

BANDIT NEWS



Hays School Newsletter

FEBRUARY 2022

HAYS SCHOOL MESSAGE FROM PRINCIPAL

Hello students, parents, community members and staff of Hays School,

Wow, how did January go by so fast! I am so pleased how well everyone is still wearing our masks. Hopefully we will be all finished with masks soon. Take care of your family and stay healthy - drink lots of water and eat healthy snacks. I know I have too much chocolate at my house for Christmas. Oh NOOOOO!

Just another reminder that we have the week of Feb. 21-25 OFF as Teachers are doing Learning at Teachers Convention. Have a nice break everyone.

Our theme of the Month is Sweet Notes - Students will be writing nice notes to others to keep everyone in a positive mood for school. Thank you to the Grade 7,8,9 class for organizing the Themes of the Month. A special thank you to Susy and Ella for making a nice bulletin board display. We appreciate that you make the bulletin boards and the little activities we do each day.

We usually have a Government survey coming home this time of year however this year it has been delayed. Also, registration for Early Learning and Kindergarten is now open. Registration forms available at the school.

Have a great Month everyone! Dress warmly as we go out for recess every day.

Tracey Nadeau
Hays School Principal



Did you know The tradition of predicting the length of the remaining winter on Groundhog Day on February 2 is intertwined with the Christian holiday, Candlemas.

Did you know National Toast day is the last Thursday of February. So this year it is February 24th. So raise a toast to your toast that day, be it burnt to a crisp or golden brown!



NO
SCHOOL
Feb 21 - Feb 25
—————
SCHOOL SPIRIT
DAYS
Feb 1
Feb 17
—————
Valentine/
Kindness/Fun
Activities
Feb 14
—————
HOT LUNCH
Feb 17

Hays School

205 2nd avenue
Hays, Alberta
T0K 1B0

What did the cucumber say to the pickle?
You mean a great dill to me.



What kind of candy is never on time?
Choco-LATE

The next PAA meeting is on
FEB 28 at
7:00pm

SCHOOL SPIRIT DAYS FOR FEBRUARY

FEB 1 - PLAID DAY

FEB 17 - PINK SHIRT DAY



EARLY LEARNING
AND KINDERGARTEN
REGISTRATION NOW
OPEN.
REGISTRATION
FORMS AT THE
SCHOOL.

HOT LUNCH
FEBRUARY 17TH
THANKYOU
KATHARINA BUECKERT
THANKYOU SARA SIEMENS
FOR
JANUARY'S HOT LUNCH

We need your help!

Missoula Children's Theatre is coming March 14-17, 2022 for the production of *The Emperor's New Clothes*. We are hopeful that we still able to put on this production.

We need homestays for the Tour Team. Attached is the biographical information about each of the individuals. They require housing for 7 nights, from March 13 -March 19. Though they need secure housing until Saturday, the production is on the Thursday evening and they quite often leave from the production on Friday morning. Please call the school if you are interested. (403) 725-3755

On Monday February 14 class rooms will be having a Valentine Party/ Kindness/Fun Activities the last period of the day. If you have any questions please ask your teacher.



Theme of the Month:

KIND NOTES

Pink Shirt Day is February 23, 2022

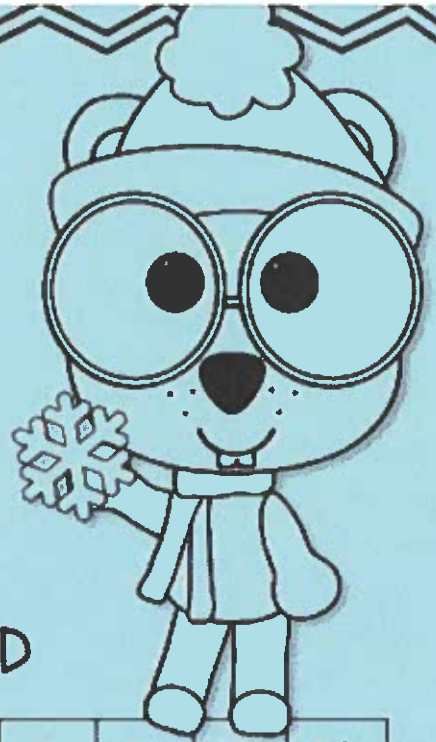
Bullying is a major problem in schools, workplaces, homes, and over the internet. Wearing something pink symbolizes that we as a society will not tolerate bullying anywhere.

It is so important that victims of bullying know they are not alone and there is help and support available. Wearing a pink shirt on this day sends a strong message to them that others care. Often, the simple act of wearing a shirt can start conversations - conversations can be a big step towards healing and helping!

Since Pink Shirt falls during Reading Week this year, we will be acknowledging it on Thursday February 17th



GROUNDHOG DAY!



BURROW
FEBRUARY
GROUNDHOG
HIBERNATE
PREDICT

SHADOW
SPRING
SUN
WINTER
UNDERGROUND

A	W	E	H	I	B	R	L	Z	E	U	N
N	I	K	I	L	Q	O	O	S	U	N	A
G	N	I	B	C	U	B	U	P	R	D	E
R	J	F	E	B	R	U	A	R	Y	E	S
O	N	V	R	S	P	R	N	I	F	R	B
U	T	D	N	H	R	R	S	N	S	G	O
N	Y	R	A	A	D	O	W	G	V	R	R
D	A	T	T	D	C	W	N	R	U	O	R
H	K	E	E	O	L	I	O	O	S	U	L
O	S	C	N	W	I	N	T	E	R	N	A
G	A	P	P	L	W	U	E	Q	O	D	N
R	B	R	E	J	P	R	E	D	I	C	T

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 School Spirit Plaid Day Beading & Bannock Gr 2-6	2 Happy Birthday Trudy Funk	3 Happy Birthday Helena Hamm	4 NO SCHOOL Online Bidding Starts 9am	5 Online Bidding
6 Online Bidding	7 Happy Birthday Susy Bueckert Online Bidding	8 Online Bidding	9 Online Bidding	10 Hot Lunch forms due Online Bidding	11 NO SCHOOL Online Bidding Ends 5pm	12
13	14 Valentines Day Valentine Parties - 2:47pm	15	16	17 HOT LUNCH Staff Meeting Pink Shirt Day	18 NO SCHOOL	19
20 Happy Bday Mrs. Odland	21 FAMILY DAY NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27	28 PAA Meeting 7pm					

THE EMPEROR'S NEW CLOTHES

2021-2022 SCHOOL YEAR TOUR



Brianna West

Brianna is delighted to be touring with the Missoula Children's Theater! A born and raised Montanan, she is a graduate of Rocky Mountain College with degrees in theater performance and creative writing. She is also SAFD certified in unarmed stage combat and has studied with The Broadway Collective. Some of her favorite credits include: Splasher in *Newsies*, Jovie in *Elf: The Musical*, and Swill in *How I Became a Pirate*. She would like to thank her mom, brother, sister, friends, and many theater mentors for their endless support, encouragement, and love.

Important information for Homestay (not for print):

ALLERGIES/DIETARY RESTRICTIONS

None.

ROOM REQUIREMENTS

One room – private, clean (within CDC COVID-19 cleaning and sanitation standards), comfortable and safe, with access to a phone land-line or sufficient cell phone coverage.

THE EMPEROR'S NEW CLOTHES 2021-2022 SCHOOL YEAR TOUR



Mandi Fielding

Mandi is originally from Long Island, NY, but now lives in the small town of Spartandburg, PA. It was MCT coming to her local school that sparked her interest in making theatre her career. She is a graduate of Huntington University in Huntington, IN where she earned a degree in theatre performance with a minor in music. While there, she played many roles including Gremppkin in *Peter and the Starcatcher*, the Baker/Brother in *Joseph and the Amazing Technicolor Dreamcoat*, and Snoopy in *You're a Good Man, Charlie Brown*. Along with theatre, Mandi enjoys reading, rollerblading, sewing, playing instruments, and playing video/board games. She would like to thank her family and friends for the love and support from her first show to now being on the road with MCT.

Important information for Homestay (not for print):

ALLERGIES/DIETARY RESTRICTIONS

None.

ROOM REQUIREMENTS

One room – private, clean (within CDC COVID-19 cleaning and sanitation standards), comfortable and safe, with access to a phone land-line or sufficient cell phone coverage.



horizon⁺
school division

**Register
Now**

EARLY CHILDHOOD SERVICES

REGISTER NOW FOR 2022-2023

EARLY LEARNING

If your child is **3 on or before September 1**, they are eligible to be enrolled in Early Learning.

Funding *may* be available for children who are learning English as a second language or identified with a developmental delay.

KINDERGARTEN

If your child is **5 on or before December 31**, it is time to register for Kindergarten!

Registration forms are available online at horizon.ab.ca or at your designated school. Bring your child's Birth Certificate or Canadian Citizenship status card and Alberta Health card.

If you require clarification of your designated school, please contact Horizon School Division office at 403-223-3547 ext. 10145.

www.horizon.ab.ca



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.teachmean.org/) (Bullying)



Just be there: How to support your teen's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help teens adapt and stay well, there are still challenges. Some students continue to learn remotely, and others have gone a long time without in-person visits with friends or extended family. In the face of so much disruption, it's natural to worry about how your teen is holding up.

When it comes to mental health, the day-to-day relationship you maintain with your teen matters. Your presence and support nurtures their well-being and helps them cope with life's

ups-and-downs. You also know them better than anyone else does, so you play a key role in noticing and responding to problems.

As the pandemic carries on, here are some tips to help you be there for your teen.

Check in

Every day, take a few moments to check in. Ask your teen how they've been doing and what they've been up to. Encourage them to share their thoughts, feelings, and challenges. Be honest about how things are going with you—this can help open up

Healthy Teens

and normalize conversations around mental health.

Checking in with your teen can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them identify a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your teen that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your teen to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

Surround them with calm, warmth, and safety

As much as you can, provide a positive home environment that nurtures healthy growth and development, and builds their independence. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Try not to solve their problems for them; instead, help brainstorm solutions
- Listen to their opinions and give them an active role in making decisions
- Work together to set healthy routines for getting school work done and for things like staying active, eating well, and getting enough sleep

January 2022 Family Newsletter

- Set boundaries and stick to them—just be open to negotiating as your teen matures
- Help them break big tasks into smaller, more achievable goals
- Encourage and model unplugging from technology, especially for meals, homework, and sleep

Help them understand and manage stress

Teach your teen that stress is a natural response to challenging situations. Help them figure out what stress looks and feels like for them—for example, they might feel nervous, shaky, or nauseous.

Recognizing stress is the first step in handling it. Learn more with this handy [4-minute video](#) and encourage your teen to explore different ways of coping. Role model the techniques that work well for you, and give them opportunities to learn and practice what works for them. Some common techniques are:

- Breathing exercises
- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, mindfulness, art or music
- Spending time in nature

For more information about mental health, visit:

- [Stress in children and teenagers](#)
- [MentalHealthLiteracy.org](https://www.mentalhealthliteracy.org)

Healthy Teens

January 2022 Family Newsletter

Be proactive about mental health

You know your teen best. If you have concerns about the way they are thinking, feeling, or acting, it's a good idea to get help. Identifying concerns early and responding to them can prevent future problems, and can make things easier for both you and your teen.

If your teen is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your teen's teachers may be able to help. Ask about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.

- You can visit ahs.ca/helpintoughtimes for a directory of supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your teen can visit jack.org/abhub for online resources to help them care for themselves and look out for others.
- Your teen can contact Kids Help Phone any time, to talk about anything:
 - By phone: **1-800-668-6868**
 - By text: Text **CONNECT** to **686868**
 - Through Facebook Messenger: Visit KidsHelpPhone.ca/Messenger

If your teen is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911**.

