



NEWSLETTER

Aurora Elementary Newsletter

December 2022/January 2023

Important Dates

Winter Break!

It's hard to believe that we are more than a third done the school year!

Students and families will have time to relax during Winter Break from December 19, 2022 to January 8, 2023.

The next full newsletter will be February.

Be sure to read this issue as we have some important information for families.

Here's to a wonderful last 3 weeks of 2022!

Have a wonderful holiday break!

December	1—15	Food Bank Donations accepted at school
	2	ADD Day: Flannel Shirt
	2	Elementary Hot Lunch: Edo
	6	Policy Meeting Online 4:00 pm
	7	Kindergarten 2023-2024 Information ZOOM call 5:30—6:30pm
	15	Elementary Hot Lunch: McDonalds
	15	Elementary Family Dance 6— 730pm
	15	ADD Day: Holiday Colours(White, Red, Green)
	16	Professional Development Day (no school)
	19	Winter Break Starts
January	9	School Resumes
	27	Professional Development Day (no school)
February	17	Professional Development Day (no school)
	20	Family Day (no school)
	22	ADD Day: Pink Shirt Day

In This Issue

- Bullying Awareness Week
- Family Dance
- Food Bank Donations
- Mrs. Healy's Musing
- Student Learning Services
- Superintendent' Corner
- School Council News

Follow us on Twitter!

@AACSElementary



Aurora FOOD DRIVE

Dear Aurora Families,

This has been a difficult year for many Edmontonian's and we would like to support our community by contributing to the Food Bank. Our school will be collecting donations until mid December. The following items are the most needed items at this time of year:

- ❖ Beans with or without pork
- ❖ Canned fish or meat
- ❖ Baby formula
- ❖ Peanut butter (500g)
- ❖ Healthy school snacks including juice boxes, granola bars, or fruit cups
- ❖ Soup
- ❖ Canned fruit or veggies
- ❖ Pasta or pasta sauce



If you would like to donate any items, please feel free to send them to the school with your child, or drop them in the donation boxes located in the elementary front entrance.

Thank you for your support this season!



Elementary School Aurora Family Dance

K to Gr. 4 only due to fire code

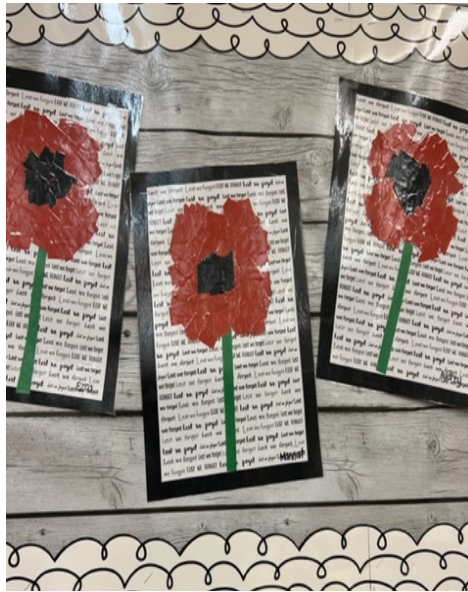
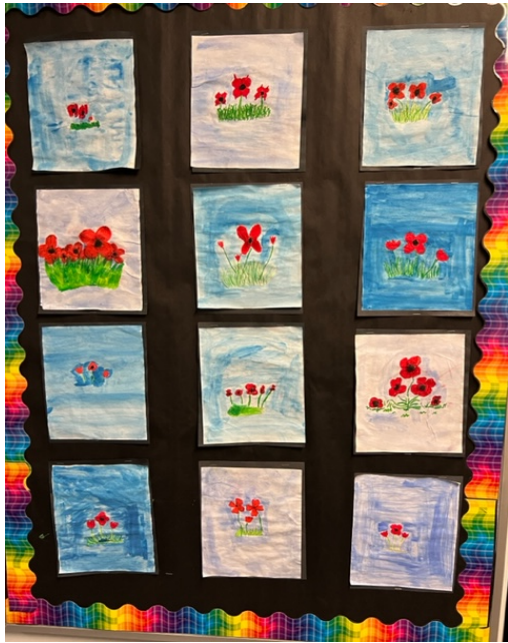
**Thursday, December 15th
6:00 - 7:30p.m.**

*In the spirit of the season, please consider
bringing a donation for the food bank.
Our donation box will be at the door!*

Children must be accompanied by adults

****An order form has been sent home.
Please order your tickets before December 8th.**

****If you have questions, please email:
twoodman@auroraschool.ca**



Lest We Forget



Student Learning Support

The Student Learning Services (SLS) Team has been hard at work during the first term of the school year working to serve and support the students of AACCS. This team of professionals helps support students in a variety of ways including:

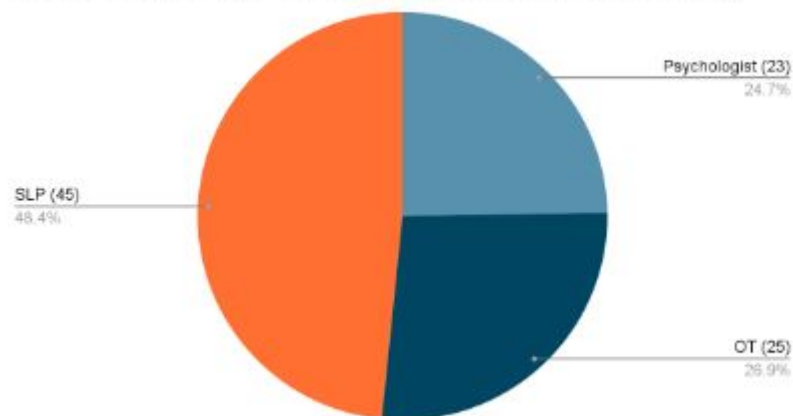
Speech Language Pathologist (SLP): Helping students with speech and language difficulties including missing speech sounds, stuttering, lisps, and communication challenges

Occupational Therapist (OT): Helping students with motor skills (ie. printing), organization, time management, planning, and transitioning between tasks

Registered Psychologist: Providing students with in-school counseling and educational testing when indicated

The following chart displays the number of students referred to the SLS Team for support so far this school year across the district.

Students Referred for SLS Supports 2022-2023 (November)



The SLS professionals process referrals based on student need and wait times for services will vary accordingly. Please do not hesitate to reach out to the SLS Coordinator, Jaymie Curilla (jcurilla@auroraschool.ca), if you would like further information about the SLS team and how they may be able to support your child.

NO PARKING IN BUS LANE in A.M.

Parents who are dropping off their children in the morning are **NOT allowed in the bus lane between 8:15 and 8:30 am.** We may have late buses and they need room to park.

There are posted **NO PARKING BUS LANE ONLY** designated signs for the bus. Please respect the signs and do not park within the bus zone, it is a serious safety concern when you drop your child off and they run between the buses or you park and block in a school bus.

We understand that there is only so much street to park but the safety of our students is our priority and your assistance with this is greatly appreciated.

Also, if you use the **school parking lot**, please do not double park in front of cars, as drivers may need to leave for appointments.



DRESS APPROPRIATELY

We remind parents to ensure that students are appropriately dressed for winter weather. Now that the snow is here, student will need their winter coat, boots, hat, and mitts for outside recesses.



Bus Students

With the temperatures dropping, please ensure your child is dressed appropriately for the school bus ride. This means at minimum a warm jacket, hat, mitts, gloves and mask on before they get on the bus.

Please ensure your child is standing and waiting at the stop 5 minutes before the bus arrives. The pickup time (bus leave time) is the time the bus leaves the stop, not when students are boarding. Because the weather is cold use the **EZ EnRoute GPS Tracking app** so you know the location of the bus and be ready when it arrives.

If your child is absent, please phone the school before 10 a.m.
Dial 300 to leave a message with your child's name and grade on
our absence line.

You can also email:

Mrs. Bali (sbali@auroraschool.ca)

Ms. Mykytiuk(nmykytiuk@auroraschool.ca)

Thank you.

How to set up your Healthy Hunger Account



PARENTS



FUN LUNCHES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click "**REGISTER YOUR STUDENT**". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.

HOW IT WORKS

Create an account



STEP 1.

Click "REGISTER YOUR STUDENT" and create Your account.

Add Student



STEP 2.

Login, and add your children to the account.

View upcoming fun lunches



STEP 3.

View all the Up-coming fun lunch dates.

Place your orders and make payment online



STEP 4.

Place your orders and make payment Online.



BENEFITS

1. Receive an email reminder if you have not ordered for an up-coming lunch.
2. Receive automatic email notification when your School posts a new Fun Lunch.
3. Order for multiple children attending the same or different Schools.
4. Flexibility & Control. Order for 1 lunch, 2 lunches, or the entire year.
5. Cancel orders at any time before the 5-day Cut-Off.
6. Quickly review your orders at any time.
7. Free and Unlimited Tech Support from Healthy Hunger.

WWW.HEALTHYHUNGER.CA

1-800-818-6260

Office:

1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4



Hot lunch Dates

1. Friday, September 30, 2022 Subway
2. Friday, October 28, 2022 Edo
3. Friday, November 18, 2022 Kentucky Fried Chicken
4. Thursday, December 15, 2022 McDonald's
5. Thursday, January 26, 2023 Boston Pizza
6. Tuesday, February 14, 2023 Kentucky Fried Chicken
7. Friday, March 17, 2023 Subway
8. Thursday, May 18, 2023 Boston Pizza
9. Friday, June 2, 2023 Dairy Queen
10. Wednesday, June 28, 2023 Booster Juice

Active Citizenship

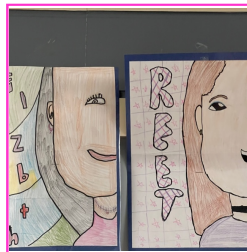
Bullying Awareness November 15-19

Students participated in activities throughout the week to reinforce the importance of Bullying Awareness. Students listened to stories read by their teachers. The stories conveyed messages about kindness, caring and acceptance. By accepting every-one for their uniqueness and special talents, we build a safe and welcoming place in our school., community and in our world. Students understand that we all have a role to play in making our school culture something we can be proud of. Students created art related to the theme of this week, and it was prominently displayed in our school hallways.

We are all unique
and different , yet
we are all the
same.



Shine your beautiful light for others to see
AND
Be the light to guide others



School Council Update

Please join us for an online School Council Meet on January 18, 2023, @ 6:00 pm

The link to the meeting can be found on the auroraschool.ca site under the PARENTS tab and click on SCHOOL COUNCIL.

*Agendas are updated online before the meeting.

	<p style="text-align: center;">UNIFORMS</p> <p>If you are in need of some uniform pieces, please email schoolcouncil@auroraschool.ca</p> <p>and we will look to see what is available from our lost and found.</p>
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Thanks to all the departing board members and a welcome to the new board members from the School Council and the AFS Team

Members of the Executive School Council Team:

Chair – Jacqueline Kossick, Co-Chair – Adedayo Ojeleye, Secretary – Debbie Miller

Members of the Executive AFS Team:

President – Jacqueline Kossick, Vice President – Rishma Karmali Treasurer – Angelina Lishingman, Secretary – Debbie Miller

E-Transfer donations will always be accepted. Thank you to all the parents for their continued support.

Contact us at: schoolcouncil@auroraschool.ca please join us on Facebook at “Aurora School Council”

Aurora Fundraising Society

Please join us for our online **AFS Meeting** on January 18, 2023, at 1900 HRS

You can find the link to the meeting [HERE](#) or find it on the auroraschool.ca site under the **PARENTS** tab and click on **SCHOOL COUNCIL**.

Thank you to those who supported the Harvest Bundle Fundraiser we were able to raise **\$1677.00** to support our children!

We were the top-selling School in all of Alberta for this fundraiser.

We also sent **120** bundles of veggies to the **FOOD BANK!!**

Thank you to the parents who volunteered their time to ensure the safe delivery of the vegetables.



Volunteers – Please HELP us!!

We are always looking for volunteers to support our initiatives:

Special Events Aides – helps with fundraisers, special events, and activities.

AFS Associate Funding Coordinator – Helps organize and run fundraisers.

Chartered Professional Accountant -To review final financial reports once a year.

Associate Secretary – help Secretary with recording minutes.

Please contact the fundraising society if you are interested in any positions!

Grateful to the previous AACS Board of Directors, deep gratitude for the dedicated work you have done this past year, and Welcome New Members:

Previous Board Members: Arlene Huhn, Brandon Plaizier, Tejinder Bansal

New Board Members: Sudeep Manandhar, Tierra Upadhyay, Ajoke Oimage

E-Transfer donations will be accepted in lieu of payments for any fundraising!

Contact us at: fundraising@auroraschool.ca

Caregiver Education Team Newsletter

December 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

Tuesday, December 6
12:00 – 1:00 pm

Part 2:

Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

"Love the ease of online sessions! Thank you."

"These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance

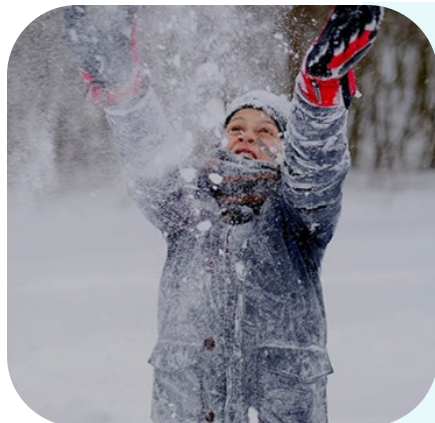


AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

“Great session. Lots of info and helpful tips.”

“I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.”

“Lunch hour worked well for me.”

Evening Education Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-9; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



AMH Education Services
Addiction & Mental Health
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January 2023



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Caregiver Education Sessions

Sleep and Your Family's Mental Health

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

The Importance of Good Sleep Hygiene

Wednesday, January 18
12:00 – 1:00 pm

Part 2:

Setting the Stage for Good Sleep

Tuesday, January 25
12:00 – 1:00 pm

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 25
6:00 – 7:30 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:

An Introduction

Tuesday, January 17
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, January 24
12:00 – 1:00 pm

Part 3:

Settling Our Minds

Tuesday, January 31
12:00 – 1:00 pm

Participant Feedback:

"The speakers were easy to listen to and understand, the content was relevant, helpful and immediately applicable."

"You are providing important information. Thank you!"

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

January 2023



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Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1: The Importance of Good Sleep Hygiene

Date: Wednesday, January 18, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 2: Setting the Stage for Good Sleep

Date: Wednesday, January 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, January 25, 2023

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12; for adults only

Participant Feedback:

"Thank you, this learning journey is so helpful for my growing family."

"I really appreciated that we could participate within the session. All helpful information!"

"This was such informative content supported with charts, videos, concrete & helpful ideas to support parents & caregivers".

Adult Education Sessions

January 2023



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, January 17, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, January 24, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, January 31, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"I liked the session format, especially the interactive part as it keeps you focused."

"Length and time of presentation as well as content is great. The session was educative, interactive, and easy to practice at home. Keep up the good work."

SUPERINTENDENT'S CORNER



December 2022 Annual General Meeting

The Aurora Annual General Meeting (AGM) took place virtually during the evening of Thursday, November 24th, 2022. During the meeting, the Board of Directors shared information related to events and activities, as well as our school's financial statements that occurred over the past year.

We would like to give thanks to outgoing Board members Brandon Plaizier and Tejinder Bansal, who have served our Board faithfully and dutifully. Their hard work and expertise have been appreciated, and their shoes will be difficult to fill. Also leaving the Board is Arlene Huhn, who served for six years, four of which were as Board Chair. Her leadership will be sorely missed.

Thankfully, we have three new Board members, Sudeep Manandhar, Ajoke Oimage, and Tirtha Upadhyay, who were acclaimed at the AGM.

Our current Board members are:

Constance Amenaghawon
Keira Hanrahan
Zahida Hirani-Saran
Sudeep Manandhar
Ajoke Oimage
Fauziat Raji
Tirtha Upadhyay

We are excited to move forward with our new Board and will work hard to listen to the voices of our parents and students.

Finally, on behalf of the central office team, I would like to extend holiday greetings to you and your family. We wish you the very best and hope you experience love and joy this season.

Happy holidays,

Ian Gray
Superintendent

Contact Us

Aurora Academic Charter School
12245—131 Street NW
Edmonton, AB T5L 1M8

780-454-1855
Email us at: elementary@auroraschool.ca
Visit us on the web at www.auroraschool.ca



Mrs. Healy's Musings



I would like to wish everyone a safe holiday and winter break. I hope everyone enjoys a relaxing time with their family and friends. If you are traveling, have a safe journey.

A reminder that homework is an important component of Aurora's school program. Regular homework provides students with a routine to build skills and prepares them for future academics. Students need a quiet place to study, away from distractions and noise. This area should be used consistently and students should have materials needed to complete their work.

Parents and Guardians are their child's first teachers. By setting expectations and sharing your values of schoolwork, you provide life skills for your child.

Parents and Guardians can support their child's learning by monitoring their child's homework. Is the work completed neatly and accurately? Is all the homework and assignments completed on time and handed in before the due date? Does your child know how to study for tests and quizzes? How do they prepare for spelling tests, phonogram tests and unit tests in subject areas?

Here are six steps to help prepare for success.

- Staying focused in class
- Do corrections and keep up with class notes
- Plan and review for tests and projects.
- Break down large assignments into smaller pieces
- If you are having difficulty, ask for help
- Above all, get a good night's sleep!

The holiday break is the perfect time for students to engage in reading activities. As you may know, students have access to an online reading platform Raz Kids that is provided by the school. This program provides students with leveled books, both nonfiction and fiction, comprehension questions to check for understanding and audio versions of the books for students to listen to before reading them independently. Grade 1-4 students have a school account. Have a wonderful winter break!

Readiness is a State of Mind

"Research shows that the best thing we can do to get children ready for school is to form and keep positive relationships with them. Children who are securely attached to their family members accept themselves as worthy individuals. With ongoing family support, they can handle the frustrations, embarrassments, pressures, and successes that come their way. Securely attached children are better able to make friends, work with others, solve problems creatively, learn, and succeed. The best predictor of children's success in school and life is a brain that develops in healthy ways, as a result of their attachments with their family, and especially their parents."

Taken from Readiness: Not a State of Knowledge, but a State of Mind | NAEYC

