

LEGAL PUBLIC SCHOOL

Newsletter

OCTOBER 2022

IMPORTANT DATES

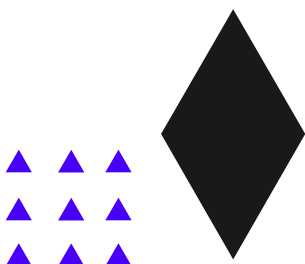
October 6
No Pre-K/KG Classes

October 7
Healthy Hunger Lunch

October 10
Thanksgiving - No Classes

October 11
PD Day - No classes

October 31
Halloween



5109 46 St
Legal, Alberta T0G 1L0

Phone: 780 961 0133





From the principal

"I am thankful for our teacher, new school and making new friends"
-Emilie, Grade 2

Dear Legal Public School Families,

It is my absolute privilege to serve you and your children at Legal Public. This September has blown by and I cannot believe that it is already October. I have such gratitude for our school and community and am already so impressed with the learning that is happening in our building.

We have spent September getting to know each other and building our community as a new school. We get to pick anywhere in our school to read during DEAR time and we have started a reading reward program where students earn stickers to cash in for prizes if they read to an adult. We have loved exploring the forest behind our school at recess times and learning from nature. Our favourite part of the week is Fun Friday! Students participate in cross graded activities and we are excited to be building more relationships in and around our community on these Fun Fridays.

Academically, teachers in grades 2 and 3 completed the provincial assessments with students to inform instruction. As we go through implementing the new curriculum, teachers remain focussed on supporting all areas of student development; intellectual, physical and emotional.

Parent Portal, assessments and reporting will look different than it has in previous years as we are reporting on different learner outcomes. You may see fewer summative assessments and different categories and weightings. As we are in the beginning stages of implementation, we are determining how the curriculum will be assessed and reported on. The curriculum is designed to have students achieve competency in the learner outcomes by the end of the year and we are navigating how best to report growth and progress. Please don't hesitate to reach out to your child's teacher if you have any questions about where your child is at in their learning journey. We are all on the same team, working towards student engagement and success at school. If you have not logged into Parent Portal yet or are having trouble accessing your login, please call our front office and we will be happy to assist you.

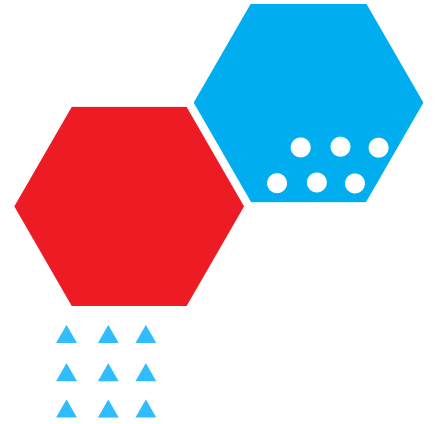
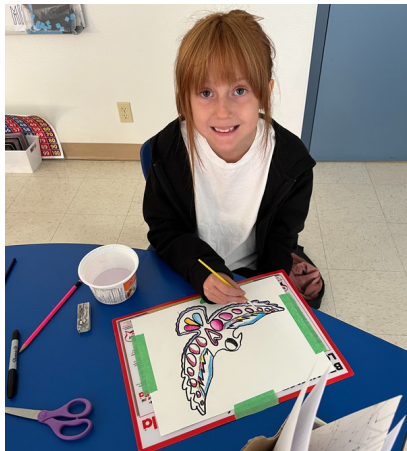
Please follow us on Facebook, Instagram and TikTok to watch for all the exciting things we are doing at school. There is information on our website as well as a complete calendar of events (www.legalpublicschool.ca).

If you ever have any questions or concerns, please do not hesitate to contact me. I am usually out and about in our school during the day, but you can always call or email me and I will respond as soon as I am able.

Here's to a great year!

Ms. Brenneis

September Highlights



National Day for Truth and Reconciliation





PINÂSKOWIPISIM

Leaves Falling Moon

Pronounced: pin-ask-oh-wee-pee-sim

We welcome October, the beautiful autumn month of harvest and changing tones. We have the delight of seeing golden hues, radiant reds and oranges as the leaves change color just before they fall. Some of us harvest our gardens and share with the people we love. Other's will hunt wild game to prepare for the winter. As the earth goes into hibernation this season so do many animals. Including: bears, snakes, bumble bees, groundhogs and ground squirrels. How do you prepare for winter?



We have so much to be thankful for this season. An attitude of gratitude helps us appreciate what we have. Make a list of all of the people, things, and places you are grateful for. Make sure you share your list with your special people.



Created by: Indigenous School Counsellor Katie Holubowich

In Our Legal Community



<https://www.legal.ca/>

Did you know that Sturgeon Public School Division also has access to Social Workers?

They can help connect families to various community supports, mental health supports, navigating new systems, and many other areas.

Contact the school for more information.

In Our Legal Community



PAINT A PUMPKIN FAMILY NIGHT

THURSDAY, OCT 20TH
CENTRALTA COMMUNITY CENTRE
6 - 8 PM

Register by: Oct 15th \$2 per painter



HOME ALONE SAFETY **4** KIDS

Friday, October 21st

WHERE:
Citadel Centre
(4812 - 51 Ave)

WHEN:
Friday, October 21st

TIME:
9:30 - 11:30am

FEE:
\$15.75 (includes GST)

INSTRUCTOR:
Susan Pearce

REGISTER BY:
Friday, October 14th



IS YOUR CHILD GETTING TO AN AGE WHERE THEY CAN STAY HOME ALONE?

Class topics including fire and cooking safety, telephone and door expectations, internet safety and basic first aid will be covered. Open to ages 10+.

For registration forms visit www.legal.ca or contact the Town Office.



RED CROSS BABYSITTER TRAINING & FIRST AID COURSE

**\$26.25 THURSDAY,
NOV 10TH**

WHERE: CITADEL CENTRE - 4812 51 AVE
TIME: 9:00 - 3:00 PM
REGISTER BY: NOV 3RD
FOR: AGES 11-15

VISIT WWW.LEGAL.CA
FOR DETAILS



LOCAL FOOD BANK

*The Bon Accord/
Gibbons Food Bank
also supports
Legal residents*

IF YOU OR SOMEONE YOU KNOW
REQUIRES ASSISTANCE OR WOULD
LIKE TO MAKE A DONATION
CONTACT THE FOOD BANK AT

780-923-2344
ALL MESSAGE WILL BE CHECKED

By supporting the food bank we are helping our friends and neighbours.



**OCTOBER
17-18**

ANNUAL FALL CLEAN-UP

For full details visit www.legal.ca
To register call 780-961-3773

In Our Legal Community



SILLY SPROUTS PLAY IN-PERSON FALL SCHEDULE

Drop-in to this **FREE**, facilitated program for caregivers and their children aged 0-6 years. Join us for songs, rhymes, stories and time to play!

Mondays
Morinville
Sturgeon FCSS building
9613 100 street
9:30 AM to 11:30 AM
September 12, 19, 26
October 3, 17, 24, 31
November 7, 14, 21, 28
December 5

Tuesdays
Redwater
Pembina Place
9:30 AM to 11:30 AM
September 13, 20, 27
October 4, 11, 18, 25
November 1, 8, 15, 22, 29
December 6

Tuesdays
Gibbons
Gibbons Cultural Centre
9:30 AM to 11:30 AM
September 13, 20, 27
October 4, 11, 18, 25
November 1, 8, 15, 22, 29
December 6

Wednesdays
Legal
Citadel Centre
9:30 AM to 11:30 AM
September 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7

Wednesdays
Fort Saskatchewan
Families First Building
9:30 AM to 11:30 AM
September 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7

Thursdays
Bon Accord
Town Office Basement
9:30 AM to 11:30 AM
September 15, 22, 29
October 6, 13, 20, 27
November 3, 10, 17, 24
December 1, 8



Program of the
Fort Saskatchewan and Sturgeon Region
Family Resource Network

Caregiver Education Team

Newsletter

October 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

For parents and caregivers of youth in grades 7-12

Part 1:
Wednesday, October 5
12:00 – 1:00 pm

Part 2:
Wednesday, October 12
12:00 – 1:00 pm

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

For parents and caregivers of children and youth in grades K-12

Part 1:
Wednesday, October 19
12:00 – 1:00 pm

Part 2:
Wednesday, October 26
12:00 – 1:00 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:
An Introduction
Tuesday, October 4
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Tuesday, October 11
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Tuesday, October 18
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Tuesday, October 25
12:00 – 1:00 pm

Participant Feedback

"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."

"Great session; appropriate length; helpful videos; great use of chat to engage participants in the discussion."

"The session was very informative, and the speakers were great."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

October 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

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

Parenting Teens in the 21st Century

Respectful Limit Setting with Adolescents

In these Lunch & Learn webinars, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will look at ways to increase communication and understanding around healthy boundaries with your teen.

Part 1: Wednesday, October 5, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

Part 1: Wednesday, October 12, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades 7-12, for adults only.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come to this Lunch & Learn session and learn about the signs and symptoms of ADHD, ways that ADHD impacts achievement, self-worth, and relationships in children and youth, and strategies to support success.

Part 1: Wednesday, October 19, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Part 1: Wednesday, October 26, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-12, for adults only.

Participant Feedback:

"These sessions are very well done and seem to surface when our family needs them most. Thank you!"

"...I appreciate the parent portion sharing of challenges and success. It validates what others are going through and reminds us to also look for the positive."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

October 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, October 4, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, October 11, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, October 18, 2022

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Tuesday, October 25, 2022

Time: 12:00 – 1:00 pm

Note: 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

Participant Feedback:

"I appreciate that they are scheduled at the time I can usually take a lunch hour break."

"Very professional, great information, super helpful - thank you!"

"I really appreciated it all your seminars, all the things I learned it really helps me to become a better version of myself."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

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