



## Bulldog Bulletin! École Rudolph Hennig School Le 28 novembre, 2011

We are getting the news out on our website as well! <http://www.rudolphhennig.ca> Please check there regularly for timely updates and the Day schedule.

**Going 'Green'** If you are reading this online and wish to receive a copy directly to your inbox all you have to do is give us your email address or give us a call to ask us to send a hard copy with your child.

### REQUEST for Noon Hour help

We are looking for noon hour supervisors. It is only an hour but it pays \$19.52 including holiday pay. This job will continue to June 28<sup>th</sup>. If you have questions about the job, please see the website that advertizes for substitutes: <http://www.eips.ca/job/2564>.

### From the Principal's desk:

We hope everyone had a nice Fall break. We have been getting prepared for the winter weather but it seems to never be enough. Please ensure your student is properly dressed for the weather and that they have inside shoes. ERHS students are looking forward to many activities just before Christmas. Our decorations went up last week. Thanks to the LINKS students for making our school look so festive.

We'd like to recognize our community members' donations to support our programs. Partnerships with our community businesses help everyone become more aware of what we have to offer. Heartland Ford General Manager, Alice Kshyk, stopped by to give ERHS a cheque in recognition of our help in loaning them some risers to make a platform for their grand opening. We used this money to support our French Immersion concert costs. Re/Max Real Estate in Fort Saskatchewan has graciously provided us with \$500 to put toward the cost of the Will Stroet Concert. The staff at Re/Max had their annual Pumpkin Giveaway where people choose to have some hot dogs and fun and donate to their favourite cause at the same time. We sincerely thank them for recognizing ERHS this time. Thank you Jim Westergard and Irene Zucht for selecting our school to benefit from this project this year.

Over the summer, one of our own students, Tannor in grade 3, was a winner of a draw by Kingsway Garden mall. Mrs. Bossert found out about the contest, called many parents about it and got the entry forms filled out. Because Tannor won and he chose our school to receive an extra benefit, we received \$1000. Our plan is to use this money to buy games for the elementary classes during inclement weather.

### New Staff

We were busy making calculations regarding the extra funding that came in from Premier Redford's efforts. It has allowed us to split the large Kindergarten class into a morning class and an afternoon class. Mme Lipkewich moved back into full time Kindergarten and gave up her Grade 3 students. We also were able to hire extra help in our Grade 4 class. By splitting the group in two, students will be getting more attention for their core subjects. We appreciate all the support ERHS parents and students have given us in the transitioning of the new staff and making new schedules work. The AISI funding also allowed us to free up some time for Mlle Cullum to work with teachers in French and English in our math area. Please welcome Mme Annie Guay (Grade 3 afternoons) and Ms Heather Pearson (Grade 4 and 8FI Math). We also welcomed our newest addition to the front office. Please stop by or call if you have questions. Mrs. Donna Gaumont will be happy to help.

### School Implementation Plan (SIP) Goals:

- *Improved student achievement*
- *Improved character*
- *Improved career focus*

### CELLPHONES AND PARENTS CALLING or TEXTING THEIR KIDS

Please remember that students are not to use their electronics for personal use during class time. They can read your text messages after class. Students may have their phone or iPod confiscated if they are being used inappropriately. The second time or more, a parent or guardian is asked to come to get it.

### School Office News

Parents appreciated our early Student/Parent/Teacher interviews. Students had a chance to revise/finish/redo work that could make a positive change to their report card. Parents of junior high students' can monitor their child's progress and attendance on the Parent Portal as often as they wish.

### Student Activities

- Take Our Kid to Work Day: Students went to work with a parent or family friend on November 2<sup>nd</sup>. All students in grade 9 across the region participated where they could. We trust they learned more about occupations and what it's like to go to work!
- The Book Fair was a huge success. Thank you all for your support of the Library. Mrs. Stewart makes it look so easy for us to buy books in both languages. Her volunteer time on the two evenings and in setup and takedown are invaluable!

### **Funding for Extra-Curricular Sports**

If your child is being prevented from playing sports because of financial difficulties, there is help out there. See the website: <http://www.kidsport.ab.ca/> They work with families to defray costs for sports such as our Hockey Program or our Basketball teams that have costs attached for uniforms and tournament fees. Talk to the Coach today if you have questions.

### **Bully Blocker**

Note: If you or your child is receiving unwanted calls or text messages from a number, you can install an APP on your phone. Just Google "Bully Blocker" and you can find all kinds of supports, some for free. Here is an example website for Android phone support:

[http://www.androidzoom.com/android\\_applications/call+blocker](http://www.androidzoom.com/android_applications/call+blocker)

### **Teen Drug Use**

*The Drug Education Press* was formed in response to the need to address alcohol and other drug-related problems, afflicting our youth. Drug prevention is not accomplished by a single program or event, our best weapon against drug and alcohol use and abuse among our youth is education. See <http://www.thedruggeducationpress.com>

### **Counsellor's Note**

Season's Greetings! As we enter the busy holiday season, it is important to find time to enjoy with our loved ones. The virtues of Respect and Empathy are evident in many of the extra-curricular activities our students have participated in over the past few months. Here are two examples of the Virtues "in action" at École Rudolph Hennig School.

Thanks to the financial support of the Parent Council, a junior high team of students was able to participate in the Expecting Respect program in October. Expecting Respect (ER) is a peer education program which equips junior high youth with the skills and information they need to facilitate healthy decision-making and respectful relationships. ER values the powerful impact of youth educating youth. A dedicated team of Junior High students is now trained to lead classroom presentations to educate their peers about youth issues, and to pass on strategies that promote healthy decision-making about bullying, alcohol, tobacco, digital citizenship and healthy relationships. The peer leaders presented the Tobacco lessons in health classes this month. We appreciate the terrific job our Peer Leaders are doing to help peers make healthy and constructive choices in their lives.

The Grade 2 and 5 classes are participating in the Roots of Empathy (ROE) program this year. This is a classroom program with many layers of positive impact. ROE focuses on raising levels of empathy, resulting in more respectful and caring relationships and reduced levels of bullying and aggression. It promotes pro-social behaviors, develops emotional literacy and prepares students for responsible citizenship and responsive caregiving. We are fortunate to have a mother and baby visit the classrooms each month. Students are excited to see the baby's developmental milestones and the loving bond between mother and child. Students are more competent in understanding their own feelings and the feelings of others (empathy), and are therefore less likely to hurt each other through bullying and other behaviors. They are taught to consider the perspectives of others and to reflect on their own feelings and the feelings of others. Roots of Empathy educates both the mind and the heart. We are pleased to welcome these special guests to our school, and appreciate the time our ROE families give to this very worthwhile program. Thanks to the dedication and commitment of Mrs. Heatherington and Mrs. Wahl-Sullivan in teaching the Roots of Empathy program, many of our students have been able to take part in this valuable program over the years.

Wishing everyone a safe a joyous holiday season and all the best in the New Year!

### Parent Portal in PowerSchool for Junior High Parents

Junior high parents are reminded that they can have a look anytime at their child's marks and attendance. Just go to the link <https://powerschool.eips.ca> Or find the link on ERHS website. If you have misplaced your username and password, you can drop by or call the office to make arrangements.

Not familiar with it yet? If you have a child in grades 7 to 9 and are looking for more information about logging into PowerSchool, check out our *Parent Login Instructional Video* available on our division website at <http://www.eips.ca/content.php?page=309>. This two-minute video provides an overview of the login process and the information available to parents about children's attendance, assignments, and grades in each course. Once you watch the video and have your username and password, visit the Parent Portal of PowerSchool to get up-to-date information about your child's education. Remember, you'll need your username and password to access the system.

**PowerSchool**

### Canadian Parents for French

The Fort Saskatchewan Chapter hosted PJ Story Night, last Thursday November, 24<sup>th</sup> in ERHS Library.

Students came in their pajamas, had cookies and milk and listened to wonderful French stories read by Heather Stewart and Kelly Thompson.



Heather  
Stewart and  
Kelly  
Thompson  
are  
almamater of  
ERHS!



Two of our very own in grade 5, Chance and Kohl, read a story for us too!



## December Calendar Dates

- ECS Craft night, December 15<sup>th</sup>, only for ECS students and parents
- Junior High Band Concert is set for Tuesday, December 20<sup>th</sup>!
- Elementary Christmas Concert is set for Wednesday, December 21<sup>st</sup>!
- The grade 5 & 6 classes are set to go skiing on December 23<sup>th</sup>. We hope they have a great time!

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The 7F and 8F class will be enjoying a Swiss cheese fondue this Wednesday as the second time students enter the kitchen as a part of "Dans la Cuisine avec Mlle Cullum". The first adventure consisted of a traditional Quebec sugar pie (La Tarte au Sucre) where some students had eyes bigger than their stomachs when serving themselves up the delicious sweet treat. This time we will be exploring the savoury side of things with Gruyere and Vacherin cheeses, surely to warm bellies on a cold winter day. Recordings of the recipes used can be seen and heard at [www.rudolphhennig.podbean.com](http://www.rudolphhennig.podbean.com). Bon appétit!

## Kapow Pops Reminder!

Parent Advisory Council has an ongoing fundraiser selling gourmet lollipops, but we've cut back. There is a special Christmas flavour that will be available on **December 14<sup>th</sup>**! Have your loonie ready for ordering. Product information can be found at <http://www.studentfundraising.com/kapow.html>.

**SEE THE WEBSITE FOR CALENDAR UPDATES!** <http://www.rudolphhennig.ca/>

## Minimizing Class Disruptions

The final bell rings to begin classes at 8:30 am and 12:12 pm! Parents must leave the classroom and hall areas to allow the teachers to work with their students. Routine is very important! Make an appointment to discuss your child's progress or concerns you may have so that the teacher can give you undivided attention at that time. We appreciate your cooperation in helping us make a positive learning environment for your children!

## School Fees

Thank you for submitting payment! If your fee sheet hasn't made its way home, please call the office and we will send a new one home. You can drop in to make payment from 8:15 am to 4:00 pm every school day! We can accept school fees and other payments by cash, cheque, Debit, VISA and Mastercard! We hope to make your life easier!

**Field Trip Fee:** As we did last year, our fees include a bulk charge for the field trips your child will take this school year. Each of our teachers made a calculation based on their field trip plan for the year. Any monies not spent at a grade level will be refunded at the end of the year. Teachers are expected to post their trip plans on the eTeacher page. If you have questions, please ask the homeroom teacher.

## Library Fundraising!

Mrs. Stewart welcomes all the help she can get to be able to fund new books in the library and favourite magazines for the students. *Campbell's Soup labels* are another way for her to get support. Just send in the labels and she takes care of the rest.

## Library News

The Scholastic book fair held at the end of October was a resounding success! Thank you to all who made purchases at this library fundraiser. Mrs. Stewart was able to purchase \$1805.00 in English books and \$1002.11 in French books. Look for the new titles being added to our library shelves.

Special thank you goes to a group of Former French Immersion Students of Fort Saskatchewan, who began their education at Fort Park Elementary. They had a reunion this past summer of the first graduating French Immersion class and with their remaining monies purchased over \$200.00 in books to add to our collection for all French Immersion students. Un gros merci!!

The QSP Magazine Fundraiser catalogue orders were submitted at the beginning of November. Several people took advantage of the great subscription prices. Don't forget you can order magazines anytime online at [www.qsp.ca](http://www.qsp.ca), the school group number is 531. A portion of all purchases does come back to our school library which Mrs. Stewart puts towards periodical subscriptions for our own library collection.

A total of 41 students took part in the MS Read-a-thon tracking their reading minutes - 22 of these students collected pledges to go towards further research for multiple sclerosis. Well done! The MS Society is processing all the pledges and tracked minute reading totals and will forward this information to us soon.

### **Hats off For Hennig, Be a Buddy and Remove the Wet or Muddy Shoes and Boots**

Please help us set a respectful tone in the school by monitoring your child's clothing and ensuring that it is appropriate. All staff and students show respect when we come into the school by removing our hats at the door. We also remove wet or soiled footwear. Please be a role model when you enter and remove your hat and soiled footwear too!

### **Supervision News**

Remember all doors are locked during the day for safety reasons. The Flagpole door is the only way in. Go directly to the office to sign in or to sign a child out. We now have Visitor lanyards for our parents who volunteer and stay in the building. Please sign in at the front office to obtain yours. You can return it when you are signing out.

If there are strangers in the school or in the school yard, we want to be proactive and ensure they belong. Our staff will approach anyone who isn't recognized. The playground offers another place where strangers may come; the public sidewalks offer another possible exposure. We prevent interference with our students in the building by locking all the exterior doors. At 8:15 am, the Flagpole door opens for Junior High students to enter and the Library door is open for Elementary students and the Preschool parents to enter. Supervision is available at those doors. All doors are locked again, except for the Flagpole Door! After 8:30 am, everyone must enter at the Flagpole Door and please sign in at the office. This ensures we know who is in the school at all times.

RCMP support is always sought if there is any question about the safety of our students and staff here at ERHS!

### **Bullying!**

What should you do if you are being bullied and can't stop it yourself? Keeping quiet will not make it go away.

- Talk to someone who can help:
  - an older student, your friends, classroom teacher, guidance counsellor, school principal, sports coach, parents, or any adult you trust.
- If you're scared to talk to an adult on your own, ask a friend to go with you.
- Try not to show that you are upset when being bullied.
- Don't get mad, get funny...humour shows you're not bothered.
- Stay calm...Fighting back often makes the bullying worse.
- Look confident and tell the child who bullies to back off...Bullying is NOT cool!
- If it's hard to stand up for yourself, ignore the bullying and walk away...then tell someone who can help.
- Stay close to students you can count on to stick up for you.
- Stay away from areas where you know bullying happens.
- Don't blame yourself...no one deserves to be bullied.

- YOU help to make your school a better place by seeking help to stop bullying.
- If these tips work for you, pass them on to others!

Bullying is something too many kids have to cope with. ERHS aims to stop it altogether here. The more we talk about it, the faster we will stop it. For more tips and information, visit [www.cipb.ca](http://www.cipb.ca)

### **Alberta Education**

**The Minister of Education is hosting a teleconference with parents and school councils at 7:45 pm on November 29th to discuss education.**

The Minister believes that parents play an important role in the education system, and is interested in hearing directly from them.

Parents and School Council representatives are invited to participate in the conference call with the Honourable Thomas Lukaszuk, Minister of Education to discuss priorities for the next several months for Alberta's education system.

Participants are encouraged to gather as a group to dial in where possible.

The call will begin at **7:45 PM** on **Tuesday, November 29, 2011** and will take approximately 1 hour.

Please dial in at least 15 to 20 minutes ahead of time to the number listed below, as it will take time for all participants to be queued into the call and ensure participation.

**Dial in information: 1-888-789-9572**

**Conference ID: # 5634664**

When participants dial in they will be greeted by a conference operator asking for the conference ID, the person's name, school and school authority. Participants will be able to ask a limited number of questions following the Minister's comments.

All questions and responses will be heard by all participants and the Minister will answer as many questions as possible in the time allotted. If you experience any problems during the conference call, please stay on the line to speak to the operator.

If participants have any questions in the days leading up to the teleconference, please contact Maureen Melnyk, Education Manager, Learning Supports & Information Management, at [maureen.melnyk@gov.ab.ca](mailto:maureen.melnyk@gov.ab.ca) or by telephone at 780-427-6272, or by calling toll free at 310-0000.

### **Marmot Ski/Snowboard Trip**

Junior High students will be participating in their annual ski/snowboard to Marmot Basin in Jasper on Monday March 19<sup>th</sup> and Tuesday March 20<sup>th</sup>, 2012. The trip does have a limited number of additional places available for other Junior High Students who qualify.

The cost of the trip will include: round trip transportation aboard a video-equipped, luxury motor coach; one night lodging (quad occupancy); two full-day lift tickets; on-board catering and bottle water refreshments; all taxes; helmets; discount rental/tune up package and a 1 hour ski or snowboard lesson provided by Marmot Basin instructors which all students must take. The cost of the basic package is \$265.00/student. Rental equipment is approximately \$26.00/day (skis or snowboards). Safety regulations require that the students' ski or snowboard equipment be inspected, in working order and set to the proper tension by certified ski technicians. If students plan to use their own equipment, this certification must be presented (in writing) to the staff at least one week before the trip.

We will depart from EHRS at 4:00 a.m. on Monday and will return to the school at approximately 9:00 pm on the Tuesday. In the event of extreme weather, the trip will be canceled and money refunded. All forms will be distributed in early January for return (with payment) by the end of the month. The trip is limited to the Hockey Plus students and approximately 15 additional students. If we have more than a total of 40, a wait list will be created and students will move up into available slots as they come available. The spots will be filled on a first come, first served basis. As well, consideration for participation will be given to those who have demonstrated that they are reliable, responsible and respectful members of our school community. If you have questions, please contact Mr. Cranston or Mrs. Luyckfassel.

## **Volleyball**

### **Jr. Girls**

The Junior team consisted of a group of energetic and enthusiastic grade seven students willing to learn and play the sport. As it was a young team, there was lots of growth experienced over the past two months as they improved their skills and team play. The girls played in tournaments in Ardrossan and Mundare and enjoyed a full season of league play throughout the division. Great work girls!! You represented ERHS well!! A special thanks to Terri McLaughlin for coaching the girls this season!!

### **Sr Girls**

The Senior Girls had an exciting and interesting season as they worked to improve the foundation of skills they had from previous years. Time was spent working on improving passing and overhand serving. The girls played in tournaments in Ardrossan and Sherwood Park. As well, they advanced to playoffs and were runners up in the bronze medal B division. Thank you to the girls for their dedication and enthusiasm in the sport. Lots of fun was had and many good memories were made. Mrs. Luyckfassel was proud to coach this team and thanks the girls for their efforts throughout the season. A special thanks also goes to Titan Towing for their sponsorship of the girls hoodies. These were worn with pride and will be a wonderful memento for years to come!!

## **Caught You Caring**

ERHS is proud to announce a new program at our school!! "Caught you caring" is a reward program to recognize students who do acts of kindness for others. Staff is given the coupons to distribute. If a student is seen doing a kind act of kindness the staff member fills out the coupon and returns it to the office. At monthly assemblies all students who received a coupon will be recognized and winners will be chosen each month for prizes donated by local businesses. As well, recognized students will have their names added to the "Caught you Caring" bulletin board for all to see. Already, Mrs. Gaumont's desk is filling up with examples of the positive ways our students are working with and helping others in the building! Well done!!

## **Community News**

### **Cyberbullying Special Feature**

Dear friends,

In recognition of Bullying Awareness Week, the Centre for Suicide Prevention is releasing a special feature of information specific to Cyberbullying. In this well-researched feature we've defined cyberbullying, compiled statistics, examined the vehicles used for cyberbullying, listed suggestions for solutions and provided online resources.

This feature is available on our website here: <http://suicideinfo.ca/Library/Resources/SpecialFeatures>  
If you have any questions, please contact Suzanne McLeod at [Suzanne@suicideinfo.ca](mailto:Suzanne@suicideinfo.ca).

## IMPORTANT NUMBERS

### Family and Community Support Services 992-6267

- Individual, couples and family counselling services
- Affordable fees

### Youth and Family Services 992-6265

- Education and awareness presentations on youth and family social issues
- Short term solution-focused intervention, support and advocacy in an outreach capacity to youth and young adults or families at risk
- Resources for local youth and family programs
- Support for teens to pursue areas of leadership, community opportunities, education, life skills and social events
- Establishing connections between the youth and the community
- Youth Action Club – ages 12-18, fun activities, youth advocacy, volunteerism, special events

### Strathcona Family and Community Services (Sherwood Park) 464-4044

- Children's workshops on building friendship skills (**Competent Kids**), healthy self-esteem (**Free the Horses**) and anger management
- Parent workshops on leadership, relationships and stress management
- Rainbows - group support for children dealing with divorce or separation
- Prism - support group for adults dealing with divorce or separation

### Family School Liaison Worker (FSLW)

- Support for students and families to identify and address issues which impact learning capacity
- Strengthen family relationships, enhance coping and communicating skills
- Learn positive strategies for dealing with emotions and family change

### Alberta Mental Health 998-5225

- Assessment/treatment for individuals with mental health issues (all ages)
- Children's mental health therapists
- Covered under Health Care services

### Expressive Arts Support Group for Grieving Children, Teens and Families - Pilgrim's Hospice: 413-9801 ext. 309, Cheryl Roberts

- Support group for children and youth who are grieving the death of a loved one
- Parent groups to assist in supporting their grieving child

## MedicAlert Foundation news: *No Child Without*

ERHS is proud to be one of the first schools in Elk Island Public Schools (EIPS) to register in *No Child Without*, a joint program of the Canadian MedicAlert Foundation and the Lions Club of Canada. Through this program, registered children receive 24-hour MedicAlert coverage free of charge between their 4<sup>th</sup> and 14<sup>th</sup> birthdays. *No Child Without* waives all initial registration fees and ongoing membership costs during these years.

If your child has a serious medical condition or allergy and would benefit from MedicAlert services, you are invited to enroll in *No Child Without*. We have brochures in the front hallway. It contains a bar code for you to use to enroll. For more information you can telephone 1-877-282-5378 or go online at [www.nochildwithout.ca](http://www.nochildwithout.ca). If your child is already registered with MedicAlert and you would like to enroll specifically in the *No Child Without* program, you must sign up by telephone at the number above.

More information about *No Child Without* is available at [www.nochildwithout.ca](http://www.nochildwithout.ca), from EIPS' Communication Services department at 780-417-8225, or by contacting the school office at 780-998-2216.

### ***Can bilingualism improve your brain's multitasking power?***

#### ***Je ne sais pa!***

Should parents raise their children bilingually – teaching them two languages from a very young age? It's a thorny subject, but as UCLA linguist Jared Diamond writes in an editorial in the journal [Science](#), knowing more than one language could improve your multitasking skills from infancy and delay the onset of Alzheimer's in old age. Read more in the [Los Angeles Times](#)