

## 6 <br> 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


The Library is once again hosting a Scholastic Book Fair $\underline{\mathbf{6 0} \% \text { of sales stays in our school!! Your }}$ support is key in helping us obtain new books, resources, author visits, writing workshops for our school


Welcome to the Library Learning Commons

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, 7:0o 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) 6373856 - or via text only at (403) 7971565 on week days during school hours:)

Best wishes for a great school year
Robbin Alexander, MSW, RSW

## Olds High School Interact Club GOWNS4GRADS \& TUXES2

$4^{\text {th }}$ Annual GALA EVENT

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WHERE: Olds High School Commons Area
WHEN: THURSDAY, October 24 'h
    GALA from 7:00 to 9:00
WHY: Kick off to Grad 2020! A "green" alternative
For EVERYONE
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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

DRESSES WILL BE OFFERED FOR SALE ON FRIDAY, October $25^{\text {th }}$ and SATURDAY, October $26^{\text {th }}$


## 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!

Cremona School Enhancement Society's

## TRIP A MONTH IS BACK!

## \$100 Each -only 500 printed!

## Win a trip each month for 6 months!

More info at www.facebook.com/csesraffle/
EARLY BIRD DRAW- \$500 Travel Voucher if you get your tickets by October 1!

First Draw: December 1 2019-7 Nights All Inclusive for 2 Punta Cana, Domincan Republic January 1 2020- 7 Nights All Inclusive for 2 Huatulco, Mexico February $12020-7$ Nights All Inclusive for 2 Montego Bay, Jamaica
March 1 2020- MICKEY MOUSE. Trip for 4 to Disneyland Anaheim, California April 12020 - NEW YORK CITY! 6 Nights for 2 tours/shows included.
May 12020 - See Canada's East Coast. 7 Nights for 2 car rental, airfare accommodation

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!

Odober 19. 2019
his year, you could win the fipl of Glight one roundtrip flight for two guests to any regularly scheduled and marketed Westlet destination*!

## WESTJET

## Mante Carlo Olight <br> Play your farourtit gaming lables and suppoil





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 $14 y$ yrs old must be accompanied by an adult
*Full arena schedule is available on the Cremona Minor Hockey website




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!

$=2$ YOUTH TRIP
Tower) to walk around the space
in between the mast and shaft of the
NOVEMBER 23, 2019
Ages 6 to 17
Tickets are limited

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 2063 rd Street East
Box 141, Cremora, Alberta, TOM ORO
Phone: 403.337-4277 Fax 403-637-3830 emails coordinatorecremonaces.com

October 2019
GROWING TOGETHER, LEARNING FOREVER
"A Canpus Alberta Central Learning Site"


HOURS/Location
Monday $9 \mathrm{am}-12 \mathrm{pm}$ 12:30pm-3pm
Tuesday 2pm-5:30pm 6pm-8pm
Wednesday $10 \mathrm{am}-1 \mathrm{pm} 1: 30 \mathrm{pm}-5 \mathrm{pm}$
Thursday $2 \mathrm{pm}-5: 30 \mathrm{pm} 6 \mathrm{pm}-8 \mathrm{pm}$.
Friday $10 \mathrm{am}-1 \mathrm{pm}$ 1:30pm-5pm

CREMONA
205- $I^{\prime \prime}$ Street East, Cremona
$403-637-3100$ 403-637-3100
cremonalibrary@prl.ab.ca Parkland Library Search
NEWS - October 2019
CHECK OUT OUR LIBRARY PROGRAMS!

| STORY Mondays from | QROD |
| :--- | :--- |
| TIME! 10-11am | Wednesdays |
| $3-4 \mathrm{pm}$ |  |

Beok Every 2nd Monday $\begin{aligned} & \text { of the month 1-3pm }\end{aligned}$
Qrocheting \&
Tuesdays 6-8pm \&
Fridays 1-3pm


Thursdays
3-4:00pm Ages 10 and up ${ }^{\text {* registration required, }}$ maximum 10 children


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.



