



Mundare School – April 2021

Be brave! Be bold!

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Principal's Message

As I was beginning to put this newsletter together, it made me reflect that it was just over a year ago, the first big announcement about COVID was made and who knew how absolutely everything would change around us all. Many of us thought it was something that we would ride out and little did any of us know how we would be tested over such a long period of time. Who knew that we would own so many masks! Our school motto – Be Brave! Be Bold! is very appropriate during this epidemic and our staff, students and parents have demonstrated this every day. We have had a very successful school year so far and now with the weather turning in our favor, more time will be spent outside with those close to us. We do have to be mindful of the changing guidelines and that COVID is not over – we are just in a period of transition – even at school. With everyone's support, we will make it through these trying times. We thank you for continuing to send masks, water bottles and reminding students about staying as safe as possible.

Last month, student progress reports were issued, and parent-teacher interviews were conducted. Those conversations put everyone squarely on the path to reach their projected learning goals by the end of June. The last 12 weeks of school can be very challenging and exciting at the same time. The teachers need everyone focused and ready to learn – even though the weather is warming up. The annual Provincial Achievement tests will not be administered this year at Mundare School. Our junior high students also have also been enjoying attending their option classes at Vegreville Composite High School. It is an educational opportunity that is unique to our community school and we are thankful for it.

As always, your support and encouragement are so very much appreciated. On behalf of the entire team at Mundare School, thank you for your continued cooperation and understanding.

William Korec, MEd
Principal

Hour Zero Emergency Preparedness Drills

We continue to hold planned emergency drills at Mundare School to ensure our staff and students are prepared in case of an emergency. These drills are done in accordance with COVID health guidelines. In April and May, we will have a few evacuation drills to complete for this school year. If you have any questions about our emergency preparedness, please contact the office. One other safety item, thank you parents for calling in to the school when you arrive and assisting us with keeping the school site safe for everyone!

Watch for Thin Ice

Remember, be aware of thin ice this time of year. Depending on changing temperatures, ice can form and melt to varying degrees on outdoor bodies of water. Please remind your child about the dangers of thin ice, obey all posted signs, take the proper care, and remain a safe distance from the ice. For more

information about ice safety, visit the [Canadian Red Cross](#). The color of ice may be an indication of its strength. Clear blue ice is the strongest. White opaque is half as strong as blue ice and, grey ice is unsafe—the greyness indicates the presence of water. Stay safe out there!

A big *THANK YOU* to all EIPS families

National Volunteer Week takes place April 18-24. Most years, we celebrate the week in schools by thanking the hundreds of volunteers across EIPS who offer their knowledge and time to help enhance learning within the Division. This year is a little different because of COVID-19. While different, schools are thanking their families in new and creative ways. On behalf of the Board of Trustees at Elk Island Public Schools (EIPS), I want to extend a heartfelt thank you to every one of our EIPS school families for your support over the last 12 months. Collectively, we have created a relationship that allows us to rally behind one clear vision: To provide exceptional education for all students. As we navigate the pandemic, it is critical we continue to work together to support student learning. Through this, we will inspire learners and ensure they gain the skills they need to transition to the next grade or the world of work. So, again, thank-you for your time, for your efforts, for your kindness and for your understanding as we work together to ensure all students succeed.

Trina Boymook
Chair, EIPS Board of Trustees

Have your say! The 2021 EIPS Parent Survey is Now Open

Elk Island Public Schools (EIPS) wants to hear from you. Make sure to complete the 2021 EIPS Parent Survey—open from April 6-20. Annually, EIPS conducts a parent survey to gauge its progress toward meeting the goals and priorities outlined in its [Four-Year Education Plan](#). Families are asked a series of questions about their experiences with EIPS and the school their child attends, the overall performance of the Division, the quality of education being provided to students and areas for improvement. The survey feedback helps the Division develop new strategies to better serve students and the wider community.

Plus, new this year, the survey includes a Part B, featuring questions about the Division’s priorities, goals, and outcomes. As you know, in fall 2021, EIPS welcomes a new locally elected Board of Trustees. Your feedback will help the incoming Board develop a new EIPS Four-Year Education Plan—one that is responsive to student and community needs and focused on continuous improvement.

TAKE THE SURVEY NOW!

Survey closes April 20, 2021.

NOTE: The survey is anonymous and does not take long to complete. If you want to share the experience of more than one child attending an EIPS school, simply complete the survey again.

CONGRATULATIONS

Congratulations go out to the following students: Elijah and Emily. Their names were drawn for our positive referral draw. This is a school initiative to celebrate the great citizenship that our students demonstrate at Mundare School. Keep demonstrating those great virtues.

***Remember to follow our school on Facebook and Twitter and sync our calendar with yours at mundareshool.ca**



Counselling Corner: Helping Children Deal with BIG Feelings

Our kids can have many of the big, overwhelming feelings that adults have. The difference is that adults have had many life experiences to teach us how to cope with these feelings. Kids need our help and to overcome feelings such as anxiety, fear, and anger. Here are some tips to support your child with these 'big' feelings:

1. **Name the feelings.** Helping your child to figure out what feelings they are having can help kids understand what different feelings feel like for them. Naming a feeling can also help to validate their experiences. A feelings board or a feelings book is a great way to do this with your child!
2. **Normalize the feelings.** Let your child know that everyone experiences anger, frustration, anxiety, and stress. We ALL need to learn how to manage them.
3. **Practice self-regulation skills.** Kids cannot do this when they are in the middle of having big feelings (we call this 'dysregulated'). The best time to practice self-regulation skills with your child is when they are feeling calm and relaxed. Encourage taking a break, deep breathing, exercising, coloring, talking to someone, counting to 10 or using a calm down jar. Teach children to recognize their body's early signs of big feelings (heart beating, red face, clenched fists) and encourage them to use their calming strategies at that time!

Gearing up for Kindergarten

Do you have a child registered in kindergarten next year? If so, make sure to attend our upcoming virtual Kindergarten Information Night on **Thursday May 27, 2021**. Make sure to attend to virtually tour the school; meet the teachers; gain insight on play-based learning; and see what a typical day looks like.

Kindergarten Information Night 2021:

Date: **Thursday May 27, 2021**

Time: **1-3 PM**

Location: Join the information session **on Zoom:**

Join Zoom Meeting

<https://zoom.us/j/96677951950?pwd=QUtuV0Exd0cxY244WW5OK2ZQU0NhQT09>

Meeting ID: 966 7795 1950

Passcode: 9V3AQN

To make the transition to school as smooth as possible Elk Island Public Schools has also put together a toolkit for families. The kit includes information about registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more. Find it by visiting www.eips.ca/programs-services/kindergarten.

Additional information regarding **Mundare School's** kindergarten program, is available on our school website at <https://www.mundareschool.ca/programs/kindergarten>

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MUNDARE SCHOOL SWAG



Go to: <https://mundaeschool.entripyshops.com/>

Select: style, size and personalize

community news

MINOR BASEBALL

Mundare Minor Baseball Association is looking for someone to take over the position of President and direct the upcoming baseball season. If you would be interested, please contact Allison at apalsitt@gmail.com or 780-603-7062. Thanks!

parent corner

Next school council meeting will be held on Tuesday, April 20, 2021 at 6:00pm. Everyone is welcome to attend. It will be a **Zoom** meeting. See you there! Join Zoom Meeting

<https://zoom.us/j/94919150647?pwd=NkI1NXNyblgxQkxyNm5wZlFFOEg2QT09>

Meeting ID: **949 1915 0647**

Passcode: **q52xsm**

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Date: April 21

Time: 7:00 - 8:30 pm

Location: Virtual via Microsoft Teams Live Event

Topic: Keeping them Safe while Helping them Grow: Supporting children's emotional growth in challenging times

Description:

Knowing when and how to support our children at school is never easy. The dangers presented by a pandemic only add to the challenge of balancing the need to protect our children, on the one hand, while continuing to support their emotional growth on the other. This workshop offers clear and helpful guidelines to help parents navigate these challenges while maintaining close, supportive relationships with their children.

The workshop asks whether we are doing our kids a disservice by removing obstacles and doing our best to eradicate all stress and anxiety from their lives? During the evening, Dr. Russell will offer a fresh perspective on raising self-reliant, motivated children, ready to take on the world. This session will give parents the tools to:

- Understand parent-child dynamics
- Resist the pressure to over-parent
- Build trusting relationships with teachers and school administration so they can play an effective role in your child's life
- Understand problems such as ADHD, anxiety, and substance abuse
- Embrace failing as learning, not parental incompetence
- Enact common-sense strategies for parents worn out from worrying about their kids and their future.

Teams Link <https://bit.ly/3vfw0Ed>

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April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Classes resume Welcome back!	7 Early dismissal Day Gr 7/8 Veg Comp	8	9 Fun Friday: Rockstar Day	10
11	12	13	14	15 Gr 7/8 Veg Comp	16 Fun Friday: PJ Day	17
18	19	20 SAC Meeting 6PM MSS Meeting 6:30PM	21	22	23 Fun Friday: Triplet Day Gr 7/8 Veg Comp	24
25	26	27	28	29	30 Fun Friday: Purple Day	

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