



Gator Gazette

Principal: Iain Jamieson

Vice Principal/Counsellor: Kessia Brenneis

Happy March everyone, I think I said last month that in the blink of an eye, February would be over and here we are. Basketball season ends and we will be sending both senior teams off to the Sturgeon finals this weekend with all of the school's support. In no time we will be into the last sport of the year – badminton.

Spring break is just around the corner and we will be in the home stretch. It is going to feel like the next couple of months are flying. Before we know it, students are going to be reviewing for their final exams and then PATs.

So many wonderful events will be happening this month such as: throwing pie at myself, Constable Combden, Mr. Drew Simpson from Tim Hortons and our wonderful base commander, Col. Pat Lemyre. We will be throwing a pep rally for the basketball team, and our students from grades 4-9 will be going on ski trips to Rabbit Hill and Marmot Basin. Band camp is also happening this week. The sugar shack events will happen just before spring break and this is just to mention a few things that will happen in the first three weeks of March. Wow!! That was exhausting just writing them down, but we live here at the school with the belief that a busy school is a healthy school.

Hang on everyone this is going to be a busy month and once spring break is over it will fly so fast that if you blink you might miss it.

HAPPY MARCH EVERYONE!!!!!!

Mr. Jamieson,
(Proud Principal)



Counsellor's Corner

March

March is Nutrition Month!

Last month we took care of our family wellness. This month we are focusing on our physical wellness with nutrition!

We know that nutrition plays a key role in the healthy development of our children and students. Nutritious foods provide our body and mind with the energy needed to grow, be active, feel well, stay healthy and learn.

Did you know:

- Fruit juice isn't that different from sugary soft drinks. A single cup of orange juice contains as much sugar as two whole oranges.
- Eggs are one of the healthiest foods you can eat.
- Celery is the best vegetable source of naturally occurring sodium.
- Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk, and the calcium is better absorbed!
- Nutritious snacks keep you feeling energized throughout the day, helping you beat energy slumps and keeping your metabolic rate up.

Nutrition is so much more than what you eat - it is HOW you eat too!

*"Good nutrition creates health in all areas of our existence. All parts are interconnected."
- T. Collin Campbell*



Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve your kids in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

- Share the best part of your day during dinner time

Learn what you love.

Sturgeon Composite High School offers a program to fit every passion. Stop by our Open House

March 4, 2020 6:00pm—8:00pm



Sturgeon
Public Schools

It is that time of year again where we are beginning to plan for next school year 2020-2021. If you are planning to move from our area or know of neighbors, relations who are moving in could you please inform us. This assists us to better plan for next year.

We will miss any family who is moving and wish you all the best in your new school and community.

If you know of any Kindergarten age children who may be attending next year please inform those families to contact the school as soon as possible to assist with Kindergarten planning.

Kindergarten students must be 5 years of age by December 31st, 2020.

We would be happy to have you fill out the registration forms and give you a tour of the school.





HOT LUNCH



Guthrie is using an online system for ordering Hot Lunch. If you wish to purchase a hot lunch for your child please visit www.HealthyHunger.ca to register with Guthrie School. In just four easy steps you will be able to preorder hot lunch for your child. Remember that hot lunch orders must be placed 5 days prior to the scheduled hot lunch date. We are trying to have healthy choices as well as keep hot lunch prices between approximately \$5.00—\$6.00. When a credit card is used online there is a 2%-3% service charge added for this on the price of the hot lunch. Even with the service charge we are keeping lunches in the above price range. We have a hot lunch coordinator and are not requiring more volunteers to run the hot lunch program. The school is only providing this as a service and is not fundraising through this. We hope you are enjoying this program.



Upcoming Hot Lunch Dates:

Boston Pizza: March 4th, 2020

Dairy Queen: March 9th, 2020

Subway: March 11th, 2020



Parent Teacher Interviews

**An Important Reminder to Parents:
Parent/Teacher Interviews
Tuesday, March 17th from 3:30 - 6:30 pm and
Wednesday, March 18th from 3:30 - 6:30 pm**

Booking Parent/Teacher Interviews

Interviews will once again be booked online for Grades K – 6. A power announcement will come home explaining how to book your parent/teacher interviews through www.schoolinterviews.ca and will provide the access code needed. Junior high is first come first serve.



Parent Portal

Parents from Kindergarten to Grade 9 that may require assistance accessing the parent portal please contact the school. Assignments, marks, and comments are consistently updated to keep both students and parents informed. Individual classes from Grade 4 – 9 will have also communicated as to how homework can be accessed. Some teachers have weebly, see-saw, or utilize Google classroom. Your child's teacher will have communicated where they are posting their homework. If you are unsure where your child's homework is posted please contact your child's teacher.

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 	4 	5 BAND CAMP Rabbit Hill 	6 Basketball Finals 	7 Basketball Finals 
8	9	10 <i>All Star</i> Cookie Day 	11  SUBWAY	12 Rabbit Hill & Marmot Trip 	13  No School	14
15	16  Pie the Principal 	17  Parent-Teacher Interviews 	18  Parent-Teacher Interviews 	19  	20  No School	21
22	23  No School	24  No School	25  No School	26  No School	27  No School	28
29	30 	31				



Parent Council Meeting - March 2nd @ 6:30pm

Spring Pictures - March 3rd, 2020

Cookie Day - March 10th (2M-4/5M)

Rabbit Hill Ski Trip - March 5th (Grades 4-6)

Rabbit Hill Ski Trip - March 12th (Grades 4-9)

JH Marmot Ski Trip - March 12th -13th

PD Day - No Classes March 13th

Book Fair - March 16th-19th

Parent Teacher Interviews - March 17th & 18th

Day in Lieu - No Classes - March 20th.

Spring Break - No Classes - March 23rd - 27th

Classes Resume - March 31st



SUGAR SHACK CELEBRATION!

Guthrie School students in grades 1 to 6 will be participating in a Sugar Shack Celebration during the Month of the Francophonie. This event is an opportunity for the students to learn more about French Canadian history and traditions while enjoying maple taffy, traditional French music, hot chocolate and games! * This event will be held outside, please dress accordingly.

TUESDAY, MARCH 17, 1:00PM – 3:00PM

LOCATION : GUTHRIE SCHOOL (*back field*)

In collaboration with the ACFA Centralta, Guthrie School and the Edmonton Garrison MFRC.



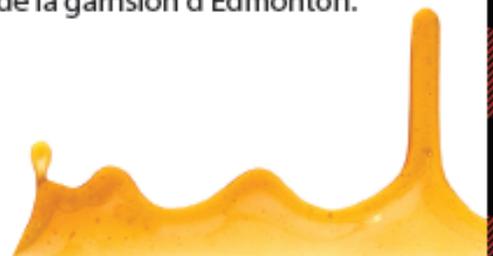
FESTIVITÉS DE LA CABANE À SUCRE!

Les élèves de la 1re à la 6e année participeront à une activité afin de souligner le temps des sucres lors de du mois de la francophonie. Cet événement sera l'occasion idéale afin que les étudiants en apprennent davantage sur l'histoire et les traditions canadiennes-françaises tout en dégustant de la tire d'érable, en écoutant de la musique en français, en buvant un bon chocolat chaud et en jouant à une multitude de jeux! *L'événement aura lieu à l'extérieur, habillez-vous donc en fonction de la température.

MARDI LE 17 MARS, 13H00 À 15H00

LIEU : ÉCOLE GUTHRIE (*cour arrière*)

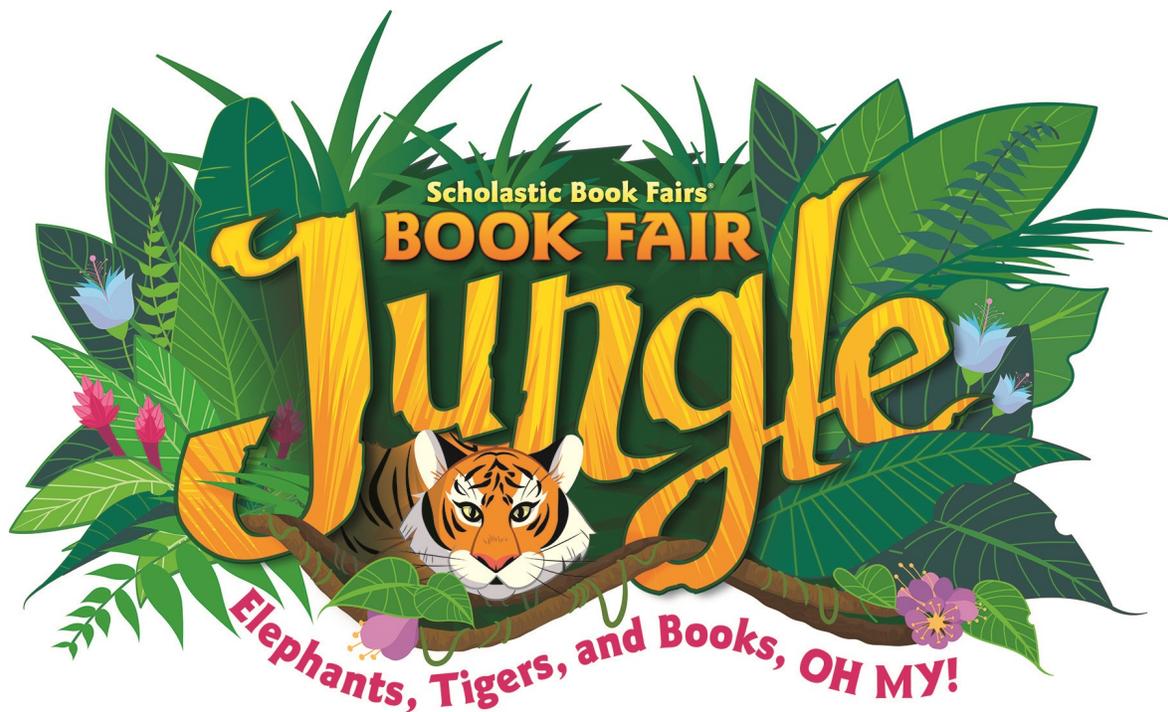
En collaboration avec l'ACFA Centralta, l'école Guthrie et le CRFM de la garrison d'Edmonton.



PINK SHIRT DAY

bullying stops here





Book Fair Dates: March 16th - 19th

Times: March 16th (9am-3pm)
March 17th (9am-6:30pm)
March 18th (9am - 6:30pm)
March 19st (9am - 11am)

The Book Fair will NOT be opened during recess and lunch times.

Location: Guthrie School Learning Commons

Winter Weather Is Here!!!

Just a reminder with the snow and cold weather that our Board Policy for Inclement Weather is as follows:

The Principal or designate shall be responsible for determining the need for suspension of recess and/or other student activities as a result of inclement weather. The lowest temperature at which students will be required to go outside shall be -25 Celsius including wind chill and as determined by the Weather Network.

Please ensure that students are dressed for the weather as they will not be allowed to stay inside during recesses if they are unprepared.

Students will not be allowed in the building before 8:40am. Please ensure that they are dressed properly if they are coming to school early to play outside on the playground. Parents, please remain outside until the bell rings so that our hallways stay clear when our students enter the building.

If you need to enter the building before 8:40am, please ring the doorbell at the front doors.

Please note that parents dropping off in the morning or picking up their children at the end of the day **must** park on the south side of the portables in the large area labeled "Guthrie School Visitors" or parking in the parking stalls marked the same (farthest east point near highway 28A) Please use these designated areas when picking up students as we do have staff working different schedules who may be required to leave or arrive at a variety of times. We cannot park behind vehicles. This will alleviate the congestion of vehicles and ensure all of our students' safety. Thank-you for your cooperation.

Lost and Found

In an effort to keep the lost and found manageable we will be displaying items monthly. The last week of every month, items will be displayed in the front foyer, and all items not claimed by month end will be donated. Hopefully more items are found rather than buried under a "mountain" of stuff.

In an effort to reduce lost items, please label your child/rens items.
Thanks for your help in this matter.



A Note to Parents & Guardians:

Please remember to call or email the school to report all absences, or if your student will be late. You can contact the school office at 780-973-3111, or email with the word "Attendance" in the subject to ...

guthrie@sturgeon.ab.ca

Office staff are here 8:00 am - 4:00 pm, to take your calls and we have an answering service to take messages when the office is closed, or the phone lines are busy. Please leave your name, number and time of your message.



PARENT EDUCATION AND REFLECTION (P.E.A.R.) GROUP

For Caregivers of Children & Youth in Grades 5 – 8

RESILIENCY IN THE FACE OF STRESS & ANXIETY



This **FREE** parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these introductory-level information sessions, you will learn strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. This is a key skill for both caregivers and their children to develop, and can support overall family wellness.

In these sessions, caregivers will receive practical information, share parenting tips, practice skills, and participate in group collaboration, reflection, and support.

Your child/youth is invited to sessions 2, 4, and 7.

All class participants must register for the course prior to attending.

Session		Topic	Spring 2020	Time
#1	I HAVE	Resilient Relationships	April 14	5:30 – 8:00 PM
#2			April 21	
#3		Supportive Environments	April 28	
#4	I CAN	Regulate my Response to Stress	May 5	5:30 – 7:30 PM
#5		Solve Problems	May 12	
#6	I AM	Optimistic in my Thinking	May 19	
#7		Compassionate, Kind & Grateful	May 26	5:30 – 8:00 PM

Location: Christ the King School, 180 McConachie Dr NW, Edmonton, AB

For more information, contact cyfcaregivereducation@ahs.ca or 780-342-6885



Register at www.cyfcaregivereducation.ca/pear/resiliency





Sleeping Your Way to Better Mental Health

Winter Sessions January - March 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Focus is on caregivers of kids and teens (Grades K-12).

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

▶ Register at
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, January 21, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Philip School
[8720 144 Avenue NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Tuesday, February 4, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Calder School
[12950 118 Street NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Thursday, February 6, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Leo School
[5412 121 Avenue NW, Edmonton, AB](#)
Notes: This session is for adults only.

DATE: Thursday, February 27, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Beaumont Composite High School
[5417 43 Avenue, Beaumont, AB](#)
Notes: This session is for adults only.

DATE: Thursday, March 5, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. André Bessette School
[8300 Southfort Drive, Fort Saskatchewan, AB](#)
Notes: This session is for adults only.

Parent Feedback

"Lots of information to use on my children. I can even try some of these on myself to help improve my sleep patterns."

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Caregiver Education Series



Regional Collaborative Service Delivery &
Children, Youth, and Families
Addiction and Mental Health, Edmonton Zone



Mindfulness

Winter Sessions January - March 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Benefits for the Whole Family

Focus is on caregivers of kids and teens (Grades K-12).

Have you heard about mindfulness? Interest in mindfulness is growing rapidly in schools, communities, and in health-care settings as an evidence-based way of promoting wellness in children, teens, and adults. It can build empathy and optimism in kids, and enhance school performance by supporting the development of executive function (e.g. attention) and self-regulation skills. Caregivers will learn activities the whole family can use to reduce stress and enhance wellbeing.

▶ **Register at**
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, March 3, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Michael A. Kostek School
5303 190 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, March 18, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Mother Margaret Mary School
2010 Leger Road NW, Edmonton, AB
Notes: This session is for adults only.

Parent Feedback

"I appreciate the resources page with recommended books and websites. The craft ideas look easy to do at home and something I can use with my family. Informative presentation! Thank you!"

"Very nice and knowledgeable info. I love mindfulness and can't wait to practice it more."

"A very well-put together presentation that was relevant to my personal life and professional life. Thank you!"

Register Now!

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Keeping Scattered Kids on Track

Winter Sessions January - March 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

DATE: Wednesday, March 4, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Willow Park School
5212 52 Street, Leduc, AB
Notes: This session is for adults only.

DATE: Tuesday, March 10, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Rosslyn School
13215 113 A Street NW, Edmonton, AB
Notes: This session is for adults only.

Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens (Grades K-12).

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children as adolescents with ADHD.

➤ Register at
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

Parent Feedback

"Session gave info that I didn't know before – Most of the information made sense and outlined properly how to deal with this issue."

"Great presentation. Clear and concise information. Good strategies to try and good explanation of underlying brain mechanics that could be causing it."

"Thank you for your knowledge. The presentation was great - it makes me feel like things can get better. Never give up."

Register Now!

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Technology and the Teenage Brain

Winter Sessions January - March 2020

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Supporting the Digital Wellbeing of Families

This session is for caregivers and teens together (Grades 7-12).

Technology is a huge part of our children's lives—and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in the use of technology to better support positive mental health.

 **Register at**
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Wednesday, March 11, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Johnny Bright School
[1331 Rutherford Road SW, Edmonton, AB](#)
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Thursday, March 19, 2020
TIME: 6:00 – 7:30 pm
LOCATION: St. Clement School
[7620 Mill Woods Rd South NW, Edmonton, AB](#)
Notes: Parents and teens (Grades 7-12) to attend together.

DATE: Tuesday, March 31, 2020
TIME: 6:00 – 7:30 pm
LOCATION: S. Bruce Smith School
[5545 184 Street NW, Edmonton, AB](#)
Notes: Parents and teens (Grades 7-12) to attend together.

Parent Feedback

"Appreciate the latest stats and research that were referenced. Loved the balanced views given – I feel both teens and parents left empowered to more meaningful change."

"Excellent information that I can take home and discuss with my family to make decisions that work for us."

Teen Feedback

"I enjoyed this session very much. Great!"

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Supporting Self-Regulation in Elementary School Children

**Winter Sessions
January - March 2020**

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Focus is on caregivers of kids in elementary school (Grades K-6).

Do you wish you have more information to help children handle strong emotions? Did you know that self-regulation is an essential element to lifelong success? This session will define self-regulation and how it is used in everyday life. It will provide a helpful review regarding the development of self-regulation in children. The strategies and resources provided will empower and foster caregivers' essential skills to increase children's mental health and resiliency.

➤ **Register at**
www.surveymonkey.com/r/caregiversessions
or www.cyfcaregivereducation.ca

For more information, contact:
CYFCaregiverEducation@ahs.ca
780-342-6885

DATE: Tuesday, March 17, 2020
TIME: 6:00 – 7:30 pm
LOCATION: Lee Ridge School
440 Millbourne Road East NW, Edmonton, AB
Notes: This session is for adults only.

Parent Feedback

"Can't wait to try some of these new ways to help my daughter regulate! Thank you!"

"Well presented. Facilitator was very knowledgeable and clear. Videos were great. Thank you!"

"For 1 ½ hours, I was very impressed with the quality/breadth of material covered. Thank you very much."

"Superb presentation both in regard to content, visual presentation, format, and presenter."

"The leader made the session interesting and gave some very practical and helpful examples and suggestions. Thanks for the great take home resources too!!"

Register Now!

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