



Policy Changes

We have a few changes to a couple of school policies that are important to share. They are available on our website in the school handbook.

Nut Aware: Cardston Elementary is a Nut Aware school. This is a change from a nut free school which was the previous policy. We can not guarantee a nut free environment in a school. However, we can promise that we will be aware of any nut allergies in our classrooms, we will educate the students in our class about what a nut allergy is and how we can keep our class a healthy environment for those with nut allergies. We will continue to keep our kitchen a nut free environment. The best way parents with students who have nut allergies can protect their student at Cardston Elementary is to connect with the teacher and share details about the specific allergy including to which nuts they are allergic, what a reaction might look like and how the teacher is expected to respond if there is a nut exposure. Finally, educate your own child about their allergy and what they need to do to stay safe. We want all students at Cardston Elementary to be safe.

Outdoor Recess Time: Students benefit from a recess break including a chance to exercise, socialize and get some fresh air. The majority of recess breaks will be spent outdoors EVEN IN COLD WEATHER. When we feel the wind or the temperature makes outdoors unsafe, we will keep students inside. For the most part, students need a toque, scarf, gloves, winter boots and snow suit in order to be properly outfitted for winter play.

Attendance: Punctual, daily attendance at school is crucial to the progress of every student. At CES we expect students to attend regularly. If a child is sick, please phone the school to excuse the absence. Attendance calls are made daily at 9am. Please be sure your child is on time. Our most valuable teaching time is the morning hours. We no longer have an attendance incentive for perfect attendance. We appreciate the effort to have your students at school daily.

School Council

School Council Meeting is Thursday, November 14 at 7:00 pm. Everyone is welcome! For more information, please contact our School Council Executive.

Megan Redford- Chairperson, (403) 593-8085

Melanie Ellingson- Vice-Chairperson

Jocelyn Wynder- Secretary

Or check out their Facebook Page:

<https://www.facebook.com/groups/367811623304447/>

School Nutrition Program

The school nutrition program is back and in full swing. This year the classrooms have fruit baskets as well as breakfast bins. Students have access to these in their classrooms throughout the day. In addition, we have a snack fridge at the kitchen counter with a variety of healthy snack choices.

Finally, for days when students are in need of a lunch, there are still office lunches available. Students come to the office and request a lunch. Office lunches generally consist of hot lunch left overs from previous days such as baked pasta, tater tot casserole, soup, etc.

Social Media Presentation

For more information about Collin Kartchner please visit his [website](#) and I highly recommend watching his [TED talk](#). Social Media is having a huge impact on learning, brain development and social, emotional well being. It is urgent that we inform ourselves about the impact of social media and how to set responsible boundaries for social media use.

Important Dates

Nov. 6	11:45 Grade 3-5 and Mrs. Shaw's Kindergarten attend the Dreamer's Diner by Cardston Support Services
Nov. 7	10:00 Remembrance Day Assembly, all parents and community members welcome!
Nov. 8	No School- Board Declared Wellness Day
Nov. 11	No School- Remembrance Day
Nov. 12	No School- PD Day
Nov. 13	2:00 pm Grade 5 Social Media Presentation- Collin Kartchner
Nov. 13	7:00 pm Westwind Parent Social Media Presentation- Collin Kartchner @ Magrath High
Nov. 14	Flu Shot available at CES- no fee 7 pm School Council
Nov. 15	6 pm Movie Fundraiser- Toy Story 4
Nov. 20	Report Cards
Nov. 21	3:30-7:30 pm Parent Teacher Conferences- babysitting provided in the gym
Nov. 25-28	Farm Safety Presentations
Nov. 27	6pm and 7pm Choir Concert
Dec. 7	Holiday Market

UNDERSTANDING CHILDHOOD TRAUMA: What You Need To Know and How You Can Help



Participants will gain an understanding of the signs and symptoms of trauma, what the impacts and effects of trauma have on the developing brain and what you can do to support future growth. This workshop will cover theory and practice, as well as experiential learning with case studies to work through. Dress comfortable and please bring whatever you need to regulate yourself.

Danielle Olivieri

Friday, November 29, 2019

9:00 am - 12:00 pm

Magrath High School

Theater

Register by
November 25, 2019
at:

<https://www.eventbrite.com/e/74589014751>

Danielle Olivieri is a Registered Clinical Social Worker and Certified Play Therapist. She is the owner and Director of FLOURISH Play Therapy and Counselling in Lethbridge. She brings to you over 20 years of experience working with individuals to gain independence, empowerment and personal growth. She is specialized in child and family therapy, trauma and complex grief, mental health challenges, developmental difficulties as well as a strong understanding of neurobiology. She is trained in EMDR, Eye Movement Desensitization and Reprocessing, an evidenced based and well researched intervention to treat trauma and other symptoms of distress. She is honoured to be an approved provider for Indigenous Services Canada.



Learn to Play - Play to Learn