

BANDIT NEWS



Hays School Newsletter

MARCH 2021

HAYS SCHOOL

MESSAGE FROM PRINCIPAL

Dear students, parents, grandparents and community members,

Hays School is so proud of our students and parents for coming through that very cold spell we had in February. We had almost every student here at school even though our buses had a few problems. We hope to have some definite policies to deal with the cold weather. It has been passed that if it is -40 with the wind chill that the buses will not run. The schools will always be open so parents can bring their children to school. Safety is very important to us at Horizon Schools.

March is here! I am looking forward to an early Spring. I hope the weather cooperates and the sun shines down on us. Take care of all the baby animals and have a great Spring!

Some things to look forward to this month at Hays School. Report cards will be coming home on March 23 and parent teacher interviews will be March 25 after school. We can have parents come into the school, utilize phone calls or use a zoom meet. Mrs. Lindsay will send out the schedule and you can get back to us the best way to conduct the interview for your family.

Staff have PD days on Friday March 5 and on Monday March 8 so there are no students at school on these days. Our staff here at Hays School attended the teacher's convention and we have learned so many new things. One new idea is to complete some Visual Journals (drawing pictures in a notebook). We have ordered every student a book and you might hear your children talking about these new books.

I am so blessed to have such a great teaching staff and support staff. I just want everyone to know our staff is here for your students and working diligently to support families when you need it. Please feel free to contact the school or Mrs. Nadeau if you are experiencing any issues related to COVID-19 or just anytime you are in need of some extra support for your family. We have a counsellor (Mrs. Tara Odland) and a Family Connections Wellness Coach (Miss. Mariann Bierman) to help us out. We are very grateful to have their support.

Everyone take care of yourself and have a great March!



DIVISION WIDE PD
DAY- NO SCHOOL
FOR STUDENTS

Mar 8

SCHOOL SPIRIT
DAYS

Mar 11 & 23

FRIDAY SCHOOL

Mar 12

PARENT TEACHER
INTERVIEWS & HOT
LUNCH

Mar 25

Hays School

205 2nd avenue
Hays, Alberta
T0K 1B0

**PARENT
TEACHER
INTERVIEWS
MARCH 25
4pm-7pm**

**WEAR YOUR WACKY
SOCKS ON MARCH 21
FOR DOWN SYNDROME
AWARENESS DAY
AND ON MARCH 23 AT
SCHOOL**

The next PAA
meeting is on
April 19 at
7:00pm .

**Congratulations to our
Yearbook cover winners.
Sara Hamm - front cover
Eva Wolf - back cover
They each won a \$20 gift card
to Walmart!
Our 4 judges had a difficult
time choosing as we had 6
very good submissions.**

**HOT LUNCH
MARCH 25th
THANKYOU
MELISSA DUCKETT
THANKYOU
SHARLA LINDSAY
FOR
FEBRUARY'S HOT LUNCH**



WORLD DOWN SYNDROME DAY

On March 21 people with Down Syndrome and those who live and work with them throughout the world organize and participate in activities and events to raise public awareness and create a single global voice for advocating for the rights, inclusion and well being of people with Down Syndrome.

Why should we all celebrate World Down Syndrome Day..... Just like typical people, individuals with Down Syndrome have two copies of each of their 23 chromosomes but they have third copy of chromosome 21, a genetic condition known as trisomy 21, hence the celebration on March 21st or 3-21. To raise awareness people wear odd colored socks! Since it lands on a Sunday this year we are going to celebrate at school on Tuesday March 23rd.

For Parent -Teacher interviews on March 25 you will have the choice to meet with your teacher by Zoom, phone call or come into the school. A sign up sheet will be coming home. Then your Parent-Teacher interview time will come home with your child on March 23 with their report card. If this time does not work for you please call the school and reschedule. It is important to meet with your child's teacher.



Theme of the Month:

COLLECT GOLD COINS
FOR GOOD MANNERS

**MISSOULA THEATRE
PERFORMANCE
IS POST-PONED UNTIL
MARCH 2022**

SCHOOL SPIRIT DAYS FOR MARCH
MAR 11 - WEAR A HAT
MAR 23 - WEAR WACKY SOCKS



Mrs. Nadeau's Grade 1-3 Collage Giraffes and Potato Printing





Bullying: How to Help Your Child

Bullying is aggressive behaviour meant to cause harm, fear, or distress. It's often about social power, where one person has real or perceived power over another. It can take many forms, including *cyberbullying* – using technology to bully, like by spreading rumours or sharing hurtful messages or pictures.

Kids who are seen as different—in any way—are at higher risk of being bullied. Bullying can have negative mental health impacts for both children who bully and those who are targets of bullying. During the COVID-19 pandemic, it's especially important that we work together to prevent and address bullying among people exposed to the virus, those who must stay home, and those experiencing heightened

discrimination.

Bullying is never okay. It's not a normal part of growing up. As a parent or caregiver, here are some important ways to prevent and address bullying.

Talk about it:

- Ask your child about bullying at school, including on the bus, playground, and other common areas. If you think your child might be a target of bullying, ask them – “are you ever bullied?”
- Check in with your child often and try to keep lines of communication open. Encourage them to share their thoughts,

Healthy Children

February 2021 Parent Newsletter

feelings, and experiences. Tell your child you're here to support and help them.

Show them you care:

- Set guidelines, limits and consequences for unacceptable behaviour.
- Encourage [positive behaviour and empathy](#).
- Role model healthy relationships. Reflect on how you treat others, and how they treat you.
- When your child has problems, help them come up with solutions—try not to step in and solve things for them.
- Take reports of bullying seriously and recognize the courage that it takes for kids to report or talk about bullying.

Watch for warning signs:

Signs your child may be a target of bullying:

- Fear of going to school, skipping or making excuses to avoid school
- Changes in school performance
- Unexplained injuries
- Lost or damaged personal belongings
- Nightmares or trouble sleeping
- Becoming withdrawn, unhappy or irritable
- Making negative comments
- Talking about suicide

Signs your child may be bullying others:

- Having extra money or new things
- Talking about taunting or teasing others
- Laughing or not caring if others are hurt
- Aggression with others
- Leaving others out

Offer help:

- Teach your child not to fight back if they experience bullying. Instead, practice communicating in assertive ways without anger.
- Help your child identify safe and trusted adults at school that they can go to.
- Document concerns you have about bullying and save evidence. Report issues to social media sites and block users who bully.

Connect with others for support:

- Work with your child's school. Let them know right away about bullying situations. Ask your child who they trust at the school and get those adults involved in addressing concerns.
- Ask your school about their policies and plans to prevent and address bullying, and get involved where you can.
- Build connections with the parents and guardians of your child's friends so that you can watch for healthy interactions.

As a parent, you aren't expected to always have the answer! Here are some places to reach out for support:

- Bullying Helpline: 1-888-456-2323
- Mental Health Helpline: 1-877-303-2642
- Kids Help Phone Text: text CONNECT to 686868
- <https://www.alberta.ca/bullying-find-supports.aspx>

For more information about bullying:

- <https://www.prevnet.ca/bullying/parents>
- [TeachingSexualHealth.ca](https://www.teachingsexualhealth.ca) (Bullying)



Bullying: 5 Ways to Help Your Teen

Bullying is aggressive behaviour meant to cause harm, fear, or distress. It's often about social power, where one person has real or perceived power over another. It can take many forms, including *cyberbullying* – using technology to bully, like by spreading rumours or sharing hurtful messages or pictures.

Teens who are seen as different—in any way—are at higher risk of being bullied. Bullying can have negative mental health impacts for both those who bully and those who are targets of bullying. During the COVID-19 pandemic, it's especially important that we work together to prevent and address bullying among people exposed to the virus, those who must stay home, and those experiencing heightened

discrimination.

Bullying is never okay. It's not a normal part of growing up. As a parent or caregiver, here are some important ways to prevent and address bullying.

Talk about it:

- Ask your teen about bullying at school, online and other places. Talk with them about their online activities. If you think your teen might be a target of bullying, ask them – “are you ever bullied?”
- Check in with your teen often and try to keep lines of communication open. Encourage them to share their thoughts,

Healthy Teens

feelings, and experiences. Tell your teen you're here to support and help them.

Show them you care:

- Set guidelines, limits, and consequences for unacceptable behaviour.
- Encourage [positive behaviour and empathy](#).
- Role model healthy relationships. Reflect on how you treat others, and how they treat you.
- When your teen has problems, help them come up with solutions—try not to step in and solve things for them.
- Take reports of bullying seriously and recognize the courage that it takes for teens to report or talk about bullying.

Watch for warning signs:

Signs your teen may be a target of bullying:

- Fear of going to school, skipping or making excuses to avoid school
- Changes in school performance
- Unexplained injuries
- Lost or damaged personal belongings
- Nightmares or trouble sleeping
- Becoming withdrawn, unhappy or irritable
- Making negative comments
- Talking about suicide

Signs your teen may be bullying others:

- Having extra money or new things
- Talking about taunting or teasing others
- Laughing or not caring if others are hurt
- Aggression with others
- Leaving others out

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Offer help:

- Teach your teen not to fight back if they experience bullying. Instead, practice communicating in assertive ways without anger.
- Help your teen identify safe and trusted adults at school that they can go to.
- Document concerns you have about bullying and save evidence. Report issues to social media sites and block users who bully.

Connect with others for support:

- Work with your teen's school. Let them know right away about bullying situations. Ask your teen who they trust at the school and get those adults involved in addressing concerns.
- Ask your school about their policies and plans to prevent and address bullying, and get involved where you can.
- Build connections with the parents and guardians of your teen's friends so that you can watch for healthy interactions.

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horizon⁺
school division

REGISTER NOW FOR 2021-2022

EARLY CHILDHOOD SERVICES

Early Learning and **Kindergarten** registration forms are available online at horizon.ab.ca or at your neighbourhood school. Bring your child's Birth Certificate or Canadian Citizenship status card and Alberta Health Care card.

Learn more about your child's developmental progress, as well as the benefits of early childhood programming.

Vauxhall Elementary | Tuesday, April 13

Book appointment by April 9

To book call your school secretary.

Statistics Canada is hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- We are hiring approximately 32,000 census employees to count every person in Canada.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future—apply now!

IMPORTANT TO KNOW:

- Pay rates vary **by position** from \$17.83 to \$21.77 per hour, plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours, mainly during evenings and weekends.

Statistique Canada embauche dans votre collectivité!

- La planification des écoles, du logement ainsi que des services de santé et d'urgence se fait au moyen des données du recensement.
- Nous embauchons environ 32 000 personnes dans le cadre du recensement en vue de dénombrer toutes les personnes au Canada.
- Dans le contexte actuel de la COVID-19, nous nous engageons à assurer la sécurité de nos employés en tout temps.
- Aidez votre collectivité à planifier l'avenir : postulez dès maintenant!

RENSEIGNEMENTS IMPORTANTS :

- Le taux de rémunération varie entre 17,83 \$ de 21,77 \$ l'heure **selon le poste**, en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible, principalement le soir et la fin de semaine.

Apply now/Tell a friend

www.census.gc.ca

TTY (a telecommunications device for deaf persons): 1-833-830-3109



Postulez dès maintenant et parlez-en à un ami

www.recensement.gc.ca

ATS (appareil de télécommunication pour personnes sourdes) : 1-833-830-3109

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Assembly	3	4	5 NO SCHOOL Staff PD Day	6
7	8 Division Wide PD Day – No School for Students	9	10	11 School Spirit – Hat Day  Indigenous Presentation	12 SCHOOL Dismissal at 12:30pm	13
14	15	16	17  St. Patrick's Day – Wear Green	18 Hot Lunch forms due back	19 NO SCHOOL	20
21	22 Farm Safety Gr. 1-3  Staff Meeting	23 Report Cards School Spirit – Wear Wacky Socks 	24	25 Parent Teacher Interviews Hot Lunch 	26 NO SCHOOL	27
28	29	30	31			

