

# KILLAM PUBLIC SCHOOL

November 10, 2023

## KPS Activity Calendar

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

### Principal's Message

It's hard to believe that November Break is upon us! We hope that families take some time to rest and reconnect doing things they love. When we come back, we will be mid way through November and the time will fly right to the Christmas Break.

We are beginning Quarter 2 for Junior high students which means new options and that report cards for Junior High went home today. Elementary Report cards will be going home with students on December 6 at the end of Term 1. Information about your child's progress is always available on PowerSchool. If you need support with using PowerSchool, please call the office.

At KPS, we are working hard to support **PAWSitive Behaviour**. We expect our students to be Responsible, Respectful and Collaborative role models in the school community. But what do these actually mean?

KPS believes in supporting students to be:

**Responsible:** students act in a way that shows they are considerate of others.

**Respectful:** students act in a way that demonstrates that when they are without guidance or support, students can be trusted or depended upon.

**Collaborative:** students act in a way that shows, through their work with others, that they value others' input and share responsibility.

We hope that these skills are present in the daily lives of students that they will continue to learn about and build on these wherever they go. When parents use similar language outside school, it helps students develop a deeper understanding of these values.

### First snowman of the year!

Way to go girls!



## Remembrance Day

We had a wonderful Remembrance Day Ceremony. We thank all those who attended and our special guests for making themselves available.



## Kougar Athletics

### Volleyball Update

We are grateful for our coaches and parent drivers for the volleyball season. Thanks for making it a great one!

### Basketball

We have coaches for both our girls' and boys' teams. Mr. Bailey and Lindsey Clark will be coaching our girls' team and Doug Ferguson and Darek Graff will be coaching our boys' team. Thank you all for stepping up! We are excited to get started after the November break. We anticipate games beginning in early December.



Mini-slammers - We have a number of students interested in Mini-slammers. Minis will be attending the tournament, but we have made the decision not to attend weekly games. The tournament date has not been set but we anticipate late February, early March. If you are interested in coaching our Mini-slammers team, please contact the school.

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## What has KPS been up to?



## Take Your Kids to Work Day

Our Grade 9s took part in Take Your Kids to Work Day last week.



<https://youtu.be/-wQUZEUyth0>



## November PAWSitive Behaviour Winners

Thank you to School Council for supporting our prizes for these draws!



Grade 9 math



The grade 9s wrapped up their recent math unit by making cake stands and two-tier cakes, and calculating the surface area of them. Sometimes in math you get to have your cake and eat it, too!



## Mini Slammers

The Grade 5/6 Mini Slammers played in their tournament in Bawlf on November 9th. Students played extremely well and won most of their games. We only took 10 students but they represented KPS well and had a great day!





## Jr. High Girls Volleyball

The Junior High girls finished their volleyball season last week. The B girls played their final game against Sedgewick on Monday, October 30. The A girls played in Divisionals on Friday, November 3, where they tried hard but did not advance to Regionals. The girls had a great season with many triumphs and tribulations along the way. They learned how to work hard, talk on the court, and hype each other up. Thanks to Candace MacKinnon and Ms. Nielsen for coaching, and for all of the parents who drove all around the county and beyond to watch their girls play!



## Grade 6 Science

Grade 6 students spent some time cleaning up the school grounds this week. We are learning about the environment in Science, so we thought it would be a good idea to take care of our little KPS environment!



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## Literacy Update

We are excited about a new literacy assessment teachers in BRSD were trained in this year to support the academic growth and success of all our students in grades 1-9. We have recently implemented DIBELS by Amplify, an innovative assessment tool that provides valuable insights into our student's reading abilities. This assessment has told us a lot about each student's strengths and areas where we can support each student. We will be using the data to form multi-graded groups to provide personalized support and instruction. We are excited about the positive impact that DIBELS will have on your child's education and look forward to working together to help them succeed.

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## School Emergency Program

DURING ANY EMERGENCY, OUR FIRST PRIORITY is the safety of our students and staff. In order to provide an effective response to any school crisis, the Division has developed an Emergency Response Plan. The Plan works in conjunction with other local emergency plans, since a school emergency could require the involvement of numerous agencies. The plans created for individual schools, along with the Division Plan, are reviewed annually and after an emergency occurs. Scan this code to read more about BRSD's School Emergency Program!



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## Upcoming Events

- **November 10 - Junior High Report Cards go home**
  - **November 13-17-Fall Break (No School)**
  - **November 20-K-2 Dental Hygenist In**
  - **November 21-Parent council Meeting @7pm**
  - **December 11-Staff Collaboration Day (No School)**
  - **December 19-Christmas Concert @7pm**
  - **December 20-PJ Day & Last Day of Classes**
  - **December 21-January 3-Christmas Break**
  - **January 4-School Resumes**
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## Yearly School Calendars

**School\_Calendar\_2023-2024\_(Colour).pdf**

[Download](#)

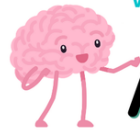
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## Extras You May be Interested In



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

## 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](mailto:killam-aa@brsd.ab.ca)

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

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





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