



Gator Gazette

Principal: Iain Jamieson

Vice Principal: Julaine Percy

PRINCIPAL'S MESSAGE

Dear Guthrie Families,

Happy holidays! As we come to the end of another successful year at Guthrie School, we want to express our warmest wishes for a safe and relaxing break for each of your families. We are continually grateful for the thoughtfulness, flexibility and positivity that our Guthrie community has brought to our school this year. We are eagerly anticipating new learning opportunities that 2022 school year will bring. Teachers are busy planning more field trips and activities, as restrictions are lifted. The new technology purchased for our STEM program is also very exciting. We look forward to continuing to work alongside you to ensure excellent learning opportunities for all students in the New Year!

We know that many of our Guthrie families are from all over the country and wanted to wish all of you, safe travels and hope that you are able to spend quality time with loved ones who are so far away.

Kindest regards,

Guthrie Staff

Happy Holidays

COUNSELLORS

ORNER

It is hard to believe it's already almost Christmas! In November we focused on collecting food for the Veteran's Food Bank. The winning class received a pizza lunch!

Thank-you to everyone who donated. We received over 1600 items.



COUNSELLORS

ORZNER

Did you know that student absences jeopardize student and school success? Covid-19 has added additional challenges in the area of attendance. Students who are not at school or come to school late cannot receive instruction and miss valuable learning. Chronic absenteeism is considered missing 10% or higher. This means missing only 4 days of school puts a student at risk of learning gaps. If your child is having problems attending school, please contact us and we will problem solve together.

If your child misses...	That equals...	Which is...	Over 12 years of schooling that is...
1 day every 2 weeks	20 days per year	4 weeks or 1 month per year	1 year + 2 months *based on a 10 month school year
1 day per week	40 days per year	8 weeks or 2 months per year	2 years + 4 months *based on a 10 month school year
2 days per week	80 days per year	16 weeks or 4 months per year	4 years + 8 Months *based on a 10 month school year
3 days per week	120 days per year	24 weeks or 6 months per year	7 years + 2 Months

Christmas Spirit Week



Monday December 13th—Red & Green day

Tuesday December 14th—Holiday Sweater/shirt day

Wednesday December 15th—Holiday hat/hair &
headband day

Thursday December 16th—O'Christmas Tree day
(Dress up as a Christmas tree, ornament, gift)

Friday December 17th—Pajama Day
(stay comfy in your pajamas)

Note to Parents & Guardians—Attendance

Please remember to call or email the school to report all absences, or if your child will be late. You can contact the school office at 780-973-3111, or email

guthrie@sturgeon.ab.ca.

Our office is open from 8:00am—4:00pm, and we have an answering machine 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.

If we do not hear from you, we will be calling to ensure that the student(s) are safe.

Guthrie School has several students who have severe allergies to peanuts and/or nuts. We request that Guthrie strive to be a nut free school. Thank you all to parents/guardians as we strive to ensure a safe school environment for everyone!



Reminder:

Face Masks


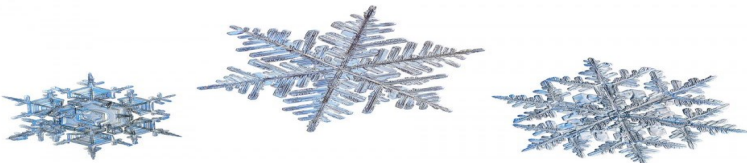

Just a reminder to send your child to school with a face mask. It's also good to have an extra mask in their backpack!



December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Last day of classes	18
19	20 Christmas Vacation 	21 Christmas Vacation 	22 Christmas Vacation 	23 Christmas Vacation 	24 Christmas Vacation 	25 
26	27 Christmas Vacation 	28 Christmas Vacation 	29 Christmas Vacation 	30 Christmas Vacation 	31 Christmas Vacation 	

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 Classes re- sume	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Grade 9 immuniza- tions	19	20	21	22
23	24	25	26	27	28 Bell Let's Talk Day	29
30	31 PD day No classes					

Guthrie School Store Menu

Food

Waffle (toppings included) \$1.00

Pizza Pop \$1.25

Pogo \$1.25

Cup of Noodles \$1.50

Cereal bar \$0.50

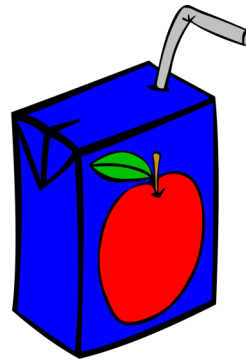
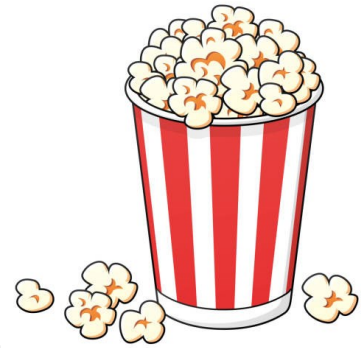
Fruit Snacks \$0.50

Oatmeal \$0.75

Poptart \$0.50

Smores \$0.50

Cereal (Buy 4, get the 5th one free) \$1.25



Drinks

Juicebox \$0.50

Hot Chocolate \$1.00

Kool-Aid \$0.75

Popcorn

Mini popcorn \$0.50

M Popcorn \$1.50

L Popcorn \$2.00

XL Popcorn \$2.50

Bucket \$1.50, refills \$1.00

Seasonings: all dressed, ketchup, salt & vinegar, herb and garlic, cheddar, and pizza





Winter Weather Is Coming!!!

We are once again into typical winter weather in Alberta - **cold (windy)** in the mornings. Please ensure that your children are dressed for the cold weather in the morning and also note that the doors don't open until **8:40am.**

Students should plan their arrival at school around that time, as there is only supervision at that time.

INCLEMENT WEATHER POLICY

Students will not be required to go outside during school days when the temperature is -25 Celsius and/or there are high wind chill conditions. Students are expected to dress appropriately and to go outside for recess breaks unless it is announced as an inside day. Students may remain inside for scheduled activities, at the request of staff or have a note from their parent because of health reasons.

School board policy states that schools shall remain open even if bus service has been suspended due to weather conditions. Parents who bring their

children to school on days when school bus services are suspended will be

responsible for picking up their children at dismissal time. As well, if weather conditions dictate, a bus contractor may bring students home early without prior notification. Parents should arrange a safe alternative for your child if this happens and there is not normally someone at home.

Announcements regarding suspension of transportation services are made on the following radio stations: CHED (AM-630), The Chuck (FM-92.5) and CISN (FM-103.9). The Sturgeon School website may also be checked at www.sturgeon.ab.ca, Transportation, Bus status or if parents have requested they will get direct information from SSD Transportation department.



Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Technology and the Teenage Brain

Digital Wellness for Families
Thursday, December 2
6:00 – 7:30 pm

Sleep and Your Family's Mental Health

Monday, December 6
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, December 8
6:00 – 7:30 pm

More than Just a Bad Day *Understanding and Supporting Depression and Self-Injury in Youth*

Thursday, December 9
6:00 – 7:30 pm

Resilience in Parenting

Caring for the Caregiver
Monday, December 13
6:00 – 7:30 pm

Lunch & Learns

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1:

Wednesday, December 1
12:00 – 1:00 pm

Part 2:

Wednesday, December 8
12:00 – 1:00 pm

Building Executive Functioning Skills

Promoting Success in Learning

Part 1:

Tuesday, December 7
12:00 – 1:00 pm

Part 2:

Tuesday, December 14
12:00 – 1:00 pm

Drop-In Series

Support, Education, and Engagement Drop-In Sessions (SEEDS)

Effective Consequences
Wednesday, December 1
6:00 – 7:30 pm

Sessions at a Glance



Mental Health Foundation



Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Thursday, December 2, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Date: Monday, December 6, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

Date: Wednesday, December 8, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Virtual delivery is appreciated."



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More than Just a Bad Day:

Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. We will explore factors that contribute to depression and potential motivations behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Date: Thursday, December 9, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

Resilience in Parenting

Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after."

"The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions."

"Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive."



Mental Health Foundation



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Lunch & Learn Webinars

December 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, December, 14, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma."

"The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!"

"I liked the interactive format of the session and participating in the discussions."



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

SEEDS Growing Parenting Skills

Effective Consequences

In this final session of our SEEDS series, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, December 1, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

*Caregiver who have not attended previous sessions in this series are welcome to register for this session.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

"This was really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation."

"The presenters again are so personable and seem very genuine and empathetic."

"Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!"



Mental Health Foundation



Alberta Health
Services
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