

Tofield School Newsletter

June 2020



Administrative Message

Welcome to June and we hope that you have reconciled that your summer plans might look a bit different than you originally planned. We want to take a moment to thank the parents, students and extended families for pulling together to support education during this 'emergency remote learning' situation. We know that it has not been easy and your efforts are so appreciated. We will be communicating with you about 'start-up' as soon as we know what decisions have been made with the Covid-19 pandemic. We will be welcoming a few new teachers to Tofield School for the 2020/2021 school year. Some of the areas these teachers will cover will be in senior sciences, junior high humanities, and esthetics/cosmetology. We look forward to sharing more details about these staffing changes with you in our next news flash. We want to wish you a peaceful, restful summer! Take care and stay safe.



Janice Muench
Principal

Chad Kendall
Assistant Principal

Textbook/Library Books Return Dates

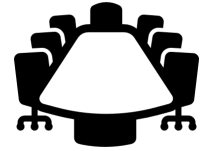
Please return all textbooks and library books to the school between Monday, June 15 and Friday, June 19 between 9-3.



Don't forget on Fridays to check out our Tofield Facts and Fun Newsflash on youtube.

Tofield School Parent Council 2019-20 – A Year In Review

Lisa Priestley, Chair



“School Councils provide a means for members of the school community to consult with and provide advice to the principal and the school board”.

The 2019-20 school year started out with a little bit of uncertainty for the Tofield School parent council. This was a transition year there was no chair or vice chair, and our principal Janice Muench rose to the occasion in finding some new parents to fill the roles. After some ‘gentle’ persuasion, Lisa Priestley agreed to put her name up for the position of chair (stepping down from the secretary role she held before). At our first meeting in September we had a great turnout of parents, and were fortunate Nicole Hillyer agreed to be nominated as Vice Chair and Beth McLeod as secretary. All three were approved. We were also pleased to have Vanessa Koeckeritz and April L’Heureux become directors. It has been great working with all these individuals throughout the year, and we appreciate their time commitment.

Our meetings have been highly informative with detailed reports and updates from our principal, and staff Alana Kropielnicki and Cathy Brown. Our school trustee Zsuzsanna Hemperger has been able to attend some of the meetings and provides good insight into the happenings of the BRSD. And we have heard reports from the student SAVY group on their activities.

There have been treats provided to keep us all motivated and some good discussions, and some good laughs.

Some of our accomplishments this year include:

- 1) Voting on school fees for the upcoming year.
- 2) Participating on the Thought Exchange from BRSD.
- 3) Voting on ten Resolutions that will influence change in education (all school councils in Alberta participated).
- 4) Collaborating with the Friends of Tofield School Society and Tofield School to share fundraising ideas and ensure we reduce overlap on each campaign.
- 5) Encouraging parents to contribute to the online request for input on the upcoming school year.

We hope more parents might consider attending meetings in the next year. Meetings are usually monthly and are under one hour. Depending on the status of COVID these will either be in person or online. More input from parents is always encouraged, so we can provide our thoughts and ideas to the school. Thanks to Tofield School for being receptive to our input and ideas and for making us feel welcome! And on behalf of the Parent Council we hope you are all staying safe and are looking forward to the summer. Thanks for the support.

Grad Update.....



The Grad parade on Friday, May 8th was amazing! Thank you to everyone involved, both grads and spectators, for helping to make the parade an amazing memory that we will all cherish.

Grad 2020 will now be on Saturday, August 15. It will be an outdoor ceremony, with the accommodations in place in case it is raining. Due to current restrictions on public gatherings, the guest list will be limited. However, we will be streaming the graduation ceremony live on our school Facebook page for everyone who wants to watch the ceremony. Social distancing protocols will still be in place to ensure the safety of the grads, their families, and staff. Any questions re: Grad 2020, please contact Ms. Muench or Ms. Korpan.

Note: the Program Committee is working on setting up a Grad website. Once they have it up and running, we will post the link to our school website and school Facebook page so everyone can keep up with the latest Grad news and announcements!

Notice for Parents and Students



The BRSD Summer Off-campus program will be running this summer. All the usual forms will need to be filled out with one change, the employer will need to have a COVID-19 safety procedure in place and complete a form related to this. If you are interested in being part of the Off-campus program this summer please contact Clayton Roe at 780-722-4058 or croe@brsd.ab.ca I look forward to hearing from you. The deadline for Summer Off-campus registrations will be June 25th, 2020. Please note the Summer Off-campus program includes students wanting to take work experience (students going into grade 11 or 12 in the fall), RAP and Green Certificate.



THE BOW VALLEY RANCHE LEARNING CENTRE PRESENTS

The 2020 Alberta **“Beaver Place Tales”** Contest!

Celebrating The 45th Anniversary of the Beaver becoming an official Emblem in Canada (1975)
 &
 Albertans Who Live in Great Places Named After The Beloved Beaver!

What is the contest all about: Create a poem, painting, sketch, drawing or short story about where you live.

Who is eligible: All those to live, or who have lived in one of the following 15 Places in Alberta named after the beloved beaver

- Beaver County Hamlets, Villages & Towns: Bruce, Holden, Kinsella, Riley, Tofield & Viking
- Beaver Crossing
- Beaverdam
- Beaver First Nation
- Beaver Lake Cree First Nation
- Beaver Lake
- Beaverlodge
- Beaver Mines
- Amisk- Cree for the word Beaver
- Castor- French for the word Beaver.



When does the contest launch? June 1st, 2020

When is the deadline to submit the poem, short story or artwork? Friday June 26th, 2020

When is the Winner & Runner-Up Announced? July 1st, Canada Day

Who announces the winner?

Nickel The Beaver, Lethbridge's official Canada Day Mascot



Prizes:

1st Prize: 2,000 Beaver featured Canadian Nickles, History Wrangler's "Alberta's Past is A Blast Show" performed in the place where the winner is from in 2021, a vintage Canadian Beaver Stamp & a bottle of pure 100% Maple Syrup!

Runner Up: 500 Beaver featured Canadian Nickles & a vintage Canadian Beaver Stamp!

PLUS All those who enter will be eligible for draw prizes! Also, the finest poems shall be displayed in the Poet Tree Garden at the Historic Bow Valley Ranche in Fish Creek Provincial Park, Est. 1873.

Where to submit:

Please send poem, short story or picture of painting or sketch to:

AlbertaBeaverPlaceContest@gmail.com

PROGRAM SERVICES AND OPERATIONS UPDATE

Due to the Covid-19 Pandemic, Tofield/Ryley/Beaver County West FCSS is changing how we will serve our clients.

To help mitigate the potential spread of Covid-19 our office is closed to the public, but we are here taking calls. **We kindly ask that customers call our team at 780-662-7067 for assistance.**

Our office hours/contact remain:

Monday to Friday	Director	Administrative Assistant	Community Programmer
8:30 am to 12:00pm	Tracey Boast Radley	Jamie Sutton	Sam Giegold
1:00pm to 4:30pm	780-662-7066	780-662-7067	780-662-7068

Program Changes

- **FCSS General Family Counselling** – All counselling sessions will be conducted over the phone. Clients will be contacted weekly.
- **Volunteer Income Tax** – Please contact the office at 780-662-7067 to discuss alternate arrangements to accept documents. The deadline for filing has been changed to June 1, 2020.

Programs and Events Postponed

New dates "To Be Determined".

- **Youth Cooking** - All participants who registered will have their spaces honoured.
- **Norm of the North Ryley Family Movie** – Tuesday, March 24th
- **Frozen II Tofield Family Movie** – Thursday, March 26th
- **Volunteer Appreciation** – April 21st/April 23 (Ryley/Tofield)

Programs and Events To Be Determined

- **Chipman Dinner Theatre/Salsibury** – Cancelled. Participants will be contacted.
- **Meals on Wheels** - There is no change to the Meals on Wheels program. An update will follow should a change occur.

Thank you in advance for your assistance during these unprecedented times.

~ Tracey Boast Radley
Director

Tofield/Ryley/Beaver County West FCSS
Box 1058, Tofield, Alberta, T0B 4J0 Telephone 780-662-7067 Facsimile 780-662-3854



OPEN

Tuesday: 10-12 noon
Wednesday: 2-4 pm
Friday: 10-12 noon

If you need assistance, even if you have never accessed the food bank before this COVID-19 crisis, please call us for a hamper for your household. Please call by 9 PM the day before you require the hamper and leave a message. One of our volunteers will return your call.

780-662-3511



Camrose Family Resource Centre

Proud to be part of the Camrose and Area Family Resource Network

What's Happening!!

Are you overwhelmed by the amount of information on the Facebook Page?
We will be updating this one pager regularly with our current programs.
Simply click the links if you would like to register for these sessions.

Triple P Positive Parenting provides simple and practical strategies to confidentially tackle parenting challenges. Triple P doesn't tell you how to be a parent, it's more like a toolkit of strategies. You choose how you want to use them!



TRIPLE P TIPS! - These engaging sessions are age specific and on the topics listed. Join us for an hour on Fridays at 2:00PM for:

Toddlers- Tantrums: May 29

[Click here to register](#)

Teens- Rudeness & Disrespect: June 5

[Click here to register](#)

School Age- Chores: June 12

[Click here to register](#)

Preschoolers- Interrupting: June 19

[Click here to register](#)

TEEN DISCUSSION GROUP – for parents of Youth aged 12-16.

Attend one or all.

Getting Teenagers to Cooperate: June 1 @ 12pm

[Click here to register](#)

Building Teenager's Survival Skills: June 8 @ 6pm

[Click here to register](#)

Coping with Teenagers Emotion: June 15 @ 12pm

[Click here to register](#)

Reducing Family Conflict: June 26 @ 6pm

[Click here to register](#)



STRESS AND THE SCHOOL AGE CHILD

For Parents of Children in Kindergarten to Grade 6

The program helps parents/caregivers to better understand childhood stress and how to provide children with age appropriate tools



Thursday June 4, 1:30pm – Stress and the School Age Child [Click here to register](#)

After attending the first session, you will be invited to join one or both of the follow up, age specific groups on: Thursday June 11, 1:30 - K- Grade 3; Thursday June 11, 2:45 - Grades 4 - 6

Curious Cuties

For families with children under 1 year of age.

This program is for parents to connect with other families, discuss baby related topics, be introduced to various community resources and programs, and learn a variety of activities to do with your babies!

Friday June 5 @ 10am [Click here to register](#)

LETS CONNECT

We are here to help! We are here to assist you in any way you need. We can listen, provide a referral, gather information for you or just about anything else.

Please call for further information.

780-672-0141



**Alberta Health
Services**

Self-Care in Action



Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own pressure. True self-care is not bubble baths and chocolate cake.

Self-care is making the choice to build a life you don't need to regularly escape from.

Parents take care of yourselves:
<http://www.ahs.ca/healthytogether>

MORE RESOURCES

<http://www.ahs.ca/helpintoughtimes>
Text4Hope To subscribe text
COVID19HOPE to **393939**



**Alberta Health
Services**

Self-Care and Movement



Think about ways you enjoy being active like gardening, walking with your pet or family, or trying a sport.

Set aside some time to do your favorite physical activity.

Do something outside of your comfort zone. Some of the best memories are created in unexpected moments or situations!

MORE RESOURCES

<http://www.ahs.ca/helpintoughtimes>
Text4Hope To subscribe text
COVID19HOPE to **393939**



**Alberta Health
Services**

Self-Care through Parenting



It's essential that parents care for themselves - first, for your own well-being, but also because any effort you put into self-care also has huge payoffs for your children.

Practice self-compassion. Parents who "fill their own cups," have more patience, energy, and passion to spread to their family. You can't pour from an empty cup.

<https://self-compassion.org/>

MORE RESOURCES

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COVID19HOPE to **393939**



**Alberta Health
Services**

Tips for Self-Care



Drink an extra glass of water. Keeping hydrated will help you stay alert. Try adding lemon, lime, cucumber, fresh mint or berries.

Laugh today! Try to find humor in situations. Laughing can boost your mood and help you reframe your perspective during stressful times.

Start a gratitude journal and make a list of things that you appreciate or things that bring you joy. Reflect back on these when you need some extra positivity.

MORE RESOURCES

<http://www.ahs.ca/helpintoughtimes>
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COVID19HOPE to **393939**



Community Connector

Helpful Phone Numbers Resource List

(dial 1– when required)	
Emergency	911
Tofield RCMP	780-662-3353
Beaver County Victim Services/24 Hour Cell	780-662-2258/780-910-2258
Beaver Emergency Services Commission	780-336-3041
Tofield and Ryley Area Food Bank	780-662-3511
Town of Tofield	780-662-3269
Town of Tofield Utility Emergency	780-220-3712
Tofield/Ryley/Beaver County West FCSS	780-662-7067
Village of Ryley	780-663-3653
Beaver County	780-663-3730
Tofield Health Centre	780-662-3263
Tofield Medical Clinic	780-662-2080
Health Link	811
Camrose Addiction and Mental Health	780-679-1241
Canadian Mental Health Association	780-672-2570
Kalya PCN	780-603-4455
Support Network Distress Line	780-482-4357
Mental Health Help Line	1-877-303-2642
Suicide Distress Line	780-482-4357
Camrose Open Door 24 Hour Outreach	780-679-4357
Kids Help Line www.kidshelpphone.ca	1-800-668-6868
Youth Emergency Shelter	780-468-7070
Children’s Mental Health Crisis	780-427-4491



Community Connector

Helpful Phone Numbers Resource List

Bullying Prevention	1 - 888 - 456 - 2323
Child Abuse Hotline	1-800-387-5437
Addiction Helpline	1-866-332-2322
Alberta Quits Helpline	1-866-710-7848
Association for Communities Against Abuse	1-866-807-3558
Family Violence Info Line	310-1818
Senior's Abuse Hotline	1-780-454-8888
Protection for Persons in Care	1-888-357-9339
Office of the Public Guardian	1-877-427-4525
Poison & Drug Information	1-800-332-1414
Alberta Supports	1-877-644-9992
24hr Emergency Income Support Centre	1-866-644-5135
AISH	310-0000 or 1-800-232-7215
Employment Insurance Regular Benefits	1-800-206-7218
<u>COVID-19 Various Assistance Lines</u>	
Canada Emergency Response Benefit	To Be Announced April
Employment Insurance Sickness Benefits	1-833-381-2725 or 1-800-O-Canada
Emergency Isolation Support Alberta	310-4455
ATB COVID-19 Customer Relief Program	1-800-332-8383
Bank of Montreal—Financial Hardship Support	1-877-788-1923
Canada COVID Economic Response Plan	1-800-622-6232
Pubic Health Agency of Canada COVID Information	1-833-784-4397