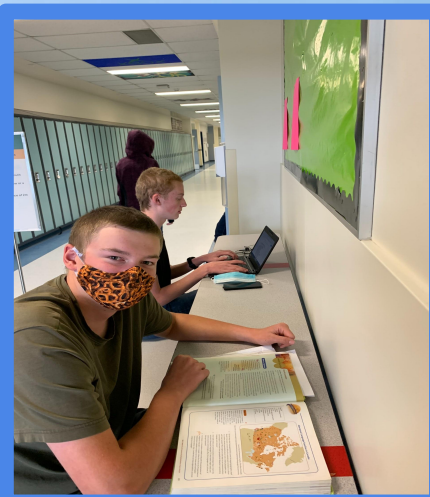
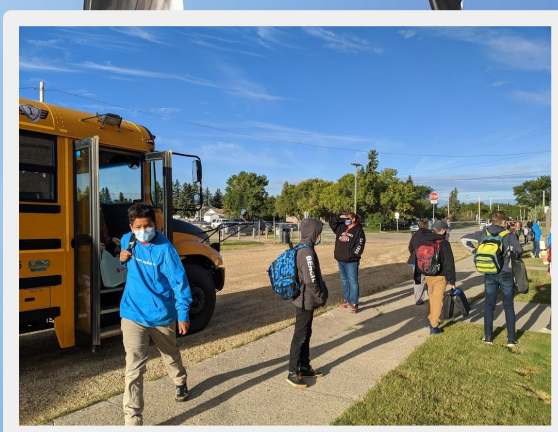
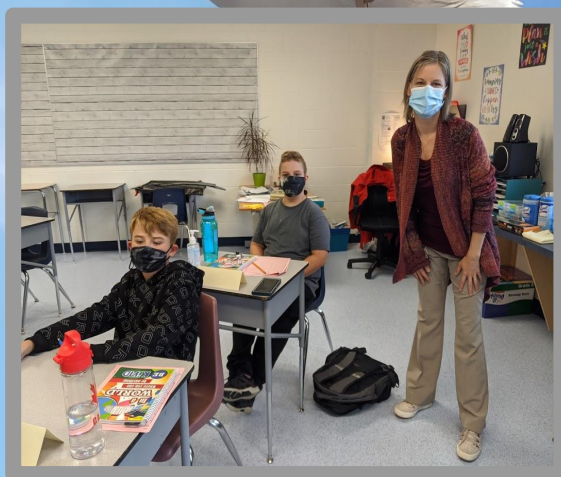


Tofield School Newsletter

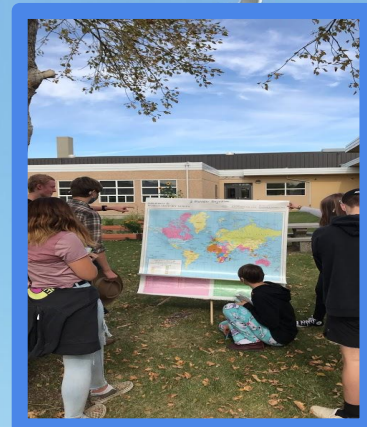
September 2020



Students eagerly attend the first day back to school.



Students are enjoying some of the activities they were missing with just a little more distance.



Administrative Message

We are beyond happy to have students back in the building. There truly are not enough words to express the gratitude that we feel toward our students, staff, parents and community. Collaboratively, this start up has been the smoothest in the three years that Mr. Kendall and I have been administrators at Tofield School. Thank you for your efforts, support and cooperation to assist us in starting school in such a positive manner.

We know that there will always be the need for ongoing communication throughout the year and want to remind everyone to 'like' us on Facebook (Tofield School BRSD) , follow us on instagram and to visit our website. These are three platforms where we endeavour to keep information current.

Please know that although we can not honour drop in visits, our lines of communication via phone, email or text remain OPEN to you! We know that there are many questions and we prefer to have the opportunity to address them with you in a timely way. Our top priority is the wellness of your children and we are so thankful for the trust you bestow upon us to guide their learning. Have an amazing year!



Janice Muench
Principal

Chad Kendall
Assistant Principal



Don't forget to follow us on instagram
@ tofield_school.

You can find a link to our Athletics handbook below:
[*DRAFT* TOFIELD NEW ATHLETICS HANDBOOK](#)

Family School Liaison Workers (FSLWs)

Your Family School Liaison Worker (FSLW) at Tofield School is Mrs. Georgina White. FSLWs can help find resources to other helping professionals and bridge the gaps between those professionals and the school, connect you with community resources, help advocate with the school, or support with social/emotional challenges. To see one of the FSLWs, you can fill out a referral form (come see Mrs. White in Room 210).

**If a student is 13 years old or younger, parental consent must be provided for ongoing support. If a student is 14 or older, those students can consent on their own for FSLW service.*

Titan Sports

The 2020-2021 Extra-Curricular Athletic seasons may look a little different due to Covid-19 restrictions.

Teams are able to practice however, leagues and games have been postponed until further notice.

Practices will be devoted to skill development, team building and physical activity.

Volunteer Coaches, Parent Volunteers and Staff Liaisons for the 2020 Fall Season

Junior High Girls Volleyball - Heidi Fisher, Crystal Stevenson and Kathy Scheu

Junior High Boys Volleyball - Avery Thurston and Austin Jennings

Senior High Girls Volleyball - Marcel Flasha

Senior High Boys Volleyball - Justin Woodruff and Janice Muench

Thank you coaches for your time and effort.

Note: We are recommending that if possible players bring their own volleyball from home.

If players can come changed or leave changed from their practice this would help to minimize their time in the changeroom.

Hand sanitizer and additional cleaning products will also be available at practice for the cleaning of equipment and personal hygiene.

Note: Golf and Cross-Country running may not go ahead because of the change of venues needed for practice.





Did You Know?



Did you know that our Jam Club will start running again very soon?

Did you know that Tofield School has 428 students ?

Did you know that Tofield School has had 100% graduation rates three years in a row?

Did you know that we will still be having an awards ceremony this year - albeit in a different way?

Did you know that North Star Outreach has all courses available through both Google Classroom and in house (Face to Face)?

Did you know that our leadership class has been spreading positivity all around the town?

Did you know that Tofield school welcomed 18 new families this year?

Did you know that North Star now offers All Core courses and team teaches with Tofield School subject specialists.

Did you know that our schools breakfast program is up and running again this year?

Did you know that North Star Outreach has 27 students registered?

Did you know Tofield School now offers Cosmetology?

Did you know that Tofield School sports have begun?



Back to School Stress

Children may be feeling anxious or fearful about going back to school.

Feeling comfortable and safe will help children focus on learning.

Recognize the signs of stress and help your children develop healthy coping strategies.

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca



Signs of Stress in Children

Children may respond to stress in different ways such as:

- Clingy and other child-like behaviors
- Uncharacteristic emotional outbursts
- Withdrawing
- Sleeping and eating problems
- Headaches and stomach aches

Responding in a kind and supportive way, listening to concerns and sharing care through warmth and love will calm and comfort children.

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca



Practicing Self-Care

Practicing self-care is calming and reduces the effects of stress.

Role model self-care for your children; your calmness is important and helpful to them.

Self-care strategies may include:

- Relaxation and calm breathing
- Healthy eating, physical activity and getting enough sleep
- Hobbies and fun activities
- Regular gratitude practice
- Spending time outdoors

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca



Helping Children with Stress

Reassure children there are health measures in place to keep students and staff safe.

Keep to a routine, it provides structure and certainty and helps kids thrive.

Let your children know that they are not alone and that you can be counted on for support.

Remember it's OK to not be OK and that these feelings are normal.

Share relaxation skills with your child.

For more information and resources to help you understand stress and learn healthy coping strategies, visit:

ahs.ca/healthytogether
Anxiety Canada
ahs.ca/helpintoughtimes
myhealth.alberta.ca



Part of the Camrose & Area Family Resource Network

Dear Families,

Welcome to the Camrose Family Resource Centre!

The Camrose Family Resource Centre recently became a part of the Family Resource Network and will be providing services in the areas of prevention and early intervention programs, supports and services for children and youth 0-18 and their families within the City of Camrose, and the Counties of Camrose, Flagstaff and Beaver.

The Camrose Open Door and the Camrose Association for Community Living have become our official partners as part of the new Family Resource Network. We are excited to be working alongside these wonderful community agencies.

The Camrose Family Resource Centre will provide the following supports and services:

- *Parent Education* including Triple P for families with children 0-18
 - *Developmental Screening- Ages & Stages Questionnaire, Ages & Stages Questionnaire SE, Protective Factors Survey* for families 0-18
 - *Family Programs* for families with children 0-18
 - *Family Support* for families with children 0-18
 - *Rural Service Delivery* – all programs will be offered within our Rural Service Delivery area
- Camrose Association for Community Living:** Healthy Families Program - Home visitors support and enhance parenting skills, provide information on child development, child health and other aspects of positive family functioning. **Visit www.cafcl.ca or call 780-679-4357 for more information.**
- Camrose Open Door:** Parent/Caregivers of Teens Support Group – This group will provide supports, learnings, debriefing and resource connection to parents/ caregivers of teenagers and will be led by a therapist. **Visit www.camroseopendoor.com or call 780-672-0257 for more information.**

The Camrose and Area Family Resource Network are working hard to support families during the COVID-19 Pandemic, providing supports over the phone, through email and online.

Thank you for your time in reading this letter. We encourage you to reach out if you have any questions or want to learn more about the programs and services offered. The following link will take you to our current Newsletter for September & October programs available.

Sincerely,

Camrose Family Resource Centre
4823 51st
780-672-0141
www.camrosefrc.com

GET COOL IN THE Pool



Ryley Pool

Free Family Swim Days

1st Sunday of Every Month

2 pm - 5 pm

Sponsored by

Tofield & Area Health Services Foundation

October 4 * November 1 *** December 6**

From the Office

ATTENDANCE

Please email
tofield-aa@brsd.ab.ca
to inform us if your child is
absent from school.

- **Sign out** – Please remember that every student is expected to sign in & out of the school, if you arrive late, leave early, or are in and out during the day. The sign out sheet is a safety measure to ensure that all students are accounted for in the event of a problem.
- **New Physical Address** – Please inform the office of your new address ASAP, either by email (treid@brsd.ab.ca), note or phone call. Thanks
- **New Email Address** – Please inform the office of your new email address ASAP, either by email (treid@brsd.ab.ca), note, or Phone call. Thank you.

SCHOOL FEES

School fees have not been assessed. Parents will be notified when invoices for the first quarter are complete. If you have any questions, please contact jcarlson@brsd.ab.ca.

Any students that have
overdue library or
text books, please return them.

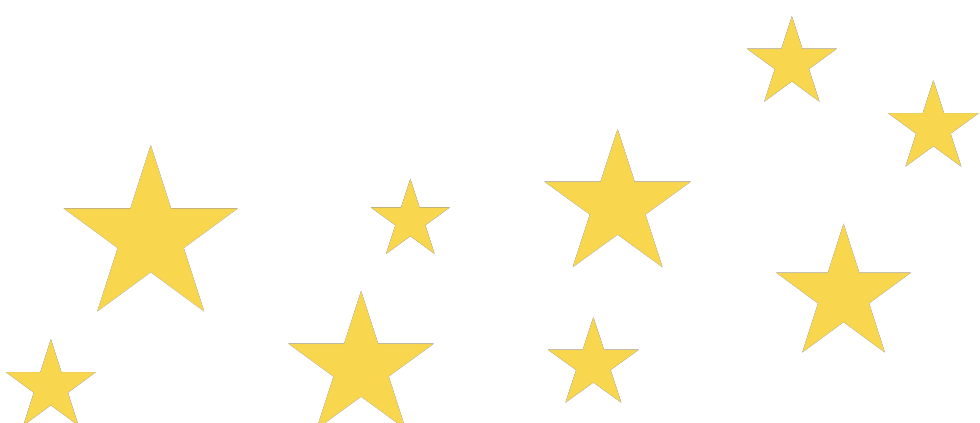


Think
Positive
= Be =
Positive

Tofield Jam Club



The Jam Club will be starting up its 3rd year in the very near future! It is a club open to Grade 7-12 students with a focus on playing a variety of instruments in a band, jamming as a group, teamwork and theory behind the music! The group meets after school, once a week with a qualified instructor and will follow all of the guidelines set forth by AHS to ensure the safety of our students while enjoying music. All skill levels are welcome. We will be collecting a list of interested members next week and send out further information to those students. If you have any questions feel free to contact Mrs. Kropielnicki at the school or by email: akropielnicki@brsd.ab.ca

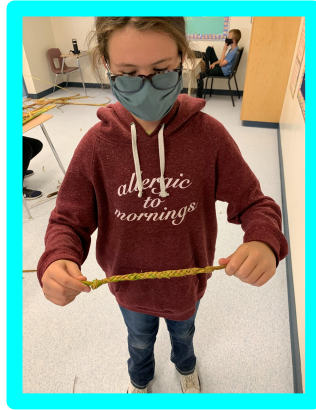


The Weather

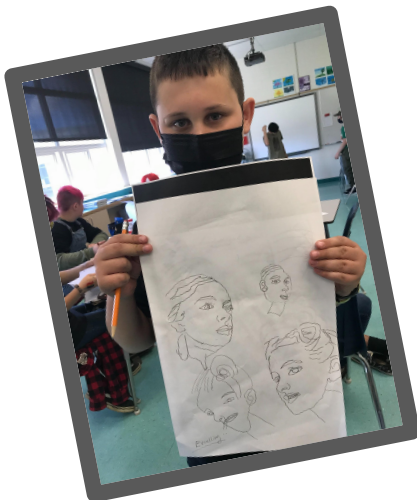
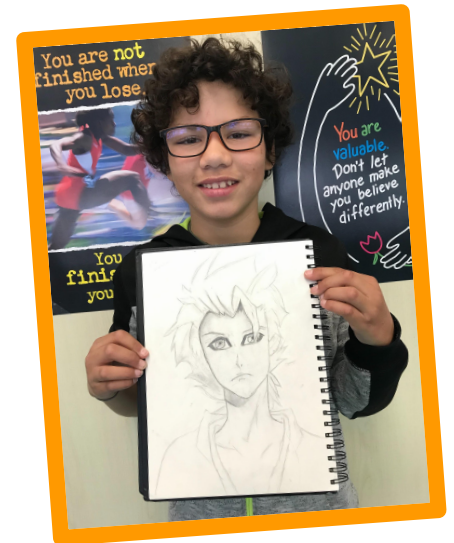
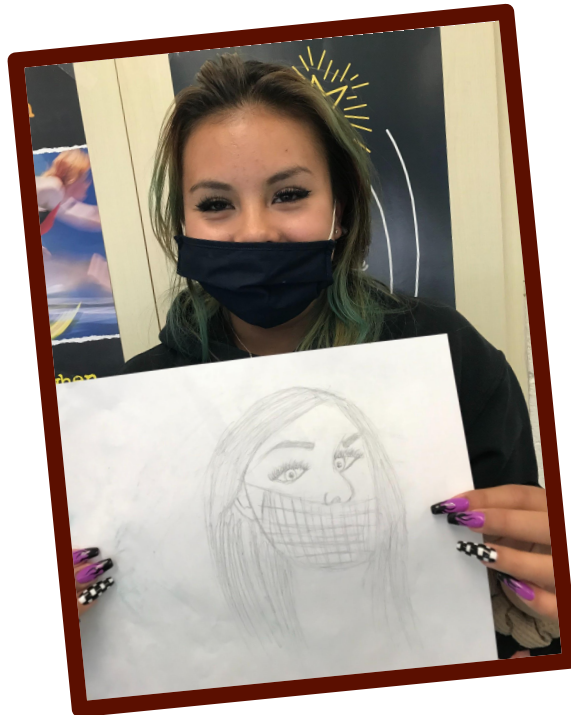
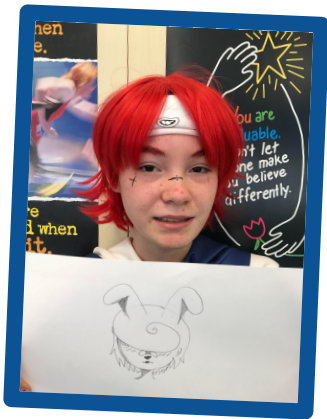
The weather has been pleasant and it's been great to be outdoors.

Breakfast Program

The Breakfast Program started up mid September for both Elementary and Junior/Senior High School. We are taking extra measures to ensure the safety of our students while serving and are following the guidelines set in place to provide everyone an equal opportunity to start their day with a healthy snack. Pre-packaged items are more costly, so if you are willing to donate monetarily to this program, please contact the school. Thank you to our staff volunteers: Mrs. Kropielnicki, Mrs. Roe, Mrs. Cunnings, and Mrs. Helfrich.



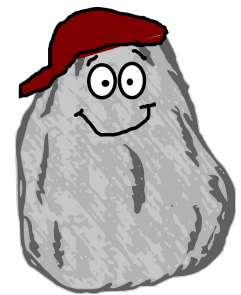
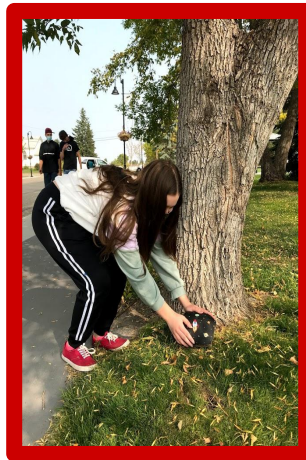
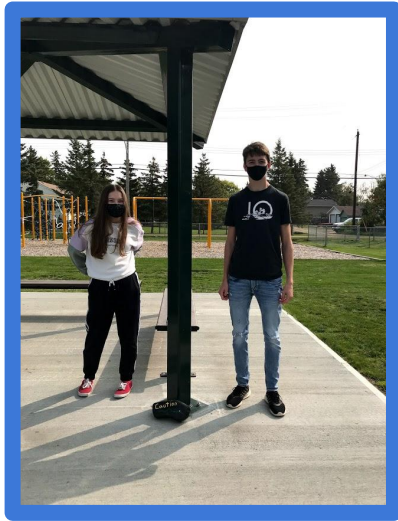
The Grade 7 Outdoor Ed class was braiding and cording cattails .



The 7/8/9/X class have been learning how to draw the face.



Leadership Activities



Students from our high school leadership class painted rocks and then placed them around the community in hopes of adding a little color.

Let us know if you have found one of our rocks!

October 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|-----|-------------------------|-----------------|--|
| | | | | 1 Early Dismissal | 2 No School | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 Thanksgiving  | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 No School | 31 Halloween  |