OCTOBER

	A S		Merch	
30	1 Pizza Day! Cross Country - Sundre Centennial Meat Orders begin	2 Grade 5 Band Camp	3 Grade 5 Band Camp	4 NO SCHOOL Sr. Boys host Volleyball tourney
7 Begin booking P/T interviews	8 Cross Country - Strathcona-Tweedsmuir School Council Mtg 7pm	9 Band Society Mtg - 7pm Library Playschool Mtg - 6:30 Conference Room	10	NO SCHOOL
14 Happy Thanksgiving	15	16 Subway Day!	17	18
21 Centennial Meat Orders cut-off at noon	22 Scholastic Book Fair! (8-3:30)	23 Parent/Teacher Conferences Scholastic Book Fair! (8-8)	24 Scholastic Book Fair! (8-3:30)	NO SCHOOL
28 Picture Retakes	29	30	Tappy Halloween	

8 9



From the Principal's Desk

Our first month of school has flown by and as the saying goes, "Time flies by when you are having fun." It has been a fun filled September with an equally full October. September activities have included the Welcome Back Breakfast, the Jo(e) Social Media presentation, the Academic Awards ceremony and the Terry Fox run which had great participation! Our school reached its' fundraising goal and as a reward, the kids will get to watch a movie in the gym.

For new parents, and to refresh others, please remember to phone absences in to the office. Mary-Anne and Kristi will be sure to let the teachers know. Also, when you can, please make after-school arrangements with your child in the morning before they are at school. We understand when last minute changes occur, but it is a disruption to the classroom that we would like to minimize. Thanks for your cooperation on this front.

Our Cross country running teams have been practicing after school with Ms. Young for meets in Sundre and at zones in Strathcona-Tweedsmuir. We wish them all speedy legs. We've have a great turnout for volleyball this year. The students are learning and working on skills at their weekly practices and challenging other teams around the jurisdiction. We thank all our coaches both staff and community members for their dedication to our students and school. Our Sr boys are hosting a tournament this weekend; come out and cheer on our Cougars!

Our first fundraiser, **Centennial Meat Orders**, will be kicking off today, October 1st. Please keep an eye out for order forms coming home. In November we will be bringing back **Mom's Pantry Products**, just in time for the holidays! We thank you all for your continued support with our fundraisers as they go to support many programs in our school such as lowering **field trips**, **bussing**, **the breakfast program and awards**. One ongoing fundraiser is the **milk program**. We sell milk and ice cream for \$1.25/each or you can purchase punch cards online through Student Quickpay. The funds raised from those sales go to help with a number of student activities run by the school such as offsetting the cost of **grade 5 camp and other field trip fees**.

School Council, along with the School administration, are bringing different informational items to each monthly meeting. We encourage you to come out for the meetings and join in on the discussions. **The next meeting is October 8, 2019 at 7:00 p.m in the Library.** Please check the calendar on our school website for up and coming events such as the Parent/ Teacher conferences on October 23rd and Picture Retakes on October 28th.

Enjoy the Autumn, Joanna Harvey

Ready to learn in our safe and caring schools

Chinook's Edge takes enormous pride in the safe and caring culture at each of our schools. Ensuring everyone in our school communities feel safe is the foundation for quality learning and healthy development – and that is precisely what you can expect for your child in Chinook's Edge. We devote a great deal of time and resources to meet this priority, because our emphasis on all aspects of safety – physical, social and emotional – leads to a sense of wellness and underpins our Mission and Vision as a school division.

We consider our Inclement Weather procedures to be an important example of our safe and caring focus. We continue to work towards best practices as we navigate the challenges that winter weather can throw at us, and we want to take this opportunity to remind parents and staff of our CESD Inclement Weather procedures. Working together to continue building our safe and caring culture will ensure we are a school division filled with safe, healthy and happy students and staff.



Also on the notion of working together, we are pleased to share a small glimpse into the huge effort that our Board of Trustees make on behalf of the communities they serve. Chinook's Edge Trustees at work for students will highlight a different Board priority each month, and we are happy to provide this information to you with each newsletter message.

Kurt Sacher Superintendent of Schools



CREMONA SCHOOL LIBRARY

Scholastic Book Fair



Starting Tues. Oct 22 – Oct 24

Times: Tues- 8:00- 3:30

Wed— 8:00- 8:00 P/T Conferences

Thur- 8:00- 3:30

Spend \$5.00



Spin Prize Whee

The Library is once again hosting a Scholastic Book Fair 60% of sales stays in our school!! Your support is key in helping us obtain new books, resources, author visits, writing workshops for our school

Welcome to the Library Learning Commons

where Every-one is a Learner!

Library Book Exchange:

Classes have started for elementary and middle school students to exhange books. The loan period is for 2 weeks.

Mon - Grade 1, Grade 4, Grade 7

Tues - Grade 8, Grade 2, Grade 5/6

Wed - Kindergarten - Grade 6, Grade 1/2, Grade 3

Thur - Kindergarten - Grade 5

Fri -

Students are also welcome at **anytime** to exchange their books.

We are excited renew the AR Reading Program again this year. Students read books, earn points and win prizes! This will promote students to engage in reading more often.



Spooktacular Manicures

This years cosmo class would like to invite you to join us for some spooktacular nails.

No appointment necessary just stop by

Monday Oct. 22

Wednesday Oct. 23

Monday Oct. 28

Wednesday Oct. 30

from 2:00p.m. to 3:00p.m. Cost is \$2.00







Athletics Update

From the Sports Desk:

Golf has wrapped up already and although we didn't bring home any hardware all athletes had a great time.

Both cross-country and volleyball are in full swing now. Hopefully the weather cooperates a little bit better for the remainder of the cross country season.

Congratulations goes out to the JV girls volleyball team for taking home first place in their tournament in Carstairs and finally, we are excited to be hosting a Sr Boys Volleyball tournament on Oct. 4th and 5th.

Please come out and cheer on your home team Cremona Cougars!









Band Society Update

Band is in full swing for the year! The Grade 6/7 Band and the Grade 8-12 Band had their first performance of the year at the Academic Awards. Grade 5 Band enjoys a fun start to October with the annual trip to camp! And the Grade 6/7 Band and 8-12 Band are already preparing for the Remembrance Day performances next month.

The Cremona School Band Society would like to invite all Band Parents to attend the Annual General Meeting on Wednesday, Oct. 9 at 7:00 PM. We are looking to fill the following positions: Chair, Vice Chair, Secretary, Treasurer, Grade 5 Director, and Grade 8-12 Director. All Band Parents are society members and are eligible to volunteer for these positions. The meetings typically last less than an hour and are usually held on the first Wednesday of the month. If you or someone you know would be willing to help out with any of these positions, please contact Karen Olson at olsonk@cciwireless.ca. Thank you in advance for your help!

Parents please note that just prior to the AGM we plan to have sample shirts available for sizing so that we can get the Band shirts ordered. Mr. Hutcheon will send out more information on the shirts once it is available. Please watch for that information in early October!

We look forward to seeing you at the AGM on Wednesday, October 9, 7:00 PM!

Message from School Council

The role of School Council is to inform parents, school staff, students and community members so we can work together to enhance the student experience. School Council offers advisory input to school administration.

The presentation at the September meeting was by 'Joe Media'. Jo and Joe had given presentations to the different age groups at school during the day and then offered us a view of social media from the parent's perspective. J & J reminded us that, like everything else in life, parents are the major influencers over their children. This means that we need to model appropriate use of social media ourselves. Additionally, the tension between trust and control raises its head with the emphasis being on doing everything one can to have trust dominate. This was a good presentation that could be repeated regularly.

Our October meeting will give the administration the opportunity to summarize our school results on PAT's (provincial achievement tests). This will reflect how Cremona compares to other schools in the division as well as across the province. It is the interpretation of the results that give the most insight. We are initiating a review of school athletics with the goal of developing a short handbook to clarify expectations. We will introduce this discussion at our next Council meeting.

The next School Council meeting is on October 8th at 7 p.m. in the school library.

Thank-you for wanting to take an active involvement in your child's education.

Contact Michael with any questions at 637–3973 or sunergy@velocitynetworks.ca

Family School Wellness Program

My name is Robbin Alexander (students call me Mrs A). I am the Family School Wellness Worker in Cremona. This is my 12th year working in Cremona and for Chinook's Edge School Division. I have a Bachelor of Arts degree in Gerontology (the study of aging) and a Bachelor of Social Work degree from McMaster University in Hamilton, Ontario, and I also have my Master of Social Work degree with a clinical specialization from University of Calgary. Chinook's Edge School Division is the third school board I've worked for since finishing university. I used to work in both northern Manitoba, and southern Ontario.

The Family School Wellness Program is a confidential, voluntary, preventative service offered to children, youth and families. It is available to all children aged three to eighteen and their families. Family School Wellness is available year round and is free of charge. Services can be offered through the school, at your home, or in the community.

Any member of the community requiring family related support or information can access the program. Children are welcome to make one self-referred visit prior to parental or guardian consent. Students, parents, teachers, and community agencies can make referrals. Referral and consent forms can be found at the school's main office (or the Family School Wellness office).

My role as a Family School Wellness Worker is to:

- · Provide support services to families and children facing social, emotional or family challenges
- Promote effective communication and parenting skills
- Offer short-term individual or family support
- Build skills with students in small groups
- Assist in finding information and resources such as counseling, after-hours crisis response workers, or legal advice
- · Advocate within the school or community at large
- · Promote preventative opportunities within the school and community
- Collaborate with community agencies

Possible reasons for referral are:

Anger Management	Anxiety	Bullying/Being Bullied	Depression
Domestic Violence	Family/Sibling Conflict	Grief and Loss	Mental Illness
Parenting Issues	Pregnancy/Sexuality	School Attendance	School Conflict
Self-Esteem	Self-Harm	Separation/Divorce	Substance Abuse

I can be contacted at the school (403) 637 3856 - or via <u>text only</u> at (403) 797 1565 on week days during school hours:)

Best wishes for a great school year!

Robbin Alexander, MSW, RSW

Olds High School Interact Club

GOWNS4GRADS & TUXES2

4th Annual GALA EVENT

WHERE: Olds High School Commons Area

WHEN: THURSDAY, October 24th

GALA from 7:00 to 9:00

WHY: Kick off to Grad 2020! A "green" alternative

For EVERYONE

Our first Annual Gala was held in March of 2016 and then we moved our event to the fall as a "kick off" to the grad season and a chance for grads to begin considering their purchasing choices.

ATTEND THE GALA

And see our selection of gowns and suits being modelled

If you have any questions or suggestions as we begin this exciting project, please contact

TANE SKOTHEIM 403-586-8277
JESICA BARTHEL 403-559-7494
KAREN GRUDESKI 403-556-5564



DRESSES WILL BE OFFERED FOR SALE ON FRIDAY, October 25th and SATURDAY, October 26th

OLDS HIGH INTERACT CLUB



Bouquets & Celebrations



- ♦ BIG CONGRATS TO:
 - KAREN SINCLAIR ON 25 YEARS OF SERVICE!
 - > MARY-ANNE FREEMAN & LOIS MARTIN ON 20 YEARS OF SERVICE!
 - ROBERT SCOTT ON 15 YEARS OF SERVICE!
 - > PAIGE MURPHY & CHRISTINE TURNER ON 10 YEARS OF SERVICE!
- Thanks so much to our Parent Council & volunteers for organizing the ever popular Back To School Breakfast!
- Thank you very much to Matt and Kristi McKinnon for their online donation to the school's Breakfast Program.

 We are happy to accept cash donations as well as donations of easy and healthy grab-and-go foods such as granola bars, cheese strings, cereal and fresh fruit (remember we are a nut-aware school). It is all very much appreciated!
- Thank you Mr. Korody & our Leadership students for another FUN and successful Terry Fox Run! Also big thanks to Mrs. Sinclair and the Foods class for baking the cookies!!
- * Thank you to our volunteer coaches, chaperones and drivers!!
- A big THANKS TO Mme Dougherty for organizing the Academic Awards ceremony! And thanks again to CSES for providing each of our winners with Chapters gift cards!
- Thank you to Mr. Templeton for for being a Cross Country Supervisor at our Fun Run (and soon, Divisionals)! The kids greatly appreciated having you there! Thank you to Mr. Moorhead for volunteering to supervise our Cross Country runners at Zones later this month!

Cremona School Enhancement Society

CONGRATS TO OUR EARLY BIRD WINNER! Robbin Gabriel!

We had our AGM on Sept 30th. Our 2019/2020 board includes: Dawn Lashmar, Karen Finley, Kristi McKinnon, Alison Diegel, Judi Friesen, Tara Jenkins, Victoria Kreutz and we would like to welcome our newest member, Julie Ryan!

Generally, we run two fundraising events: Trip-A-Month raffle and our fun Puddle Party cabaret. We also apply for grant funding. All funds raised go back into Cremona School supporting academics, athletics & recreation, transportation & the arts. Most recently, we fully funded the outdoor basketball court and we have purchased additional playground equipment to be installed right away. Our efforts also assist with funding additional classroom supplies, drama play, Western Heritage Day, field trip bussing, gift cards for our academic & athletic award winners, recess equipment, crash mat for the gym, track shoes, Library renovations, sensory room renovations and helping to pay for the Jo(e) Media presentation in conjunction with School Council.

It's a long list and we are thrilled to be able to give back. Please consider participating in our Trip-A-Month raffle so that we can continue to support Cremona School!



Tickets must be sold only in Alberta. Draws to be made live at Cremona School. See raffle rules - some rules apply. Payment plan available Call Karen at 587-777-4685 for tickets or etransferfemail csesociety2011@gmail.com for tickets password "tickets" Proceeds support Cremona School Initiatives. First Trip Draw December 1, 2019. Early Bird Draw October 1, 2019



Calendar

Oct 3 - Volleyball pep rally (Cougar Pride Day)

Oct 16 - Subway day

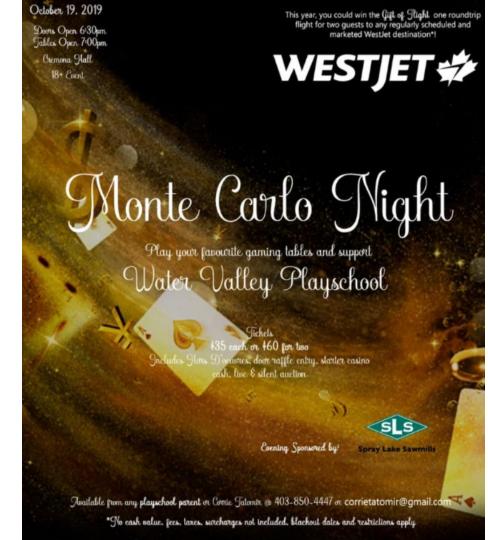
Oct 31 - Halloween - don't forget to dress up!



Our leadership team has been working hard this past month to set the tone for the year. We have helped organize the Terry Fox run as well as the Sports day. We have also attempted to beautify our school by clearing out the weeds in the front garden.

We have some exciting things planned for the month of October. We will begin with a pep rally on October 3rd to honour all of the school volleyball teams. We ask that all staff and students dress in their green and gold to show their cougar pride! During the day, we have some team building activities as well as some fun new team challenges. The rally will finish off with the staff playing the students. Subway days will return on October 16th. Please look out for order forms coming home. All proceeds help fund Leadership activities. Later in the month we plan to go all out on Halloween decorations to make our school as eerie as possible. Don't forget to dress up in your best costume. Lastly, we as a team are looking to engage in more community activities. If you or someone you know is looking to partner up with the school, please contact Mr. Korody.

Thank you in advance for your support!







PUBLIC SKATING SCHEDULE

Friday, Oct 11 & 25

Public Skating 1:15 - 2:15 Sticks n Pucks 2:15 - 3:15

Sunday, Oct 6, 13, 20 & 27 Public Skating 11:15 - 12:15

*Helmets are mandatory

*Children under 14yrs old must be accompanied by an adult

*Full arena schedule is available on the <u>Cremona Minor Hockey</u> website







Purchase your 2019/2020 yearbook

Purchase your 2019/2020 yearbook

purchase your 2019/2020 yearbook

today by logging in to student quickpay

today by logging in to student quickpay

and adding to your cart!

and adding to your cart!





2020 GULF ISLANDS SAILING TRIP

Information and registration night for youth who will be in Grade 8 during the 2019/2020 school year

DATE: Tuesday, May 14, 2019 @ 7pm

LOCATION: Sundre Community Centre

- ♣ \$200 non-refundable deposit required upon registration
- Please bring copies of birth certificate, Alberta Health Care, and info on last tetanus shot
- If you are not able to attend the registration night on May 14, please contact prior to registration to sign up your sailor: first come, first served

Chaperones will be chosen at a later date

Contact Kris at: sailingtrip.president@gmail.com / TEXT or CALL: 403-803-7864

Or Sara at: secretary.sailing@gmail.com / TEXT or CALL: 403-638-6926

Follow our Facebook Group 2020 Grade 8 Gulf Island Sailing Trip for details and updates.

ENCOURAGE YOUR CHILD TO PARTAKE IN THIS AMAZING
OPPORTUNITY!

IT WILL BE A TRIP THEY WILL NEVER FORGET!





Guests get to walk up 45 stairs (part of the 802 stairs at the Calgary

Tower) to walk around the space in between the mast and shaft of the



Calgary Tower.
Guests will learn
about the purpose of this
space, significance of the two
sets of stairs,
the murals
that are on

YOUTH TRIP

NOVEMBER 23, 2019

Ages 6 to 17

Tickets are limited \$30 each

Bus will leave Cremona at 8:30 am
\$30 Includes a tour of the Calgary Tower including
the "Bat Cave", Lunch, and the Alberta Theater
Projects Performance of THE LION, THE WITCH
and THE WARDROBE
To register please call Jen (403)510-4521







CREMONA COMMUNITY ENGAGEMENT SITE

206 3rd Street East Box 141, Cremona, Alberta, TOM 0R0 Phone: 403-337-4277 Fax: 403-637-3830 email: coordinator@cremonaces.com Website: www.cremonaces.com

October 2019

GROWING TOGETHER, LEARNING FOREVER "A Campus Alberta Central Learning Site"

YOGURT AND CHEESE MAKING

Join Ashley Newsome from It's All About The Goats to learn how to make your own homemade yogurt and cheese. Ashley will cover both the oven and Instapot method of making vogurt and how to make your own cheese curds. Find out how easy it is to make your own natural products and

eniov some samples! DATE: Thursday, October 10th, 2019 TIME: 6:00pm-8:30pm COST: \$20

Deadline to register: October 3rd, 2019



EXPRESSIVE HANDMADE BOOKS

Making a book is easier than you think! Join artist and calligrapher Sally Towers-Sybblis as she shares with you the methods for creating several different types of creative book design that you can use for your own personal creative expression. All that's required to get started is a piece of paper, a sharpie, paint and some scissors. Add in a needle, thread and glue and you have the necessary equipment to create a variety of beautiful and creative book structures. This class requires no



experience and is great for anyone trying book making for the first time Payment required upon registration. Supply list will be sent once

DATE: Saturday, November 9th, 201 TIME: 10:00am-4:00pm COST: \$95

Deadline to register: November 1st, 2019

SENIORS FITNESS CLASS

Burn off that Thanksgiving turkey! Join us for 4 alternating Tuesday mornings for some light cardio, strength and flexibility training. Learn some moves you can continue to do at home in between classes. All fitness levels welcome. Wear comfortable clothing and runners.



DATE: Tuesdays, October 15th & 29th and November 12th & 26th TIME: 9:30am - 10:30am

COST: \$40

Deadline to register: October 8th, 2019



GROWING MICROGREENS INDOORS

Learn how to grow your own microgreens indoor, year-round. Kyle Arsby of The Honest Box will share with you how to get growing, problems that you may experience and how to harvest your microgreens. You will get to see the different stages of growth and learn what you can do with them once harvested.



DATE: Monday, October 28th, 2019 TIME: 6:00pm-7:00pm COST: \$20

Deadline to register: October 21st, 2019

BAT BASICS

Join Katrina from the Alberta Institute for Wildlife Conservation for an in-depth discussion on the nine



insect pest control, and how we can best help our bat neighbours to survive the many conservation challenges they face today. DATE: Tuesday, October 22nd, 2019

TIME: 6:30pm-7:30pm COST: \$35

Deadline to register: October 15th, 2019



GARDEN CLUB

The October meeting for the Cremona Garden Club will be held on Thursday. October 3rd, at 7:00pm at the Cremona Community Hall. (Upstairs) We will be meeting in the parking lot first to do a Fall plant swap, and then moving inside

for our meeting. We are always open to new members, regardless of your gardening abilities. Membership is \$15/year, and meetings are held the first Thursday of each month. If you have iny questions, call Rosemarie at (403-335-5443)

HALLOWEEN AFTER SCHOOL CRAFT

Come down to the Engagement Site after school to make this Halloween Freat Box, All supplies included (and maybe even some treats). Grade 1 and up. Payment required at time of registration. We accept etransfers. DATE: Wednesday, October 23rd, 2019 TIME: 3:00pm-4:00pm COST: \$8



HOURS/Location

Monday 9am-12pm 12:30pm-3pm Tuesday 2pm-5:30pm 6pm-8pm Wednesday 10am-1pm 1:30pm-5pm Thursday 2pm-5:30pm 6pm-8pm Friday 10am-1pm 1:30pm-5pm



- 1st Street East, Cremona

cremonalibrary@prl.ab.ca Parkland Library Search

NEWS - October 2019

CHECK OUT OUR LIBRARY PROGRAMS!



Mondays from



Every 2nd Monday of the month 1-3pm



Tuesdays 6-8pm & Fridays 1-3pm





Thursdays 3-4:00pm Ages 10 and up

*registration required, maximum 10 children



NEW at the library!

TECH TIME

Tuesdays 3:00 pm - 4:00 pm

Ages 10 and up

Join your peers for an hour of online gaming!

Due to limited computer space, please bring your own device if possible.

Join Jessica Hughes and paint this rustic wood fall sign. No artistic ability required as we will be using a vinvl stencil. All supplies included. October 9th, 2019 6pm-7pm At The Cremona Library Registration and Payment deadline: October 4th, 2019 Register in person at the Library \$40 per person. Cash or Cheque accepted.

Hollyworks Productions



Held in Partnership With Cremona Municipal Library



Painting **Fun Night**

Thursday, October 17, 2019 7:00 p.m. - 9:00 p.m. Cremona Libraru (205 1 St E. Cremona) \$30.00/person

REGISTRATION & PAYMENT REQUIRED BY October 10, 2019 Register in person at the Library, Cash, E-Transfer or Cheque Accepted