

KILLAM PUBLIC SCHOOL

December 1, 2023

KPS Activity Calendar

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

Principal's Message

Christmas is just around the corner. This season can bring out a lot of big feelings for families. Remember to take time to check in with one another, celebrate being together, look for ways to positively connect and find time for gratitude.

With this season comes a lot of excitement which can result in less attention to traffic. Help keep our students safe as they arrive and leave the school by:

- refraining from stopping along the boulevard to pick up/drop off students
- parking on the north side of the accessible sign by the post office to maintain clear sightlines
- refrain from picking up/dropping off students at the stop sign
- modeling and encouraging students to use the marked crosswalks
- respecting the directions of the school crossing guards
- refraining from crossing between the buses

Together, we can help our students stay safe!

While we have no snow, the weather is feeling very wintery. Students are expected to come to school prepared for the weather and cold temperatures. It is cold enough these mornings that all students should have a winter coat, mitts/gloves, a toque and proper winter footwear. Students are expected to be outside for recesses unless the temperatures dip below -25C with the wind chill. Students who ride the bus are required to be dressed for the weather as we know that a bus breakdown can leave them stranded for a period of time. Thank you for helping your child understand how to dress for the weather.

Kougar Athletics

Basketball

Kougars basketball starts next week on Wednesday, Dec. 6, with games in Daysland. A reminder that girls will play at 5 and the boys will play after at approximately 6:30. Boys should be there to warm-up 1/2 hour before their game. This is the only game before Christmas Break. Please ensure your player has a ride with a parent or approved driver. If your child does not have a ride, please talk to your coach.



We are grateful for our parent drivers who make our athletics program possible. If you are willing to become an approved driver, please contact the office.



Christmas Sharing is on Thursday

Killam Public School will be hosting our Christmas Sharing Assembly in the gym on:

Thursday, December 7, 2023 at 10:45-11:50am.

Parents are welcome to attend. We will listen to a Christmas story, sing carols and fill the tree with donations for this very worthy cause. We encourage each student to bring an item for donation for those less fortunate in our Flagstaff County. Below are a list of items that are most needed at this time:

- *MONEY -used for Christmas Coupons for Food Bank clients to purchase their own items
- *NON-Perishable food items



Christmas Concert

Mark your calendar! Christmas Concert is Tuesday, December 19th @ 7:00pm in the Killam Community Hall. We will be accepting donations at the door for the use of the hall. We look forward to this evening to showcase what so many have worked so hard on.



Library Books

Please make sure all library books are returned prior to the Christmas break!



Free Swim

The Twice Nice has so graciously sponsored 2 free family/public swim dates from 2:00pm-4:00pm:

Sunday, December 31st

Wednesday, January 3rd



What has KPS been up to?

Grade 4-Fossil Making

The grade 4 class has been studying Alberta and its history of fossils in the province. We made Trace Fossils, which are a fossilized sign that a plant or animal once lived in an area. We used plastic dinosaurs to press imprints into dough and will be able to see the results in a few days. Grade 4 enjoyed using their creativity during their first attempt at making fossils.





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!



Upcoming Events

- December 8-Early Dismissal at 11:53am
- 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

Yearly School Calendars

School_Calendar_2023-2024_(Colour).pdf

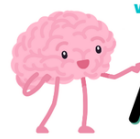
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526.5 KB

Camrose Resource Center Newsletter (September-December)

[Download](#)

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

@BRSDMHCB



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

