

NEWSLETTER

Aurora Elementary Newsletter

August 2018

Welcome Back!

I hope that you had a pleasant summer. We've decided to change our Newsletter publish date to the first of the month (or the school day after).

We will be including news and events, and we are looking for your help on a number of issues and questions.

Don't forget to follow us on Twitter as well [@AACSElementary](https://twitter.com/AACSElementary)

I look forward to hearing your feedback as we work together to keep Aurora Elementary as the best choice in public education in Edmonton!

In This Issue

- Meet the Teacher
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- New Staff
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- Bell Schedule
- Volunteers Needed

Important Dates

September	3	Labour Day (no school)
	12	School Council Meeting and Election 6:00 p.m.
	14	Professional Development Day (no school)
	17	Board Meeting 6:30 p.m.
	21	Terry Fox Run (bring \$2 for charity) - MUFTI day: running clothes



Shumka Door Entrance

We would like to thank Kasia, Krystyna, and School Council for not only planting the lovely flowers outside and providing the indoor plants in the classrooms in the Elementary, but also for keeping them alive all summer!

Meet the Teacher

Thank you to everyone who came out for our annual Meet the Teacher evening! We especially would like to thank Ellen Fung, School Council Chair, Arlene Huhn, Board Chair and the other Directors, and Paul Wozny, Deputy Superintendent. The Board kindly provided the tasty treats!

School Council
Meeting and
Election

Sept 12: 6:00 p.m.



Grade One—Back to School



Dale Bischoff

Superintendent
dbischoff@auroraschool.ca

Superintendents' Corner

Welcome Students, Parents, Staff, and Community Stakeholders:

Our Aurora teaching and learning team look forward to an inspiring and successful 2018/19 school year distinguished by dedicated work ethic, exemplary structured learning, and each student's overall success and achievement. Our Aurora Vision: "Aurora Charter School is the best choice for traditional public education in Alberta"



Paul Wozny

Deputy Superintendent
pwozny@auroraschool.ca

is further mobilized by our mission to provide an orderly and structured environment, with properly sequenced teacher-directed instruction and strong home/school partnerships where children can excel in an academically oriented environment..

It is an honour to be entrusted with providing a safe, caring, and empowering teaching and learning experience for every Aurora student.

All the very best for a rewarding and successful 2018/19 year with our Aurora learning team!

Sincerely,

Dr. Dale Bischoff—Superintendent

Dr. Paul Wozny—Deputy Superintendent

Messages

If you must make changes to your children's pick-up time, Study Period, bus arrangements, etc. please write a note in their homework books.

If it is an emergency, we ask that you phone the office **before 2:00 p.m.** as the office is unable to ensure that messages are delivered if they are later than this time.

A note in their agenda with special arrangements regarding early pick up for appointments etc. will enable teachers to plan accordingly for your child to be at the main office for you to pick them up before 3:10 p.m.



Ms. Lavine, ECS AM

New Faces

We have two new faces on our team: our new Educational Assistants for the Kindergarten Classes

Ms. Lavine is with our morning class and Mrs. Dobrich is with our full-day classes.

Welcome!



Mrs. Dobrich, ECS FM & FT

Study Period—By Sign Up Only

It is great to see our students diligently working during study period.

To avoid distracting the students, please do not knock on the door to pick up your child halfway through study, as it disrupts everyone.

You are always welcome to pick up students at 3:10 p.m. before study begins or to wait in the main reception (in the comfy chairs!) until 3:30 p.m. when study finishes.

All students were sent home a Study Period sign-up sheet. Teachers want to keep students safe, so it is imperative that we know if they are staying for Study Period so we can take attendance. You are welcome to sign up for one day or for all five days, but we ask that you do not use it as a "drop-in" program unless there is an emergency that day.

If you must make an emergency change (doctor's appointment, etc.) please write a note in the homework book - that's a guarantee that we will get the message in time. Phone calls to the office might not get relayed in time.

Thank you for your cooperation and support.

Drop-Off /Pick-Up Areas and Times

DROP OFF	PLACE
8:15-8:30	Back Field
8:30	Front entrance (with parent)
8:37-3:10 (late)	Front entrance
PICK UP	PLACE
3:10	Kindergarten
3:10	Students not in Study
3:30	Back Parking Lot
3:45	Late* - Principal's Office

* unless you have made arrangements for another parent or Middle School sibling to watch your child

- Elementary pick-up and drop-off is at the back field near the parking lot.
 - All doors are locked at 8:30 a.m.
- Please use the **FRONT ENTRANCE after 8:30 a.m.**
- Full day Kindergarten students must be picked up at 3:10 p.m.
- Please do NOT interrupt Study (3:10-3:30 p.m.)
- **Elementary students are not allowed in the park** without an adult and/or Middle School sibling. It is NOT supervised.
- Students must be picked up by 3:30 p.m.
- At 3:45 p.m., late students will wait in the Principal's Office for someone to come inside to pick them up. We will begin phoning emergency contacts if we cannot get ahold of you.

The Children's Safety is our #1 Concern

Outdoor Recess Every Day

Please ensure your child has outdoor clothes.

We go outside for recess every day, even if it is raining.

We stay inside in heavy thunderstorms, when the air index is 8 or higher, or when it is -21 or below.

ELEMENTARY TIMETABLE

2017-2018

TIME	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY
8:15	BUSES ARRIVE/PLAYGROUND SUPERVISION BEGINS				
8:30	WARNING BELL / FRONT DOOR UNLOCKED				
	HOMEROOM				
8:37					
9:18					
9:18					
9:59					
RECESS 9:59 – 10:09					
10:09					
10:50					
10:50					
11:31					
LUNCH 11:31 – 11:51					
LUNCH RECESS 11:51—12:16					
12:16					
12:57					
12:57					
1:38					
RECESS 1:38 – 1:48					
1:48					
2:29					
2:29					
3:10					
BUSES DEPART (3:20)					
3:10	<i>Supervised Study Period (Optional)</i>				
3:30					
3:30 PICKUP AT BACK PARKING LOT (NOT OFFICE)					

Ms. Harman's Musings

Welcome Home

For the last two years, I've written about our core values of Diligence, Respect, Cooperation, Attendance and Accountability.

This year, I am drawn to another concept: Welcome Home! I wrote that on our class list banner this year, as it really does feel like the students are coming to their second home.

August is an exciting time as the teachers get ready for their new little ones. We clean and decorate—wanting our students to have the most welcoming learning environment we can make. It reminded me of the excitement of a new parent.

Aurora is special because we all know each other and take care of one another. We treat each other with respect and caring. We might disagree sometimes, but we ultimately all know that we are doing the best we can for the children. We all want them to succeed.

I encourage you to reach out to the other parents in your class to get to know them as well as your child's teacher. I have seen so many instances of parents helping each other—and the school—because we know that raising and educating a child is the hardest, but most important job, that we can do.

Many of us are not lucky enough to live near family. It is easy to feel overwhelmed and isolated. At Aurora though, you are never alone: your children have their classmates, and you have a community of support in the teachers, staff, administrators, and parents.

They say it takes a village to raise a child, and at Aurora, we have a very special village!

Welcome Home,

J. Harman, Elementary Principal

Volunteers Needed

If you would like to volunteer this year, we would welcome the help. We all work together to make this the best environment for our students!

We are always looking for volunteer lunch supervisors, people to count order sheets, and people to cut/prepare art projects and laminating.

We also will be sending emails closer to our special events to ask for volunteers for hot lunches, Christmas, Winter, and Summer Fun days.

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



Follow the
Elementary at our
Twitter address:

@AACSElementary

Caregiver Education Sessions

Fall Poster- September – December 2018

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Technology and the Teenage Brain

Technology is a huge part of our children's lives – and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health.

★ **Both parents and teens (grades 7 – 12) are encouraged to attend this session together.** ★

Register for a Technology and the Teenage Brain session at:

<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, September 11, 2018 TIME: 6:00-7:30pm LOCATION: Rudolph Hennig Jr. High School 9512 - 92 Street, Fort Saskatchewan, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Tuesday, October 16, 2018 TIME: 5:30 – 7:00 pm LOCATION: Kate Chegwin School 3119 - 48 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 20, 2018 TIME: 6:00-7:30pm LOCATION: John D. Bracco School 3150 - 139 Avenue NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	<p>DATE: Thursday, November 22, 2018 TIME: 6:00-7:30pm LOCATION: Florence Hallock School 16437 - 87 Street NW, Edmonton, AB Notes: Parents and Teens (Grades 7 – 12) to attend together. ★</p>
<p>DATE: Thursday, September 27, 2018 TIME: 6:00-7:30pm LOCATION: Esther Starkman School 2717 Terwillegar Way NW, Edmonton, AB ★ Notes: Parents and Teens (Grades 7 – 12) to attend together.</p>	

**Please contact the Education Team
 with questions or if you need to
 cancel your registration.**

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Breaking the Cycle of Anxiety: A Step by Step Approach

Focus is on caregivers of kids and teens in grades K-12

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Register for a Breaking the Cycle of Anxiety session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Holy Trinity School 7007 - 28 Avenue, Edmonton, AB Notes: This session is for adults only.	DATE: Tuesday, October 9, 2018 TIME: 6:00-7:30pm LOCATION: Hillview School 355 Woodvale Road E NW, Edmonton, AB Notes: This session is for adults only.
DATE: Tuesday, September 18, 2018 TIME: 6:00-7:30pm LOCATION: Duffield School 1 Main Street, Duffield, AB Notes: This session is for adults only.	DATE: Thursday, October 11, 2018 TIME: 4:30 – 6:00pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.
DATE: Tuesday, October 2, 2018 TIME: 6:00-7:30pm LOCATION: Gold Bar School 10524 - 46 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Wednesday, October 17, 2018 TIME: 6:00-7:30pm LOCATION: Christ the King School 180 McConachie Drive NW, Edmonton, AB Notes: This session is for adults only.
DATE: Thursday, October 4, 2018 TIME: 6:00-7:30pm LOCATION: Avalon School 5425 - 114 Street NW, Edmonton, AB Notes: This session is for adults only.	DATE: Thursday, October 25, 2018 TIME: 5:30 – 7:00 pm LOCATION: Father Michael Mireau School 3010 Spence Wynd SW, Edmonton, AB Notes: This session is for adults only.

Please contact the Education Team with questions or if you need to cancel your registration.

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Caregiver Education Sessions

Fall Poster- September – December 2018

Transitions Big and Small: Supporting Kids through Change

Are you tired of the daily battle of getting your child to transition from one activity to another? Or worried about an upcoming transition in your child's life? Transitions, big and small, can be really challenging for both kids and caregivers; this is because all transitions involve change, and change can be a time of stress for anyone! In this presentation, you will learn about common transitions that children and youth experience, why transitions are so challenging, and what caregivers can do to make them go more smoothly. More specifically, we will explore how to plan for large transitions, review tips and tools to make small transitions smoother, and discuss strategies for managing the stress and anxiety that can accompany transitions.

Register for a Transitions Big and Small session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Wednesday, September 19, 2018
TIME: 4:30 – 6:00 pm
LOCATION: Progressive Academy
 13212 - 106 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, October 23, 2018
TIME: 6:00-7:30pm
LOCATION: James Gibbons School
 8945 - 153 Street, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, September 26, 2018
TIME: 6:00-7:30pm
LOCATION: Dovercourt School
 13910 - 122 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, October 2, 2018
TIME: 6:00-7:30pm
LOCATION: High Park School
 40 Highridge Way, **Stony Plain, AB**
Notes: This session is for adults only.

DATE: Wednesday, October 10, 2018
TIME: 6:00-7:30pm
LOCATION: Queen Alexandra School
 7730 - 106 Street, Edmonton, AB
Notes: This session is for adults only.



**Please contact the Education Team
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Caregiver Education Sessions

Fall Poster- September – December 2018

Cannabis 101

Focus is on Caregivers of Teens Grades 7-12

Marijuana, legal or not, is a topic significantly affecting today's youth. This session will help caregivers navigate the ever-changing landscape of marijuana today; a lot has changed since the 60s. It will provide caregivers with balanced information on marijuana and its effects, including the impact on the adolescent developing brain. Learn how to openly approach the subject with teens and support them to make informed decisions.

Register for a Cannabis 101 session at:

<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, September 25, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Jasper Place High School
8950 - 163 Street NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Tuesday, October 30, 2018

TIME: 6:00-7:30pm

LOCATION: Rosslyn School
13215 - 113A Street NW, Edmonton, AB

Notes: This session is for adults only.

DATE: Wednesday, October 3, 2018

TIME: 6:00-7:30pm

LOCATION: Louis St. Laurent School
11230 - 43 Avenue, Edmonton, AB

Notes: This session is for adults only.

DATE: Tuesday, October 9, 2018

TIME: 6:00-7:30pm

LOCATION: Rudolf Hennig Jr. High School
9512 - 92 Street, **Fort Saskatchewan, AB**

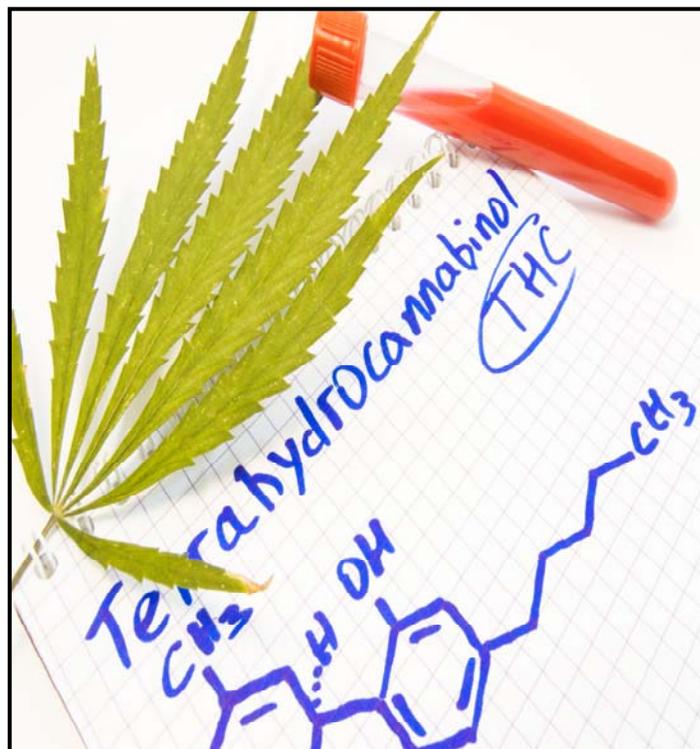
Notes: This session is for adults only.

DATE: Wednesday, October 24, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Westminster School
13712 - 104 Avenue NW, Edmonton, AB

Notes: This session is for adults only.



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Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Teens in the 21st Century: Respectful Limit Setting with Adolescents

Focus is on caregivers of teens grades 7-12

Wondering how you'll survive the teen years? Parenting teens is harder than ever for most parents today. In this session you will explore the challenges of being a teenager and parenting a teenager. You will learn how to establish healthy, respectful boundaries with your teen so that you can spend less time arguing and more time enjoying each other's company.

Register for a Parenting Teens in the 21st Century session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Tuesday, September 25, 2018
TIME: 6:00-7:30pm
LOCATION: École Leduc Jr. High School
4412 - 48 Street, **Leduc, AB**
Notes: This session is for adults only.

DATE: Wednesday, October 17, 2018
TIME: 6:00-7:30pm
LOCATION: Strathcona County Family and
Community Services
#200, 501 Festival Avenue, **Sherwood Park, AB**
Notes: This session is for adults only.

DATE: Thursday, October 18
TIME: 6:00-7:30pm
LOCATION: John D. Bracco School
3150 - 139 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

*"Thank you so much for coming
out to share this knowledge with
us. Great job!"*

**REGISTER
EARLY!**

Please contact the Education Team with questions
or if you need to cancel your registration.

CYFCaregiverEducation@ahs.ca
780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Parenting Strategies that Promote Positive Mental Health and Build Resiliency in Elementary School Children

Focus is on caregivers of kids grades K-6

Approximately 1 in 5 Canadian children are affected by a mental health issue. Explore factors that contribute to mental health and wellness, and learn how you can be your child's greatest mental health asset by using strategies that promote their mental health and wellness. Learn about the different types of stress and how some stress can be helpful in building children's resiliency and future success.

Register for the Parenting Strategies that Promote Positive Mental Health session at:
<https://www.surveymonkey.com/r/caregiversessions>

<p>DATE: Tuesday, November 6, 2018 TIME: 6:00-7:30pm LOCATION: Grandin School 9844 - 110 Street NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Wednesday, November 21, 2018 TIME: 4:30 – 6:00 pm LOCATION: St. Timothy Catholic School 14330 - 117 Street NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Thursday, November 8, 2018 TIME: 6:00-7:30pm LOCATION: Forest Heights School 10304 - 81 Street NW, Edmonton, AB Notes: This session is for adults only.</p>	<p>DATE: Wednesday, November 28, 2018 TIME: 4:30-6:00 pm LOCATION: Progressive Academy 13212 - 106 Avenue NW, Edmonton, AB Notes: This session is for adults only.</p>
<p>DATE: Wednesday, November 14, 2018 TIME: 6:00-7:30pm LOCATION: Robina Baker School 1 Jasper Court South, Devon, AB Notes: This session is for adults only.</p>	<p>DATE: Thursday, November 29, 2018 TIME: 6:00-7:30pm LOCATION: George H. Luck School 300 Bulyea Road, Edmonton, AB Notes: This session is for adults only</p>
<p>DATE: Tuesday, November 20, 2018 TIME: 6:00-7:30pm LOCATION: École Coloniale Estates School 37 Coloniale Way, Beaumont, AB Notes: This session is for adults only.</p>	<p>DATE: Wednesday, December 5, 2018 TIME: 6:00-7:30pm LOCATION: Queen Alexandra School 7730 - 106 Street NW, Edmonton, AB Notes: This session is for adults only.</p>

Please contact the Education Team with questions or if you need to cancel your registration.

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Caregiver Education Sessions

Fall Poster- September – December 2018

Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD

Focus is on caregivers of kids and teens grades K-12

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self-worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD.

Register for an ADHD session at:

<https://www.surveymonkey.com/r/caregiversessions>

DATE: Thursday, November 1, 2018
TIME: 6:00-7:30pm
LOCATION: Calder School
12950 - 118 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, November 7, 2018
TIME: 6:00-7:30pm
LOCATION: Donnan School
7803 - 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, November 20, 2018
TIME: 6:00-7:30pm
LOCATION: Holy Trinity School
7007 - 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

“Incredibly informative presentation, I walked away with a better understanding [of ADHD]”

“I was really happy to learn this session existed. The information was helpful and clear. Thanks!”

“Well presented, informative, and positive. We can incorporate the strategies right away. Thank you.”

**Please contact the Education Team
with questions or if you
need to cancel your registration.**

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

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

Focus is on caregivers of teens grades 7-12

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. We will explore factors that contribute to depression and the motivation 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.

Register for a Depression/Self-Injury session at:
<https://www.surveymonkey.com/r/caregiversessions>

DATE: Wednesday, November 7, 2018
TIME: 6:00-7:30pm
LOCATION: St. Andre Bessette School
8300 Southfort Drive, **Fort Saskatchewan AB**
Notes: This session is for adults only.

DATE: Tuesday, November 27, 2018
TIME: 5:30 – 7:00 pm
LOCATION: Edith Rogers School
8308 Mill Woods Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, December 6, 2018
TIME: 6:00-7:30pm
LOCATION: Louis St. Laurent School
11230 - 43 Avenue, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, December 12, 2018
TIME: 6:00-7:30pm
LOCATION: Esther Starkman School
2717 Terwillegar Way NW, Edmonton, AB
Notes: This session is for adults only.



Parent Participant Feedback

*“These sessions are
amazingly helpful.”*

*“I went to 3 of these sessions this
fall and I’m very happy that I
learned valuable info
at each one”*

Please contact the Education Team with questions or if you need to cancel your registration.

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Fall Poster- September – December 2018

Test Anxiety: Strategies for Success

Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provide practical strategies and resources for you and your teens to use to manage anxiety symptoms.

★ *Both parents and teens (grade 7 – 12) are encouraged to attend this session together* ★

Register for a Test Anxiety session at:

<https://www.surveymonkey.com/r/caregiversessions>

DATE: Thursday, November 15, 2018

TIME: 5:30 – 7:00 pm

LOCATION: Father Michael Mireau School
3010 Spence Wynd SW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Tuesday, December 4, 2018

TIME: 5:00 – 6:30 pm

LOCATION: Jasper Place High School
8950 - 163 Street NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.



Youth Participant Feedback

"I wasn't sure what to expect but it was very helpful!"

"Despite being dragged along, I believe I took something quite useful away from this talk."

"I now have good ways to calm myself down and prepare better for tests, thank you. "

Please contact the Education Team
with questions or if you
need to cancel your registration.

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