



# NEWSLETTER

Aurora Elementary Newsletter

December 2021

## 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 21, 2021 to January 9, 2022.

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 2021!

Have a wonderful holiday break!

## Important Dates

<b>December</b>	1-16	Food Bank Donations accepted at school
	1	School Council Meeting online 6:00 p.m.
	3	Policy meeting online 4:00 pm
	13	Christmas Craft Week
	16	ADD Day: Holiday Colours (White, Red, Green)
	16	Board Meeting at 7:00 pm
	17	Professional Development Day (no school)
	20	Winter Break start
<b>January</b>	10	School resumes
	28	Professional Development Day (no school)
<b>February</b>	18	Professional Development Day (no school)
	21	Family Day (no school)
	23	ADD Day: Pink Shirt Day

### In This Issue

- Active Citizen-ship, Bullying Awareness Week Supports for Students
- Superintendent' Corner
- School Council News
- Reminders
- Mrs. Healy's Musing

Follow us on Twitter!

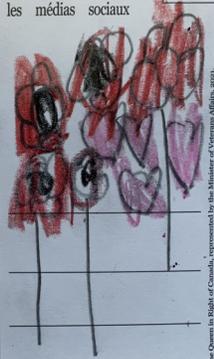
@AACSElementary

# Lest We Forget

I will... Je vais...

- Thank a Veteran ○ Remercier un vétéran ○ Visit a cenotaph ○ Visiter un cénotaphe ○ Wear a poppy ○ Porter un coquelicot ○ Attend a ceremony ○ Assister à une cérémonie ○ Observe a moment of silence ○ Observer un moment de silence ○ Remember on social media ○ Me souvenir avec les médias sociaux

Thank you for our safety



© Her Majesty the Queen in Right of Canada, represented by the Minister of Veterans Affairs, 2021. Le Retour du chef du Canada, représenté par le ministre des Anciens Combattants, 2021.

As part of our Veterans Week, students in K-9 wrote postcards to veterans and currently serving armed forces members.

Over 600 of our postcards were distributed to Legions throughout the city or sent to bases all over the world.

The students wrote heartfelt messages of thanks and drew meaningful artwork for our brave soldiers.

I will... Je vais...

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Thank you for bringing peace to our country.

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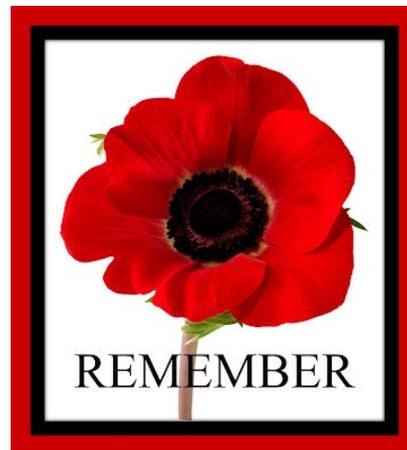
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Thank you for keeping our country safe

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# AURORA FOOD DRIVE 2021

Dear Aurora Families,

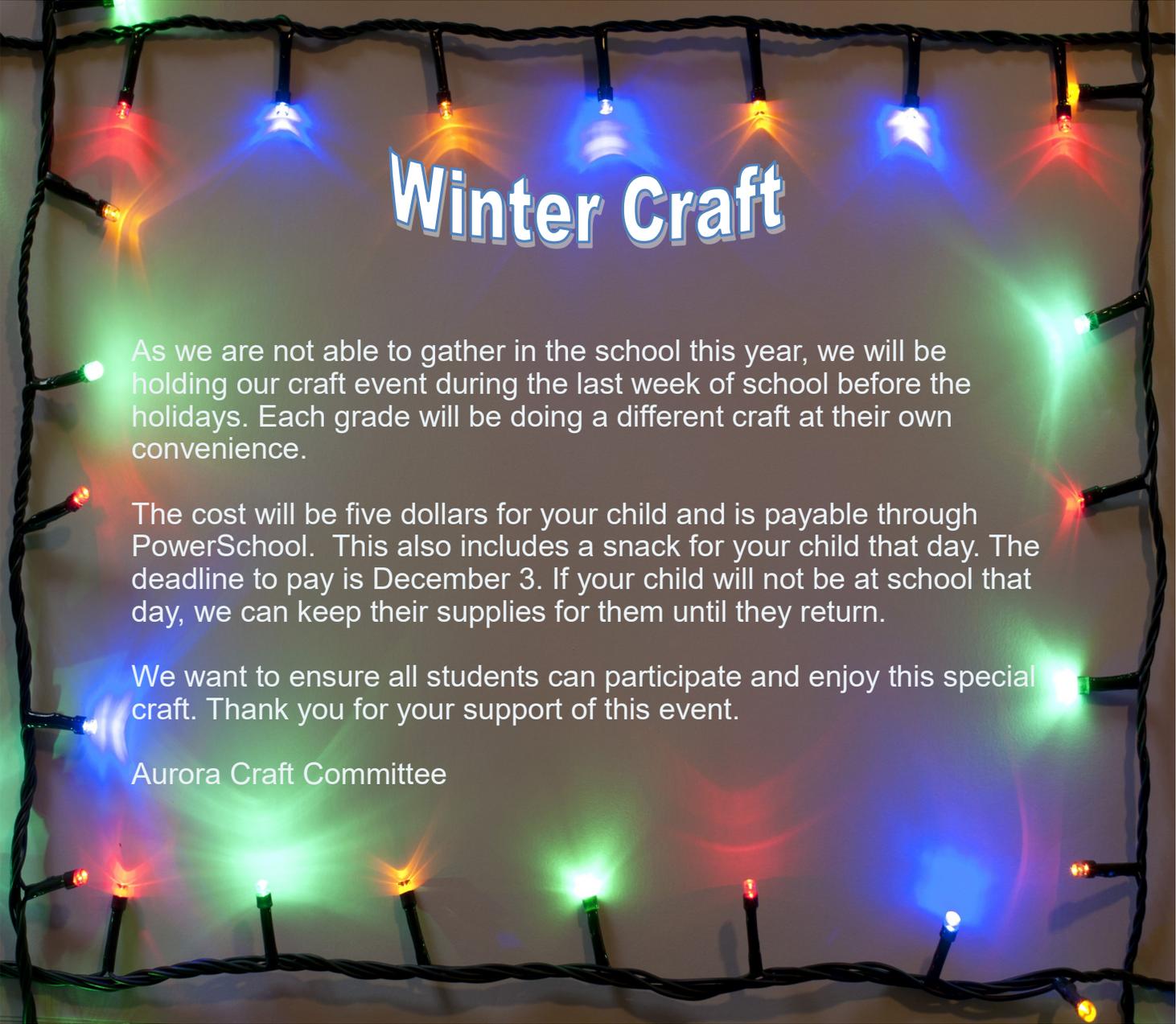
This has been a difficult year for many Edmontonian's and we would like to support our community by contributing to the Food Bank. Our school will be collecting donations from December 1<sup>st</sup> to 17<sup>th</sup>. The following items are the most needed items at this time of year:



- ❖ 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!*



# Winter Craft

As we are not able to gather in the school this year, we will be holding our craft event during the last week of school before the holidays. Each grade will be doing a different craft at their own convenience.

The cost will be five dollars for your child and is payable through PowerSchool. This also includes a snack for your child that day. The deadline to pay is December 3. If your child will not be at school that day, we can keep their supplies for them until they return.

We want to ensure all students can participate and enjoy this special craft. Thank you for your support of this event.

Aurora Craft Committee

**Congratulations to Grade 4 students who achieved honours this term !**

## 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.



### Dressing for Winter Weather

With the temperatures dropping please ensure your child is dressed appropriately for the school bus ride and to go outside at recess.

This means a warm jacket, snowpants, hat, mitts or 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.

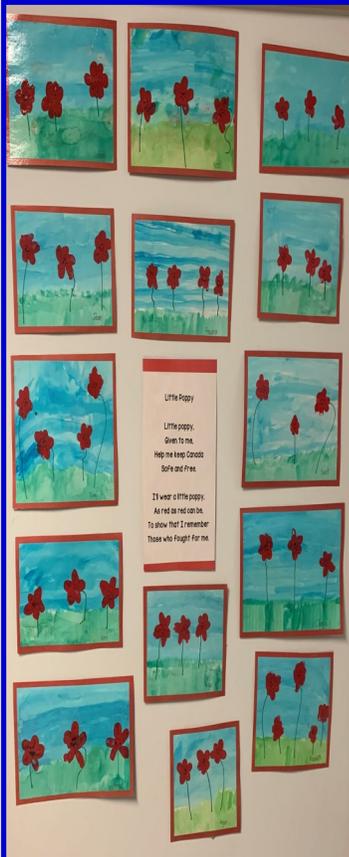
The pickup time (bus leave time) is the time the bus leaves the stop, not when students are boarding. Because the weather is cold use the EZ EnRoute GPS tracking app so you know the location of the bus and be ready when it arrives.

### School Protocol

If your child is absent, please phone the school and dial 300 to leave a message on our absence line.

**Please state if the absence is due to COVID testing, isolation, or is just a regular absence.** *Thank you.*

# Around Aurora



# 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, Mrs. Healy and Mrs. Smith. The stories conveyed messages about kindness, caring and acceptance. By accepting everyone 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



## Fundraising Society Updates



**AFS would like to wish you all Happy Holidays and all the best in 2022!!**

We are excited to announce that we are using the **FLIPGIVE** app as a means to fundraise this year. The app allows you to purchase online gift cards which you can use for your own shopping or for a friend!

From your computer:

Visit: [www.flipgive.com/join](http://www.flipgive.com/join)

Enter team invite code: **XWK4X6**

Subgroup: **elementary** or **middle school**

Create your account!

Or download to your phone through your phone's app store!

*mabel's labels*

[campaign.mabelslabels.com](http://campaign.mabelslabels.com) and select our school **Aurora Academic Charter School (Edmonton)**.

### GREAT NEWS!!

We will be looking for **parent volunteers** once we have a confirmed **Casino** date – it will be between April 2022 and July 2022. Please consider helping out when we do a call out!!!

### Questions or Concerns:

Contact us at:

[fundraising@auroraschool.ca](mailto:fundraising@auroraschool.ca)

E-Transfer donations will be accepted in lieu of payments for any fundraising we do! Thank you for all of your support!!

# **Winter 2021 50/50 Raffle Fundraiser!**

Invite your families and friends to support this great fundraiser for the school. The profits will help continue to fund student activities, resources, equipment, special projects, etc.

# **\$10,000 JACKPOT\***



## **Ticket Prices:**

**1 ticket for \$10  
4 tickets for \$20  
20 tickets for \$50  
100 tickets for \$100**

**Link to Online Ticket Sales:** <https://www.rafflebox.ca/raffle/aurorafsdec2021>

**Start Date: December 1, 2021  
End Date: January 17, 2022  
Draw date: January 17, 2022**

***The more tickets we sell, the bigger the prize!***

*\*The winner will receive a cash prize of 50% of ticket sales up to a maximum of \$10,000. Players must reside in Alberta and be 18 years or older. All ticket sales final.*

## SUPERINTENDENT'S CORNER



The Aurora Annual General Meeting (AGM) took place virtually during the evening of Thursday, November 25th, 2021. During the meeting, the Board of Directors shared information related to events and activities that occurred over the past year, financial statements, and changes to our Articles of Association.

We would like to give thanks to outgoing Board members Robert Kossick and Shazin Mohamed-Standing, who have served our Board faithfully and dutifully. Their hard work and expertise have been appreciated, and their shoes will be difficult to fill.

Thankfully, we have two Board members who will be returning through acclamation, Keira Hanrahan and Zahida Hirani-Saran, as well as two new members, Constance Amenaghawon and Fauziat Raji, who were acclaimed at the AGM.

Our current Board members are:

Constance Amenaghawon  
Tejinder Bansal  
Keira Hanrahan  
Zahida Hirani-Saran  
Arlene Huhn  
Brandon Plaizier  
Fauziat Raji

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

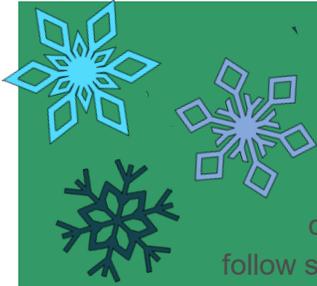
### Contact Us

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

780-454-1855

Email us at: [elementary@auroraschool.ca](mailto:elementary@auroraschool.ca)  
Visit us on the web at [www.auroraschool.ca](http://www.auroraschool.ca)





## Mrs. Healy's Musings



I wish everyone a safe and relaxing holiday break. Typically, it is a time for gathering and enjoying the company of friends and family but the last 2 years has created more challenges due to Covid. I know that it is difficult to continue to wear masks, cohort and follow strict guidelines to keep everyone safe. I want to assure families that decisions we make for our school are always based on the safety and well being of our students. In this term, thanks to the support and partnership of our parents, staff and custodians we have not had a Covid outbreak and our students have continued their education without disruption. Our high standards for sanitizing and Covid protocols continue to keep everyone as safe as possible.

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 Razkids that is provided by the school. This program provides students with levelled 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.

The Edmonton Public Library is a great resource for parents and students. Students can obtain a free library card that is needed to access the services and to download many new titles of age appropriate, popular books. Currently, there are many programs for children available at libraries with certain Covid restrictions, so please check out their website if you are interested. I wish every family a safe and enjoyable holiday season. We look forward to seeing you back on January 10, 2022.

### How can I support my child's reading?

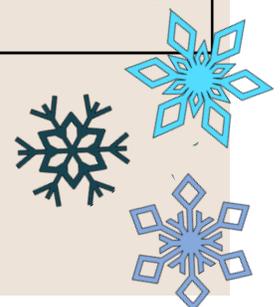
"You can foster a love of reading by creating a book and language rich environment in the home. Provide access to a wide variety of reading material, allow your child some choice in what they read and model reading behaviour. Don't worry too much if your child sometimes reads above or below their current reading level. They may be interested in a certain topic so let them explore. As with the learning of any skill, progression isn't strictly linear. It can be helpful for young readers to give their reading brain a workout with more challenging material. After a literary workout, they may need a rest day and read something a little easier to practise and build confidence.

With kids, the most important thing to do is to encourage reading—**any reading**—whether it's fiction, nonfiction, graphic novels, comic books, chapter books or picture books. Check out some of our favourites for students in [Kindergarten and up](#), including Canadian stories and stories en français. Bonus, nearly all the titles are also available in eBook format. We also have booklists for early [Elementary students](#).

If you're visiting us in-branch, don't be shy! Library staff are happy to help you navigate the collection and recommend amazing stories that are a great fit for your growing reader. You can also request a [personalized booklist](#) to suit you or your child's interests." ( *taken from [www. EPL.ca](http://www.EPL.ca)* )

[Explore our School-Aged Resources](#)

[Parent's Guide to Reading Levels](#)



# Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of children and youth.

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.

## Caregiver Education Sessions

### **Technology and the Teenage Brain**

*Digital Wellness for Families*  
Thursday, December 2  
6:00 – 7:30 pm

### **Sleep and Your Family's Mental Health**

Monday, December 6  
6:00 – 7:30 pm

### **Supporting Self-Regulation in Elementary School Children**

Wednesday, December 8  
6:00 – 7:30 pm

### **More than Just a Bad Day *Understanding and Supporting Depression and Self-Injury in Youth***

Thursday, December 9  
6:00 – 7:30 pm

### **Resilience in Parenting**

*Caring for the Caregiver*  
Monday, December 13  
6:00 – 7:30 pm

## Lunch & Learns

### **Keeping Scattered Kids on Track**

*Supporting Children and Adolescents with ADHD*

#### **Part 1:**

Wednesday, December 1  
12:00 – 1:00 pm

#### **Part 2:**

Wednesday, December 8  
12:00 – 1:00 pm

### **Building Executive Functioning Skills**

*Promoting Success in Learning*

#### **Part 1:**

Tuesday, December 7  
12:00 – 1:00 pm

#### **Part 2:**

Tuesday, December 14  
12:00 – 1:00 pm

## Drop-In Series

**Support, Education, and Engagement Drop-In Sessions (SEEDS)**

### **Effective Consequences**

Wednesday, December 1  
6:00 – 7:30 pm

## Sessions at a Glance



Mental Health Foundation



For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

December 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

**Date: Thursday, December 2, 2021**

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

## Sleep and Your Family's Mental Health

This session 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.

**Date: Monday, December 6, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

## Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

**Date: Wednesday, December 8, 2021**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; 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](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Virtual delivery is appreciated."



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For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

December 2021



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## More than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. We will explore factors that contribute to depression and potential motivations behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

**Date: Thursday, December 9, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

## Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

**Date: Monday, December 13, 2021**

Time: 6:00 – 7:30 pm

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

## Parent Feedback:

“I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after.”

“The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions.”

“Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive.”



Mental Health Foundation



For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Lunch & Learn Webinars

December 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

## Keeping Scattered Kids on Track

### Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

#### Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

#### Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

## Building Executive Functioning Skills

### Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

#### Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

#### Part 2: Tuesday, December, 14, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; 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](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!”

“I liked the interactive format of the session and participating in the discussions.”



Mental Health Foundation



Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

## 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](http://www.cyfcaregivereducation.ca)

## SEEDS Growing Parenting Skills

### Effective Consequences

In this final session of our SEEDS series, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

**Date: Wednesday, December 1, 2021**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

\*Caregiver who have not attended previous sessions in this series are welcome to register for this session.

## Parent Feedback

“This was really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation.”

“The presenters again are so personable and seem very genuine and empathetic.”

“Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!”



Mental Health Foundation

**Alberta Health Services**  
Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)