with your child's teachers. Conferences are a great opportunity to discuss academic progress and also learn about classroom activities. **We will be hosting a major Learning Fair involving all of our grade 7 to 12 students on March 20th from 5:30 to 7:30. Parents and guardians will have the opportunity to visit classrooms, see student work, and become involved in learning experiences with their children.**

We believe that students will experience success when we create environments where they are engaged as learners by providing rigorous and relevant learning situations that are guided by opportunities to create and foster relationships that lead to positive results. We also believe that student success is tied to parent engagement and encourage all families to take the opportunity to meet with our staff.

Thank-you for your continued involvement in your child's education. Parents, students and staff working together will create an exciting and fun place to learn!

Donna Duriez

Deane Martin Gray

FUN NIGHT

Thursday, March 28th 5:00 pm - 8:00 pm

Supper: 5:00 - 7:30 PM

Games: 6:00 - 8:00 PM

(old favourites and new ones to try)

PRIZES for kids of all ages!!!

Raffle Board Tea Room Raffle Table

Please watch for the detailed brochure that will be sent home with students.

All students/families are encouraged to enter the cake decorating contest, so start planning your creation today.

Cakes will be auctioned off on the Silent Auction table.

Raffle tickets have been sent home with each family. Please return tickets by next week. We ask for your support in selling these tickets.

There are some great prizes to be won.

Watch for the detailed brochure which will be sent home soon.



School Community Councils

A primary link between the home, community and school

Our School Community Council (SCC) supports student learning success and well-being and encourages parent and community involvement in the school. Our School Community Council has positions open for members for two-year terms beginning fall, 2019. Please consider volunteering for this worthwhile committee. To date we have never needed an election, however if we have more than 9 volunteers an election would be necessary.

Our SCC election and General Meeting will be held on Monday, May 7th at 5:30 p.m.

Please contact the school office for more information and for nomination forms.

Successful schools don't just happen.

They need parent and community involvement!

KINDERGARTEN REGISTRATION

We would like to extend a warm invitation to any children who will be 5 years old by December 31, 2019 (a 2014 birthday) to register at Aberdeen School.

We invite parents to call the school at (306) 253-4333 to register their child for Kindergarten by **March 28, 2019**

Parents will be contacted in the spring regarding our Kindergarten Orientation Day for the 2019-2020 school year which will be on **June 7, 2019 at 1:30 pm.**

If you know of friends or neighbors who have Kindergarten age children, please share this information with them.

ABERDEEN SCHOOL NEWSLETTER

The school newsletter is distributed on the 3rd Wednesday of the month. Most school events will be indicated on the first page of the newsletter. Please keep it in a handy place for future reference. If there are community groups that would like information put in the school newsletter, please submit the information to Mrs. Lalonde at crysta.lalonde@spiritsd.ca. The deadline for newsletter items is the Monday prior to the distribution date. Our next newsletter will be distributed on April 17th.

STUDENT HEALTH & SAFETY

For Aberdeen School, part of Prairie Spirit School Division, the safety of our students is our top priority. Our school partners with parents and caregivers work to support and protect our students. There has been a lot of attention on the news and through social media recently about online safety for youth. Parents and caregivers may have concerns and questions about keeping children safe online.

There are a number of strategies in place in our school and in our Division to protect and prepare our students with regards to digital citizenship and online safety. Led by our Division's Caring, Healthy and Safe School team, these strategies include:

- IT Department monitoring internet usage in Prairie Spirit schools, with a focus on security and privacy
 - Division supporting student-led peer mentoring program
 - Students learning about digital citizenship through the Saskatchewan curriculum
 - Sharing [Media Smarts](#) information with parents and guardians, as they are a trusted resource regarding digital and media literacy
- from PSSD Caring, Healthy and Safe School team

RCMP Online Safety Messages

The following online safety messages for students and parents/guardians are provided by the Saskatchewan RCMP:

Students:

- Be careful of giving out too much personal information and remember that the information that you put on your profile can be seen by everyone, even if your account/profile is set to private. Your personal information/image(s) may be used in ways that you never intended.
- Photos posted online are not private property and anything you upload online can be shared by others, potentially with thousands of people, within hours of your posting. It's also easy to alter an image using photo editing software.
- Remember that once you post something online, you can't control who that information is shared with - and removing it from wherever you posted it doesn't permanently remove it from the internet.
- Tell someone, like a parent, guardian or trusted adult, if something online is making you concerned or uncomfortable. Your safety is important and an adult will be able to provide you with guidance.

Parents and guardians:

- Take an interest in what your children are doing online.
- Talk openly with your children about online safety and educate them on the risks of online interactions.
- Activate the protection features of websites and software your children use. There are tools available through your Internet Service Provider (ISP) to help you manage your children's online experience (e.g., appropriate websites, amount of time spent online, who can and cannot contact them). It might also include other security features, such as pop-up ad blockers.
- Get to know the online environments your children use and teach them how to deal with inappropriate material.
- Be informed about the latest methods children are using to communicate and what they're up to when they're at a friend's house.
- Keep an eye on the sites they're visiting by keeping the computer in a common area like the kitchen.
- Report anything suspicious or concerning that your child encounters online - contact your local police service or RCMP Detachment.

MARAFUN



We have officially kicked off the 2019 MarafUN season! Students have schedules for group training sessions we are running at the school to help students log 40km prior to their final 2.2km run at the Sask Marathon on Sunday, May 26. Good luck to the 37 runners from grades 3-8 we have on our Crusaders team! Make sure you are keeping track of your runs and distances!

Aberdeen Track and Field

The track and field team will start practicing soon. Practices will run Monday through Thursday from 3:10 - 4:00 and will start on Monday, April 1st.

Come and join the sport that has something for everyone!



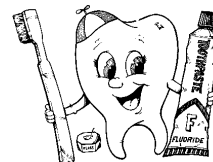
Saskatchewan
Health Authority

Dental Screening Notice

Grade 1 and 7

A dental therapist will be at **Aberdeen School** to provide a visual dental screening for grade 1 and grade 7 students on **April 10th and 11th, 2019**. The inspection is a quick visual look at your child's teeth and mouth. If your child needs dental work a note will be sent home referring you to the Population and Public Health Dental Clinic in Saskatoon or a dentist of your choice.

If you do not wish your child to participate or if you have questions, call Gwen at 306-381-3297.





JOIN US FOR A CEREMONY
TO RECOGNIZE HEALTH AND SAFETY IN THE
WORKPLACE
ABERDEEN COMPOSITE SCHOOL

&

TOWN OF ABERDEEN

May 1st, 2019 at 11:15am
in the large gym at the
school

Counsellor's Corner—by Dede Koscielski

Bring Out Mixed Feelings

"Trying to stop impulsive behavior is like standing in front of a freight train and commanding it to stop." Neufeld suggests that when a child's behavior is driven by instinct and emotion, as behavior is when kids are upset, chances are you aren't going to change the behavior through direct confrontation. Our brains dictate how we respond to situations. When we're afraid our brain tells us to avoid, when we're insecure our brain tells us to cling and hold on, when frustrated it tells us to demand or cry or attack, and when we're shamed it tells us to hide or conceal. The brain is only doing its job causing the child to behave according to the emotions and instincts activated by a situation. Demanding that a child control themselves when they are misbehaving is asking a child to act against their natural impulses. We can help by guiding our children to experience "mixed feelings." With continued guidance, over time, children can learn to understand that we can hold many different emotions about people at the same time. We may get angry at someone we love but the love still exists. The goal is not to cut out negative feelings but to learn how to access positive emotions even during difficult situations. The parents take the lead in accepting both the negative and the positive emotions in their children as well as by helping kids make connections between negative and positive feelings. For example, a parent might say "Isn't it funny the way we can get so mad at one another but most of the time we get along great?" or "You seem to be able to do what I'm asking you now with no problem but you were mad earlier when you thought I was bossing you around." There doesn't need to be a long conversation—just point out the mixed feelings and then move on.

Aberdeen Bingo

Did you know that you can work bingo's to go towards fees for clubs such as hockey, dance, soccer and school activities?

For more information please email aberdeen.bingo@sasktel.net or contact Wendy at (306) 202-8292.

