

KILLAM PUBLIC SCHOOL

October 6, 2023

KPS Activity Calendar

Click the red button to access google calendar! Take a look at our upcoming events!

Parent Teacher Interviews and Parent Information sessions

On Thursday, October 19 KPS will host Parent Teacher Interviews and Information sessions. During the information sessions, teachers will support parents to learn more about the topics below:

4:45 - 5:15 PowerSchool - Do you need help getting into PowerSchool and navigating the app?

We're here to help!

5:30 - 6:00 K - 6 Numeracy - Learn about the progression of the K-6 Mathematics curriculum and strategies to help you support your child.

6:15 - 7:45 Surviving Junior High - Junior High can be a big change for both students and parents. Learn about how to help your child thrive in junior high.

****all information sessions will be held in the foods lab****

When teachers are not presenting an information session, they will be available for interviews. More information will be sent out next week on SchoolMessenger.

Collaboration and Professional Learning Days

As you know, Collaboration and Professional Learning Days are built into the BRSD calendar. Having the time and opportunity for our staff to work together and to work with others across the division allows us to continue along our learning journey and to serve our students in the best way possible.

On September 25 KPS staff joined CHSPS staff along with Knowledge Keeper Brad Rabbit and BRSD Equity Coordinator, Eric Jensen at the Viking Ribstones to deepen our understanding of Indigenous Culture. We are grateful to have had the opportunity to experience this site and learn some of the significant connections to Indigenous culture and teachings. During the afternoon, staff worked together to determine ways to support student success.



Casino Time!

The Killam Parent Advisory Society is up for casino on October 14 & 15. Please see Killam Parents Facebook page for shifts needing volunteers. The money we earn from casino supports our students in a big way! Please lend a few hours at the Red Deer casino!



Kougar Athletics

Cross Country Update

With only one race left in Bashaw next week, the Killam Kougars have represented well at the Burma, Camrose, New Norway and Hardisty races.

Volleyball Update

Teams fought hard but ultimately came up short against Viking. Killam won against Round Hill on Wednesday in all sets played.

Basketball is just around the corner!

If you or someone you know is interested in coaching Kougar basketball this year, please contact Mr. Bailey at zbailey@brsd.ab.ca to get the necessary paperwork. Volunteers, be they staff, parents or community members, are essential in running a successful rural school athletics program. We'd love to have you join us!



Mini Slammers

Due to a lack of interest/players Mini Slammers (Grade 5/6 volleyball) will not be playing in league games this year. We will be practicing during PE class, and players interested in playing in the final tournament (the first week of November) can let Ms. Armitage know. This tournament is tentative and is not set in stone yet.



Orange Shirt Day

On September 29 KPS students wore orange to recognize Truth and Reconciliation Day and the survivors of residential schools.

Students had many opportunities to learn within their classrooms.

This learning has continued this week. Faye, our caretaker,

volunteered to visit classrooms to answer questions about her

history and culture. We are all learning about our own role in the process of Truth and

Reconciliation and are thankful for these opportunities to continue to build our own knowledge.



PAWSitive Behaviour

At KPS, we focus on Respectful, Responsible, and Collaborative Behaviour. Students exhibiting this type of behaviour have the opportunity to earn a Golden Paw to enter in a monthly draw for great prizes, sponsored by Parent Council. This month, we had 9 winners! Keep up the PAWSitive behaviour!



October 15 to 21 is Bus Safety Week!

Please drive with caution and be mindful of children and danger zones when approaching school buses. Buses can create significant blind spots for drivers and pedestrians. BRSD emphasizes the importance of bus safety—as a responsibility of everyone—to ensure that students are well-prepared in the event of any unexpected circumstances. The vigilance and preparedness of everyone is invaluable in this regard.

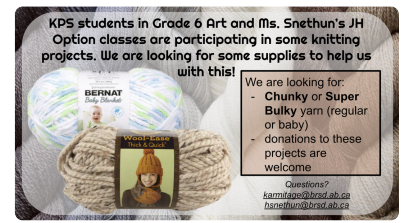


During Bus Safety Week, KPS will be educating children about bus safety practices. We will be doing bus evacuation drills (kindergarten to grade 9) the morning of October 18th.

To help spread awareness to students during Bus Safety Week, Alberta Student Transportation Advisory Council (@ASTAC) is sponsoring a [poster contest](#) for students from kindergarten age to grade six. The theme, Stand Back from Yellow and Black, aims to promote awareness and safety for students and for anyone approaching buses, which are always either dropping off or picking up kids when stopped.

Knitting Supplies

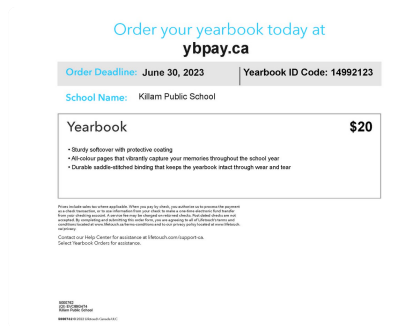
Some of our students will be creating some knitting projects in October. Please see the following poster if you are interested in donating some supplies to these projects!



Ordering is open for Yearbooks for the 22/23

Order your yearbook today from Parent Council!

<https://ybpay.lifetouch.ca/Order/SelectJob>



What has KPS been up to?

Terry Fox Run

All KPS students participated in the Terry Fox run.



Spartan X-Country Race

Spartan Cross-Country Race in New Norway was a muddy one once again! Dayna placed second, Sara-Jane 3rd and Darian was 7th! Way to go runners!





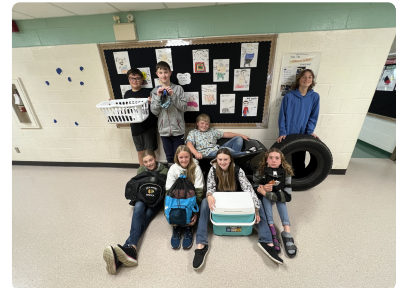
Jr. High

In Junior High Art students created self portraits inspired by the works of Tim Burton.



Anything but a Backpack Day

Students got creative with how they brought things to school on Thursday! It was great to see the creativity by those who participated.



Grade 7

Upcoming Events

- October 10-Picture Day
- October 12-XC-Bashaw

- October 13/14-KPS Jr High Volleyball Teams Home Tournament
- October 19-Meet the Teacher/Info Night
- October 26-Hockey Hookie
- October 27-Take Your Kids to Work Day
- October 31-Halloween Spook Walk @1pm
- November 1st-PD Day (No School)
- November 2-Early Dismissal
- November 3/4-ECKS Jr High A Girls Tournament
- November 13-17-Fall Break (No School)

Yearly School Calendars

School_Calendar_2023-2024_(Colour).pdf

[Download](#)

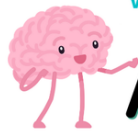
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Camrose Resource Center Newsletter (September-December)

[Download](#)

4.4 MB

Extras You May be Interested In



WELCOME TO A NEW SCHOOL YEAR IN BATTLE RIVER SCHOOL DIVISION!
MENTAL HEALTH CAPACITY BUILDING
 SEPTEMBER 2023

Regulation Library



WHAT IS MENTAL HEALTH CAPACITY BUILDING?

Mental Health Capacity Building (MHCB) works in schools to promote positive mental health in children, youth and families in the communities where they live. The initiative is based on research and best practice that demonstrates that mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts. MHCB programming builds capacity of knowledge and skills, and bolsters protective factors in children and youth so they can achieve the best possible health outcomes across their lifespan.

STARTING THE YEAR OFF ON WITH IMPACT & INTENTION

The **What:** *Regulation Library* is a 4-part series that teaches students the importance of healthy brains and provides regulation tools and strategies for students to have a successful school year.

The **Why:** Research shows students who are able to manage their thoughts, feelings and behaviour are more likely to achieve higher levels of academic and social success. Teachers who utilize regulation practices consistently in their classrooms report having a calmer, happier and more engaged learners, which positively impacts a student's overall well being.

TOPICS

Week 1 - Upstairs & Downstairs Brain:
 How our brain responds to stress in FLIGHT, FIGHT, FREEZE & FAWN

Week 2 - Breathing Strategies:
 Let's learn how our body uses breathing to help us learn and cope when we're in our downstairs brain.

Week 3 - Fidgeting:
 What exactly is it and how to use fidgets as a learning tool in a useful and respectful manner.

Week 4 - Movement:
 Moving our bodies can positively impact our body and mind to improve learning AND mental health.

CONNECTION BEFORE DIRECTION

Strategies are most successful when we learn and use them daily at school and home. Caregivers play a vital role in helping students develop the ability to successfully respond to stress and manage emotions by CO-REGULATING with a nurturing and reliable presence.

NURTURING CO-REGULATION

Encourage your child's ability to use regulation strategies by modeling positive language and providing calm in their storm.

Instead of...
 You look stressed out, calm down!
 Try...
 I see you are stressed. Let's take some deep breaths together.

Make a trade!
 Your pen clicks are too loud. Put it away.
 Try...
 Let's try this quiet, squishy fidget instead!

ADDITIONAL RESOURCES

CHECK OUT THESE EXCELLENT SITES FOR TIPS AND TOOLS THAT MAKE SENSE

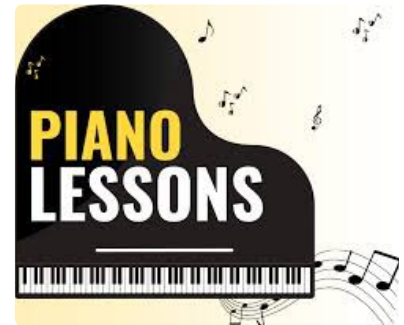
@INSTITUTEOFCHILD PSYCH
 @BIGLIFEJOURNAL

FOLLOW MHCB ON INSTAGRAM @BRSDMHCB

For more information on co-regulation & brain health, connect with Stacey McLennan, MHCB Program Manager -smclennan@brsd.ab.ca

Piano Lessons with Ruth

Are you interested in playing the Piano? Sign up with Ruth @ 780-385-2461 by September 25th.



Tell us what you think

Please click the contact us link below to tell us what you think. Leave a comment, question or feedback. Your opinion helps!



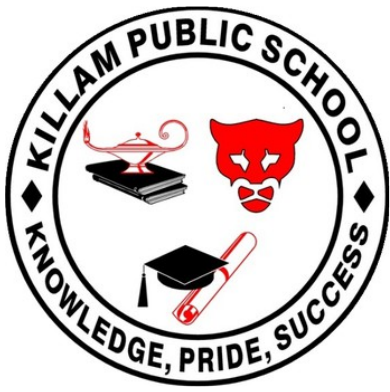
Killam Public School

Every Student, Every Day, A Success

Email: killam-aa@brsd.ab.ca

Website: <https://killam.brsd.ab.ca/>

Phone: [780-385-3690](tel:780-385-3690)



Killam Public School

Killam is using Smore to create beautiful newsletters

