

KILLAM PUBLIC SCHOOL

October 20, 2023

KPS Activity Calendar

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

Killam Public School

Halloween Dance

Friday, October 27, 2023

Family Dance 5-7 p.m. - \$10/family

Junior High Dance 7:30-10 p.m. - \$10/Person

Parents must accompany children to the Family Dance

Costumes are not mandatory but are encouraged! Please note if wearing a costume, masks will be asked to be removed when signing in and out to identify students.

NO WEAPONS ALLOWED!

Concession will be provided!!

Fire Prevention Week

Oct 8 - 14 was [Fire Prevention Week](#). Many students have participated in various activities in class. Members of the Killam fire department visited Kindergarten on Thursday, Oct. 12 to support their learning. Thank you to our local firefighters for the great work that you do!

Kougar Athletics

Volleyball Update

Our teams travelled to Ryley on Wednesday. Both teams had great games and came out with wins. Thank you to our coaches and all the parent drivers for supporting our students!

Basketball Coaches Needed!

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!



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.



Students all practiced evacuations on Wednesday. Thank You to bus driver Lorne Cox for staying with his bus!

Boundary Review

Recently, BRSD Board of Trustees held attendance boundary review meetings with school parents and families in Camrose, New Norway, Ryley and Daysland.

Thank you to everyone who attended and provided feedback during these meetings held by the Board from Oct. 12 to 18. If you were unable to attend and would like to provide your opinion, the survey is open from Oct. 19 to 28.

Survey Link: <https://www.surveymonkey.com/r/2TFTVJJ>



Please read BRSD's [media release](#) and [FAQ](#) for further information about the Board's attendance boundary review project.

FSLW

Hello Everyone,

I hope you all are having a fantastic fall!

My name is Leah Armitage, I am the Family School Liaison Worker (FSLW) for Killam School.

This is my third year here in Killam and I am so excited to be back, working closely with the staff and students!

The FSLW program provides free general counseling in the school setting. Students learn best when their mental health is supported, the FSLW's work with students and families to manage challenging events they are facing, focusing on mental wellness for each individual's needs. FSLW's can also provide ideas for support and resources available outside of the school. This year, I will be providing service at Viking School, Killam Public, BRACE, and Ecole Camrose Composite High School each week. I plan to be in Killam on Fridays.

Please note, students aged 13 years or younger require parental consent to see an FSLW. If you have any questions, concerns, or are wondering if your child may be a good fit for the

program, please do not hesitate to reach out! You can email: larmitage@brsd.ab.ca or speak with your child's classroom teacher. Otherwise, you can find the referral form online on the BRSD School website.

Lastly, students who may have been on caseload in previous years, must be re-referred each school year.

I wish everyone an amazing year ahead full of fun, learning, and growth.

What has KPS been up to?

Bashaw X-Country Race

The last Cross-Country Race was in Bashaw. Dayna placed 6th and finished second in the series. Sara-Jane 4th and 3rd in the series. Darian 3rd and 3rd in the series. Way to go runners! Thank You to coaches and parents for making this season possible!



Jr. High Girls Volleyball

The Junior High Girls hosted their home tournament this past weekend. They played lots of matches in front of many spectators! The A girls placed second, losing to Therasetta from Castor in the final, and the B girls placed third, with Sedgewick winning the B side. Thank you to all of the staff, parents, and fans who helped to organize and make our tournament a big success!



Jr. High International Games Option

The JH students continue to play a variety of interesting games in International Games. Pictured here is their attempts at playing Senak Takraw



Upcoming Events

- October 27-Parent Council Halloween Dance
- October 31-Halloween Spook Walk @1pm
- November 1st-PD Day (No School)
- November 2-Twin Day
- November 2-Early Dismissal/Take Your Kids to Work Day (Grade 9)
- November 3/4-ECKS Jr High A Girls Tournament
- November 9-Q2 Begins
- November 9-Mini Slammer Tournament in Bawlf
- November 9-Picture Retake Day
- November 10 - Junior High Report Cards go home
- November 13-17-Fall Break (No School)

Yearly School Calendars

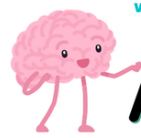
School_Calendar_2023-2024_(Colour).pdf

[Download](#)

526.5 KB

Camrose Resource Center Newsletter (September-December)

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



FOLLOW MHCB ON INSTAGRAM

@BRSDMHCB

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

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

