

Cardston Elementary

Principal's Message

Phew! We have hit the ground running and feel so supported by parents in our efforts to help your children succeed. Back to School Night was a huge success with over 900 bowls of soup served, teachers commented on how excited they were to have the chance to get to know parents at the beginning of the year. Hopefully the relationship you have established with teachers continues thru the year. I have a few suggestions for developing that relationship.

1. **Keep in Touch.** I am a parent as well as an educator and in both roles, the best support we can give is to stay in touch with teachers. For me, this is a quick monthly email offering my support and asking teachers to let me know if they have concerns. You might prefer a text, handwritten note or phone call. Keeping the communication open really invited teachers to provide you with feedback that you can then share and discuss with your child.

2. **Celebrate.** School is hard. I know a lot of students enjoy school but honestly, most of them come to be with friends and maybe for the food (at CES it is amazing!) When you hear your child has done something well or improved in an area, celebrate the fact that hard work has paid off. Try and focus your celebration on the effort and work that led to their success rather than the grade or mark. Some students may always struggle in certain areas of learning and these are the most important to celebrate. A hug, high five, trip to the bookstore to pick out a book, date with mom or dad, whatever traditions your family enjoys, find time to celebrate together.

3. **Be Positive.** Keep your conversations about school, teachers, friends and your child's efforts positive. There may be times when your child finds they have made a poor choice or experienced a conflict with another students and you need to hold them accountable. But be positive and let them know you have confidence they can learn from it and do better. All students have emotional highs and lows throughout the school year. Model health emotions by keeping your adult attitude positive and your child will have an easier time overcoming the lows.

Check our the page at the end of the newsletter for more tips! At CES we value¹ parents as our #1 support to student success!

School Council Meeting

Thursday, October 11 at 6:00 pm at CES

Organization of the School Council Executive.
Agenda items include Christmas Market and
Book Fair.

Monthly School Assemblies

We are so excited about our new tradition of holding a school assembly first thing in the morning the first Monday of every month. This is a time for us to celebrate our accomplishments and talents. These assemblies give us opportunities to create unity and a sense of belonging for all our students. They involve student participation and give classes a chance to share what they have worked on over the past month. Parents are always welcome to join us!

Check out our [website](#) for a few video clips from our assembly this month.

Microwaves

One suggestion from last School Council meeting was to have some centrally located microwaves so the students without microwaves in classrooms could heat up food. We have two new microwaves- one located by the Grade 1-3 snack fridge and the other in the gathering area. A supervisor is available during the first 15 minutes of lunch to help students who need assistance. We appreciate the Prete family for donating one!

Important Dates

October 11-	Grade 1 Chapter's Visit 6:00 pm School Council Meeting
October 15-	School Lockdown Rehearsal
October 16-	Kindergarten Chapter's Visit
October 26-	Kindergarten Halloween Party for all Kindergarten Students
October 30- October 31-	Picture Retakes Halloween Costume Parade at 1:00 pm
November 5- November 8-	School Assembly Remembrance Day Assembly 10:30 am
November 9-	No School- Remembrance Day Observed
November 12- November 22-	No School PD Day Parent Teacher Interviews/ Book Fair
December 1-	Holiday Market at CES

Technical Difficulties

One of the challenges we had at our Back to School Breakfast and Back to School Night is the sound system in the gym. We have been disappointed in the quality of sound and realize as a member of the audience it has meant you did not get to hear all the information. We are working on a solution to this.

Chapter's Visits

So far our visits have been great. Many students have already completed at least one of the books they chose from Chapter's. We heard a lot of students express it was their first time in a book store. If you have not had a lot of opportunities to check out the book store in the past, try doing some Christmas shopping there this year! Give your student the gift of reading!

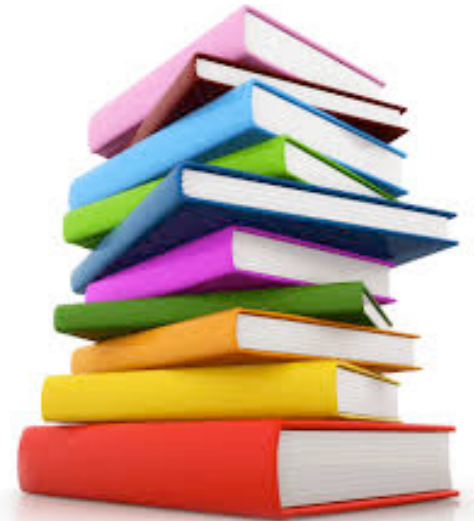
Grade 1 and kindergarten will complete their visits this month.

School Lockdown Rehearsal

Student safety is always our number one concern at CES so we practice emergency procedures throughout the year. Monday, October 15 we will have a school lockdown rehearsal with RCMP officers onsite to evaluate our procedure and provide feedback about how we are doing. During the rehearsal lockdown, all school entrances will be locked and no one can enter or exit the building. Late students will have to wait outside until the drill is over to enter the building. Parents inside the building will be unable to leave until the lockdown is over.

Teachers will prepare students for the lockdown by discussing the procedure and explaining why we have a lockdown in age appropriate, student friendly language. We never want to alarm students but in the case of an actual lockdown, we need students to be clear on the expectations for their own safety.

You can help by discussing with your students when a lockdown is used and why they are important. Let them know the police on site are there to keep them safe. It is very important for them to follow all the directions at this time.



School Morning Supervision

While we appreciate how excited kids are to get to school, please do NOT have your child arrive at school before 8 am. There is no supervision available before 8 am. It is in the best interest of students not to arrive before 8:15 when classroom teachers are available to supervise.

Hope Squad

We are excited to be starting our first CES Hope Squad. This team of resiliency builders is comprised of 10 students in grades 4 and 5 nominated by their peers as dependable friends they can turn to in times of need.

Hope Squad is supported by Nathan Smith and Catherine Meeks. The team will set goals around positive relationships, mental health awareness, conflict resolution, and building a place of belonging.



How can I help my child **SUCCEED** in school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child **every** night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework **every** night.

Teach your children to be responsible for their actions and their schoolwork.

OCTOBER 2018



Back to School Night



Congratulations to Sr. Choir on winning the National Championship!

