

CARDSTON ELEMENTARY

Principal's Message

I absolutely love coming to work every day! Even when it's -28 outside and dark when I leave home, I have a smile on my face knowing that today at Cardston Elementary School will be a great day! As a principal, sometimes I deal with hard stuff- staffing concerns, accidents, trauma, budget, etc. But ALWAYS I get to spend time with great kids who love to share about their successes, wishes and even disappointments. This brings me great joy- connecting with the kids and supporting them as they figure out their world from wherever they are at is a gift in my life.

Kids tell great stories. The most minor event in life can be so exciting to them. And listening to them share about these helps me build a relationship with them. Sometimes we have to spend time in my office processing thru a difficult situation or challenge. Other times, we meet together to share and celebrate growth. Either way, it gives me a chance to get to know them better as we learn to trust and respect one another.

With all this conversation going on at school, you can imagine my shock when I recently read a study where listening devices were placed in homes and cars of families to track the amount of focused conversation parents are having with their kids. This is focused conversation without the distraction of friends, cell phones, video games or television- just face to face talking. How much time would you say you spend in daily conversation with each of your children? I was shocked by the results that indicated today, the average parent is spending...3 MINUTES per day in focused conversation with their child. It takes me longer than that to brush my teeth!

When I heard that statistic, I immediately started paying attention to my conversations at home with my own kids. I leave my phone in my bedroom when my kids are home after school so it's no longer a distraction, I ask my kids to have their phones put away when we are visiting and I try to just enjoy the moment. I definitely have felt a better connection and presence with my kids. My kids are opening up more about challenges and concerns they have with friends and school. We are laughing more often together about the funny things that happen in our day. We are present and connected.

So I challenge you as parents- unplug and talk this month! See what a difference it can make in your home.

FEBRUARY 2019

School Council Meeting

Our school council is awesome! Come see what they are about in our meeting tonight.

7:00 pm in the CES Staff Room

All parents are welcome!

This month we are talking about establishing a new mission and vision statement as well as rebranding our school. *See the attached agenda for more information.*

Valentines Week Activities

Principal's Advisory Committee (PAC) has some great plans for Valentine's fun!

Monday

Heart Attack: Each class will randomly draw another class in the school and they will try to "heart attack" them without getting caught.

Tuesday

Valentine Card Making: Supplies will be provided in the gathering area for any students wishing to make a Valentine Card for someone special- mom, dad, friend, grandparent, teacher, neighbour.

AM Recess: Grade 2 and 3

Lunch Recess: Grade 1/Kindergarten

PM Recess: Grade 4 and 5

Wednesday

Door Decorating Contest: Grade 4 and 5 have a time door decorating competition.

Thursday

Valentine Dress Up Day: Dress in red, white, pink and purple. Add in some creative Valentines hair and hearts!

February 8-

- Literacy Day; Fun literacy activities planned throughout the day beginning with a school assembly and some class performances.
Parents Welcome!

February 11-

- Special Assembly @ 9:00 a.m. with Levi Stanford.
All parents are welcome. There will be dancing and singing.

- Valentine Heart Attack Activity

- Kindergarten Hanen Training 5-7 pm

February 12-

- Valentine Card Making

February 13-

- Grade 4/5 Door Decorating Contest

- Kindergarten Hanen Training
3:15-5:15 pm

February 14-

- Valentine Dress Up Day

February 15-

- Kindergarten Hanen Training
8:30-10:30 am or 10:30-12:30 pm

February 18- 22-

- NO SCHOOL

February 25-

- Return to School

March 4-

- 8:30 am School Assembly

Baby, It's Cold Outside!

Please dress your kids for Winter weather! We offer students inside recess when conditions are -20 outside. But we do allow them outside for fresh air if they would like. And even at -20, kids need to have proper clothing to be comfortable outside.

Send your students to school with gloves, toque, snow boots, and snow suits!

Safety

We have had a few near misses when kids are walking to school or home from school. Please remind your students to use the cross walks and take the time to look for traffic before crossing.

School Clubs

We are looking for some volunteers to support an Art club and a Games (Board and card Games) Club. This would be once a week at lunch starting February 25.



Cardston Elementary School
would like to invite all families to a

HIGH

fitness

FUNDRAISER!

100% of the proceeds
goes towards a new
playground

Saturday, March 2
9 am – CES gym

\$10/person or
\$15 for the
whole family!

**FREE
HEALTHY
SNACK**



February 2019
School Council Agenda

Review of January

- High Fitness Fundraiser

Calendar

- Sam Bracken- Feb 5
- Literacy Day- Feb 8
- No School Feb 18-22
- High Fitness- March 2

Committee Reports

- Cultural Awareness- Nadine
- Fundraising Committee- Megan
- Nutrition-Terry

Principal's Report

- CES Rebranding- New mission and vision

Open for questions or concerns

Next Meeting- March 7, 2019

FEBRUARY 2019

Fun at CES

