# Tofield School Newsletter Janu

M. M

January 2021





Grade \*6 students show their sky science projects they worked on during their at home learning.











\*

Senior Cosmetology class practices some of their new skills.





### **Administrative Message**

Our return to school on January 11th has been very positive; however, we notice that everyone is growing tired of all things covid-related. The students at Tofield School are amazing and we understand the frustration levels. We are all tired of the restrictions. That said, we know that for restrictions to be lifted, we all have to stay the course and do our part. Now is not the time to be relaxed about safety. We are approaching the end of Q2 learning; this means we are halfway done the school year! We are looking forward to Spring and new learning opportunities for our students. We continue to seek innovative ways to keep everyone engaged, healthy and active. We continue to be grateful for the respect exhibited by our students and this wonderful community. Our students are succeeding and for that we know we have our staff and parents to thank! We look forward to a time when we can fully commit to giving back to a community that has given us so much! Let us all put our energy into the homestretch to ensure a great 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 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 (posted outside 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.



Are you on a pathway that leads to successfully earning your diploma or certificate? Check your official status in your myPass account and update your courses and marks in myBlueprint on the High School page. Take some time to check your Graduation Indicator and review your plan for future courses.

Mrs Kope and Mrs Praticante BRSD Career Counsellors "THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW." - SOCRATES





# From the Office

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

absent from school.

- <u>Sign out</u> 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.
- <u>New Physical Address</u> Please inform the office of your new address ASAP, either by email (<u>cperry@brsd.ab.ca</u>), note or phone call.
- <u>New Email Address</u> Please inform the office of your new email address ASAP, either by email (<u>cperry@brsd.ab.ca</u>), note, or phone call.



### <u>SCHOOL FEES</u>

Quarter 1 and Quarter 2 fees are complete and can be paid online by visiting the Tofield School website and clicking on the "Online Payments and Ordering" icon (located at the bottom of the page) and follow the links. Yearbook fees are optional and are not included in your fees total. If you have any questions or concerns, please contact Janet Carlson at jcarlson@brsd.ab.ca.

Quarter 3 fees will be added shortly after February 1. Invoices will be sent home at that time.

Please ensure you have updated Tofield School with your MOST up to date contact information! In these unprecedented times, it is of the utmost importance that we can contact you in an efficient manner with important information. We thank you for your continued support.





Grad 2021 is selling Little Caesar Pizza Kits! Order your kits online or through a Grad before February 4. Pizza Kits will be delivered on February 23.

#### Go to PizzaKit.ca

Click on Products, then Shop Select Ship My Order to the Group Enter the Fundraiser ID#385253, set up your account, and place your order!

Thank you for supporting Grad 2021!

### Cheese? YES, PLEASE!



### heese Bread Kit

ourite! The mouth-watering flavours of garlic, butter, ese, and our own Italian spices top our custom blend eeses. A perfect pairing with pasta or salad. 0" breads.

Trousse à pain au fromage italien Un préféré des clients! Des saveurs alléchantes d'ail, beurre, parmesan et nos propres épices italiennes avec du fromage Mozzarella et Muenster 100 % authentique. Donne 3 pains 25.4 (10 po).



#### **Crazy Bread® Kit** with Crazy Sauce®

Enjoy our world-famous Crazy Bread topped with the delicious flavours of butter, garlic and Parmesan cheese. Served with our famous Crazy Sauce. A perfect side to our pizza. Three loaves make 54 Crazy Bread sticks.

#### \$22 - CB **Trousse Crazy Bread**<sup>®</sup> avec Crazy Sauce<sup>®</sup>

Dégustez notre Crazy Bread de renommée mondiale garni de délicieuses saveurs de beurre, ail et Parmesan, Servi avec notre fameuse Crazy Sauce. Donne 54 morceaux de Crazy Bread.





nin Crust Pizza Kit st is the foundation for a pizza taste explosion. te loaded with our secret recipe pizza sauce, IC 1 Muenster cheeses and tasty pepperoni.

Nouveau!Trousse à pizza pâte fine La croûte de cette pizza est aussi croustillante qu'un craquelin. Une pizza pleine de saveurs avec notre sauce, des fromages Mozzarella et Muenster authentiques et des délicieux pepperoni. Donne 3 pizzas 30.5 cm (12 po)



#### Personal Pepperoni Pizza Kit

Quick and delicious! Perfect for after-school snacks, quick meals, sleepovers, and birthday parties. Kids have fun making their very own vizza creation. Makes nine 6"pizzas. \$29 - PP

## Lot pizza au pepperoni, portion individuelle Rapide et délicieuse Parafue pour les collations aprés l'étode, manges suice pource, les soriese pjana, et les fêtes d'anniversaire. Les enfants s'amuseront à confectionner leur propre pizza. Donne 9 pizzas 15.2 cm (6 po).

Order Online at PizzaKit.ca

#### Hollo SWEET TOOTH!



**Chocolate Chunk Cookie Dough** Premium artisan chocolate chunks nestled in a chewy, golden cookie. This family favourite is loaded with flavour! Makes 30 cookies \$22 - CH



Pâte à cookie aux morceaux de chocolat Des morceaux de chocolat artisanaux de première qualité nichés dans des biscuits moelleux et dorés. Ce favori de la famille est plein de saveu Donne 30 cookies

#### **Oatmeal Raisin Cookie Dough**

Homestyle goodness in every bite! Wholesome oatmeal, plump raisins, and a hint of cinnamon make this cookie a winner. Makes 30 cookies.

\$22 - OR

#### Pâte à cookie flocons d'avoine et raisins secs

Un bonheur traditionnel vous attend dans chaque morceau ! Des flocons d'avoine sains. des raisins secs bien ronds et un peu de cannelle font de ce cookie un gagnant. nne 30 cookie

**Order Online at PizzaKit.ca** 

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# AUGUSTANA ENGINEERING W&RKSHOP

### January 30, 2021

A full-day opportunity to learn the world of engineering, with experienced professionals in a virtual environment. With hands on activities that can be made with everyday objects in your home, to build battery operated cars, bridges, pulleys and more!

Tickets \$20/person

**GET YOUR TICKETS HERE** 







#### What is hope?

It's an expectation of a good that is yet to be. It's an inner knowing that the future holds positive things.

It is a trust that no matter the current circumstances the days to come will reveal happiness.

#### Why build hope?

The pandemic has been stressful. Hope helps us expect that something good will happen and that we have some control over it.

#### FOR MORE RESOURCES

https://greatergood.berkeley.edu/ search: Hope

> https://kidshelpphone.ca/ search: Fostering Hope



#### Tips to help children build hope

Practice gratitude: each day write down 3 things you are grateful for.

Practice mindfulness: pause, take 3 breaths, listen to sounds & focus on the present moment.

Make a collage of words or pictures that symbolize hope.

Practice acts of kindness & include positive affirmations to yourself.

#### FOR MORE RESOURCES

https://greatergood.berkeley.edu/ search: Hope

> https://kidshelpphone.ca/ search: Fostering Hope



Alberta Health Services

#### Hope has benefits for children

Hope builds resilience; our ability to bounce forward from challenging events.

Hope sparks optimism through:

- Improving school performance & motivation to achieve goals
- Enhancing mental well-being
- Improving overall life satisfaction & relationships with friends & family

#### FOR MORE RESOURCES

https://greatergood.berkeley.edu/ search: Hope

> https://kidshelpphone.ca/ search: Fostering Hope





#### Ideas for nurturing hope in your family:

- Acknowledge how you are feeling; accept what is in your control and what is not & focus on solutions
- Cultivate positive coping skills; maintain your self-care routine
- · Borrow hope from others; ask what makes them hopeful
- Surround yourself with positive people
- · Find something you are passionate about
- Make a list of your successes, strengths and resources

#### Subscribe to Text4Hope Text COVID19HOPE to 393939

#### FOR MORE RESOURCES

https://greatergood.berkeley.edu/ search: Hope

> https://kidshelpphone.ca/ search: Fostering Hope



### **Career Counselling**

January 2021 Newsletter

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#### Schedule Your Appointment!

Your career counsellors continue to be available to support you remotely. Please visit your High School Plus classroom and connect with your career counsellor to set up an appointment.

Professions with	Mindfulness &	Work On Some		
Certification	Career Planning	New Skills!		
In Alberta, professions with certification rules are occupations that are governed by law. A person certified in the trades is registered through Alberta Apprenticeship & Industry Training (e.g., elevator constructor, autobody technician or locksmith). Other professions register with their regulatory group. These include steel detailer with the National Institute of Steel Detailing, medical laboratory technologist with the College of Medical Laboratory Technologists of Alberta or insurance adjuster with Alberta Insurance Council.	In an article called, <i>Leveraging</i> <i>the power of mindfulness in</i> <i>career development</i> , authors Beaupre and Taylor highlight student experiences of stress and anxiety with concerns around questioning career goals, program choices and different career paths as reasons for encouraging the use of mindfulness in career planning. They share that students will benefit by using this tool with: <b>Better self-knowledge -</b> supporting students to identify if their beliefs are based on societal or parent expectations or grounded in their own beliefs;	<ul> <li>Who knew building skills could be so much fun! Find the opportunities listed below in the <i>RBC Future Launch</i> link in the <i>High School Plus</i> website under <b>Job Preparation</b>.</li> <li><b>Digital Skills</b> - <i>CANHACK</i> (cybersecurity high school competition), <i>Teens Learning Code</i> workshop, <i>TKS Explore Modules, Coders North</i></li> <li><b>Financial Skills</b> - <i>It All Adds Up to Making Cents, Financial Learning Series, McGill Persona Finance Essentials</i></li> <li><b>STEM</b> - <i>Science At Home, STEM</i></li> </ul>		
Registration may also be needed	Setting career goals based on	at Home, Data Science		
if you perform restricted duties	true interests and deeply held	Essential		
within a profession such as a	values - this aids students in	• Entrepreneurship &		
Pulmonary Function Technician	motivation, increased academic	Innovation - Innovators		
who is certified in spirometry.	achievement and less distress;	Academy		
Registration is also required for careers with protected titles such as Licensed Interior Designer, Professional Agrologist, Midwife or Registered Professional Forester.	<b>Developing creativity</b> - solving career problems more easily and considering "out of the box" solutions for career decisions. Resource: CAREERing by CERIC, Fall 2020, pgs. 22-26.	<ul> <li>Creative Skills - Create To Learn@Home</li> <li>And More - Exploring 4-H At Home, Canadian Geographic Education's Online Classroom</li> </ul>		

The Alberta Student Aid website (studentaid.alberta.ca) redesign launched in November 2020 with a simplified homepage, a revamped scholarship section and help videos for students.

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### Rural Alberta High School Teachers – we need your

help! Have any of your high school students (grade 9 - 12):

 expressed an interest in going to medical school?

 asked about the process(es) and pathway to medical school?



#### We have a special invitation for them!

How do I get to med school? RhPAP has partnered with University of Calgary, Cumming



School of Medicine, **Department of Distributed Learning** and Rural Initiatives, to offer:

Let's Go Rural – How Do I Get There? Medical School February 9<sup>th</sup>, 2021 6:30pm to 8:30pm

A virtual conversation about individual experiences, personal journeys, and important information about the road to medical school with:

- Current UofC medical students who grew up in rural Alberta.
- A new physician practicing in rural Alberta (who grew up in rural Alberta).
- The Assistant Dean of MD Admissions at the Cumming School of

Medicine. • The Associate Dean of Distributed Learning and Rural Initiatives at the Cumming School of Medicine

\*\* There will be a Q&A opportunity if students want to ask any questions!

This will be a free interactive Zoom session, targeted **only to** rural Alberta high school students. *Just 25 spots available*. **Please forward event poster to them** or have them register at:

#### Let's Go Rural - How Do I Get There?



Registration deadline: February 2, 2021

Please note: As there are limited spaces available for the entire province – please ensure you forward the event poster only to students who have expressed an interest/asked questions about going to medical school. There is also an option for you to join as a spectator! (limited spots available) Select "Teacher" when registering.

For more information, please email: info@rhpap.ca



UNIVERSITY OF CALGARY CUMMING SCHOOL OF MEDICINE Distributed Learning and Rural Initiatives



CAMROSE FAMILY RESOURCE CENTRE

Triple F

y parent.

For parents of children with a special needs ages 12 & under

Group Stepping Stones provides support to caregivers of children with an intellectual or physical disability to increase their confidence in managing problem behaviours. This group will help set rules and routines and encourage behaviours that caregivers would like to see more often! We will learn about strategies to ensure your home is safe, engaging and a positive learning environment for your child.

Stepping St

### Viking/Beaver FCSS (4924 53 ave or ZOOM)



Wednesdays, January 20, 27, Feb 3, 10, 17 2021 Register @ www.camrosefrc, newsletter link on the left side, Triple P Stepping Stones,

register via zoom link FREE! Workbook provided and delivered

Made with PoeterWyWall.com

-Learn how to recognize stress

-Help children learn to manage stress -Discuss real life examples using KHST stratagies -Explore ways to use the KHST stratagies at home

March 11 & 18 12:00 pm - 1:00 pm OR 8:00 pm - 9:00 pm Register Via Zoom link Questions? Daneille 780 672 0141 or d.ostafichuk@camrosefrc.com

A program from The Psychology Foundation of Canada designed to help parents & educators learn how to recognize stress in children, as well as stratagies to help children develop the Made where the stress in thier lives





TIME: 12:00-1:00

REGISTER VIA ZOOM LINK



FOR MORE INFORMATION CONTACT DANEILLE 780 672 0141 D.OSTAFICHUK@CAMROSEFRC.COM **REGISTER VIA** 

ZOOM

SMALL CHANGES,

**BIG IMPROVEMENTS.** 

March - 3 8:00 pm - 9:30 pm

Find out more about what makes teenagers tick and how to guide them towards being responsible, resiliant and successful adults



CAMROSE FAMILY **Group Teen** Triple P

- ALL YOU WANT TO KNOW **ABOUT POSITIVE PARENTING OF TEENAGERS** 

#### Is this your Family?

Your teen's behaviour has become too much for you to handle. At home, there's probably a lot of shouting and very little agreement. Or maybe you don't bother trying to talk anymore. But you are worried. Where will this all end?

#### Or maybe...

It isn't that bad. It's just that you realize things can change very quickly. So you're keen to know as much as possible about positive parenting so you'll be prepared if hassles arise.

Either way, Group Teen Triple P can give the support you need.

#### -Angry or emotional teenager? -Arguments? -Always on their phone or computer? -Worried about their future?

zoom Made with PosterMvWall.com



### Look forward to FFICULTY OF YOUR PERATION OF

#### **ONLINE WORKSHOP**

Triple P Transitions Group assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

#### 5 sessions ZOOM starting Jan 19, 2021 8:00 PM - 9:30 PM

Enjoy the interactivity and peer support of this Triple P Family Transition Group. Sessions are FREE, Workbook provided & delivered







Pracitioner from the Camrose Family Resource Centre proud to be part of the Camrose & Area Family

Register via www.camrosefrc.com (left side, newsletter tab, find Family Transitions & the link for zoom registration)





**ROVEN TO WORK** 

It is extremely rewarding and enjoyable to be a parent, but it is not always easy. It can be demanding, frustrating and exhausting.

There is no one right way to be a parent or caregiver. We all want our children to be happy and well-adjusted, but sometimes they have to deal with disagreements and frustrations. When children argue or fight, even become aggressive, it can be hard for parents to know when to step in, and how to calm things down.

Join our Managing Fighting and Aggression Discussion group if this common parenting issue is something you have been struggling with

#### - DISCUSSION GROUP TRIPLE P -Triple MANAGING FIGHTING & AGGRESSION



CONFIDENT PARENTS SUCCESSFUL KIDS, HAPPIER FAMILIES

> FREE Workbook Included

Zoom Session February 4, 2021 8-9:30pm

Click the Link to Register For more information Call Krista 780 672 0141 or k.lantz@camrosefrc.com

### CAMROSE FAMILY RESOURCE CENTRE Handmade Valentines For Families with 7-13 year olds

Use this winter holiday as a time of family togetherness and a fun way to share the love. We will work on a valentine's day craft, while discussing ideas on how to spend the day of love together as a

family that goes beyond the candy and flowers.

FEBRUARY 11th, 2021 @ 6pm Click on the link to Register

Faither



# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Quarter 3 begins	2 Report Cards	3	4 Early dismissal	5	6
7	8	9	10	11 Teacher convention No School	12 Teacher convention No School	13
14 Valentine's Day	15 Family Day No School	16	17	18	19	20
21	22	23	24	25	26	27
28						