



# École St. Paul Elementary January 2021

*Live, Learn, & Lead Like Jesus*

*Vivez, Apprenez, et Menez comme Jésus*

Phone #: 780-645-3537

Absentee Line: 780-645-2935

School Cell# 780-614-4612 (text only)

## Our Mission:

*Working together to live, learn and lead like Jesus so that we grow as servant leaders and lifelong learners.*



For updates, check our Facebook page, listen to CFCW 790 or 97.7 Real Country, or check online at [stpauleducation.ab.ca](http://stpauleducation.ab.ca). Just click on "Bus Schedule" for a list of running, delayed or cancelled busses. You can also sign up for Alertus which is a new bus notification system for parents/guardians—

[stpauleducation.ab.ca](http://stpauleducation.ab.ca).



## PARKING LOT - NEW SIGN!

Thank you for helping to ease congestion out of our parking lot!  
See below...



## Our School Theme For The Month Of January Is Resiliency

Hi everyone, below is a great resource about resiliency.

## Building resilience

When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before.

What is resilience? Resilience is the ability to cope when things go wrong.

Resilience can also be described as:

- Bouncing back after difficult times/dealing with challenges and still holding your head up
- Giving things a go or trying your best/being strong on the inside
- Being able to cope with what life throws at you and shrug it off/standing up for yourself
- Getting back into shape after you have been bent or stretched

### What helps develop resilience?

Some things that can help develop resilience are:

- Having a positive attitude/finding good friends
- Feeling good about yourself/feeling like you belong
- Having a supportive family/helping others & giving back
- Being able to solve problems/challenges
- Good communication with people around you

What can I do when I'm facing a challenge? You can start to build resilience by asking yourself:

- What can I do to get back on track?
- I can't control everything so what is in my control?
- Can I change something I'm doing to make things better?
- What can I learn from this?
- Who can help?
- How can I move forward?

"By dealing with challenges you can learn resilience and find inner strength you didn't know you had!"

### How to build your own resilience

There are lots of things you can do to develop your own resilience. Here are some ideas:

Think positive thoughts

Look after yourself/keep trying/talk to someone/learn from mistakes

- Work towards your goals/look for the positives in the situation
- Accept that change happens all the time/find things that help you feel calm
- Get help when you need it/accept that negative things can happen
- Improve your problem solving skills/find things that help you feel calm.

The above resources from  KIDSHelpLine

The Peer support program empowers students to believe in themselves, inspire confidence, and provide purpose all through volunteerism as well as proving that even the smallest contribution can have an impact! Some Students from Grade 5 participate in weekly meetings. They meet weekly to discuss events we have participated in. They like to hang out and spend time together getting to know each other.



Thank you to our Park Buddy team!

Below is a great resource I think you will enjoy:

 calmversation<sup>®</sup>  
LEARNING FOUNDATION

Family Care Kit

<https://calmversation.org.au/wp-content/uploads/2020/04/Calmversation-Family-Care-Kit.pdf>



This year, we are implementing a new character education and social-emotional learning (SEL) program that teaches children positive habits to lead happy and successful lives. This new program uses Kimochi... Toys with Feelings Inside! Kimochi means "feelings" in Japanese, and the curriculum is based on research that tells us that a strong social-emotional learning foundation is essential to academic and life success. Research also shows that teaching social-emotional skills in school increases academic test scores by 11%! In our school/classroom, we will be using the Kimochi! characters, feelings, and lessons from the Kimochi! Feel Guide: Teacher's Edition to teach character education along with our regular academic curriculum. We refer to these important life skills as the "four R's"—not just reading, writing, and arithmetic, but also relationships. The lessons in the Kimochi! SEL Curriculum teach real-life skills, such as communication, self-management, decision-making, problem-solving, resilience, and responsibility. These are the skills that help us all become successful in life and in school. When children learn to communicate their feelings effectively, they build confidence, self-esteem, and strong relationships.

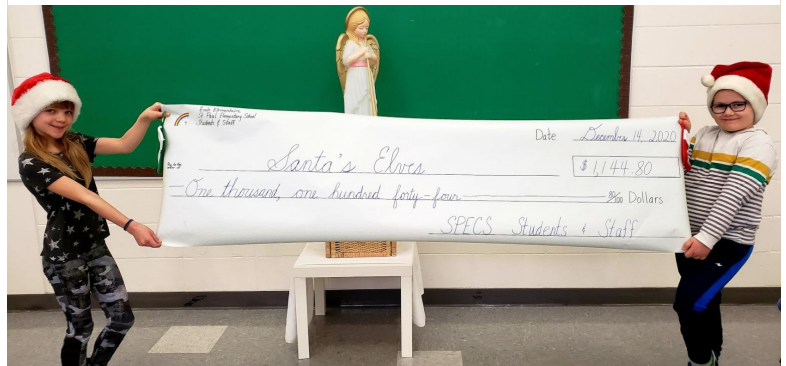
Take Care - Success Coach Mrs. Ouellette



# THANK YOU MERCI HIY HIY

December Fundraiser - Santa's Elves

During the first two weeks of December, each homeroom in the school hung a small Christmas stocking somewhere in their classroom. The goal was to raise money to donate to Santa's Elves. Each day during that time, students dropped in coins in an effort to fill the stocking. After those two weeks, the money was collected and counted. WOW! Altogether the students had stuffed stockings to the total amount of \$914.80! Additionally, the staff fundraised \$230.00. This brought our total donation for Santa's Elves to \$1144.80! Then, during the last week of school before Christmas holidays, more money was dropped off at the school for this fundraiser. When it was all counted, we were able to donate more than \$1200.00 to Santa's Elves! Thank you to the generosity of all our students and staff!



**Family Literacy Day** takes place every **January 27th** to raise awareness about the importance of reading and engaging in literacy activities as a family.



## Contact Information

If you have had a change in contact information (home or cell phone #, address, email, etc...) please let the school know ASAP so that we have current information.



 Like

Us





# December Activities



Park Buddies



Peer Support



Gingerbread Houses



Wear Red, Yellow or Blue



Christmas Concert Recording







Decking the Halls





# January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>HAPPY NEW YEAR</b>	2
3 	4 Day 3	5 Day 4	6 Day 5	7 Day 6	8 Day 1	9
Online Learning for all students						
10	11 Day 2	12 Day 3	13 Day 4	14 Day 5 Puzzle Day 	15 Day 6	16
17	18 Day 1	19 Day 2	20 Day 3	21 Day 4	22 Day 5 Jeans & Vest Day 	23
24	25 Day 6	26 Day 1	27 Day 2 Family Literacy Day 	28 Day 3	29 Teacher PD No School	30
31						

SPECS is an ALLERGY AWARE Zone