

NEWSLETTER

Aurora Elementary Newsletter

November 2022



Important Dates

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November	2	Picture Retakes
	7	Policy Meeting Online 4:00 p.m.(virtual)
	9	Remembrance Day Ceremony
	10	Day in Lieu (no school)
	11	Remembrance Day (no school)
	14	Professional Development Day (no school)
	16	School Council Meeting 6:00 p.m.(virtual)
	18	ADD Day: Pink Shirt Day (Anti -Bullying Awareness)
	15-19	Bullying Awareness Week
	22	Annual General Meeting Online 7:00 p.m.
	25	Term 1 Report Card (on-line only 4:00 p.m.)
December	14	School Council Meeting online 6:00 p.m.
	15	ADD Day: Holiday Colours (White, Red , Green)
	16	Professional Development Day (no school)
	19	Winter Break start
January	9	School resumes

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!

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

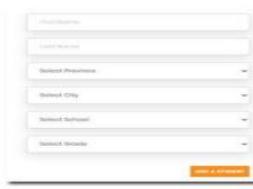
Create an account



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



Fundraising Society Updates



Please join us for our online **Annual General Meeting** on November 16th, 2022
after the School Council Meeting!

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**.

Congratulations to the new members of the Executive AFS Team:

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

Thank you to those who supported the Harvest Bundle Fundraiser we
were able to raise **\$1677.00** to go towards supporting 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 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, activities.
AFS Associate Funding Coordinator – Helps organize and run fundraisers.
Chartered Professional Accountant - CPA 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 of these positions!!

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

Questions or Concerns:

Contact us at:

fundraising@auroraschool.ca



Updates

Please join us for our online **School Council Meeting** on **November 16, 2022 @ 6:00pm.**

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

*Agendas are updated online before the meeting.

Please welcome our new School Council Executive:

Chair – Jacqueline Kossick

Co-Chair – Adedayo Ojeleye

Secretary – Debbie Miller

Thank you for all who attended and welcome to our new members!!

UNIFORMS

If you are in need of some uniform pieces, please email schoolcouncil@auroraschool.ca and we will look to see what is available from our lost and found.

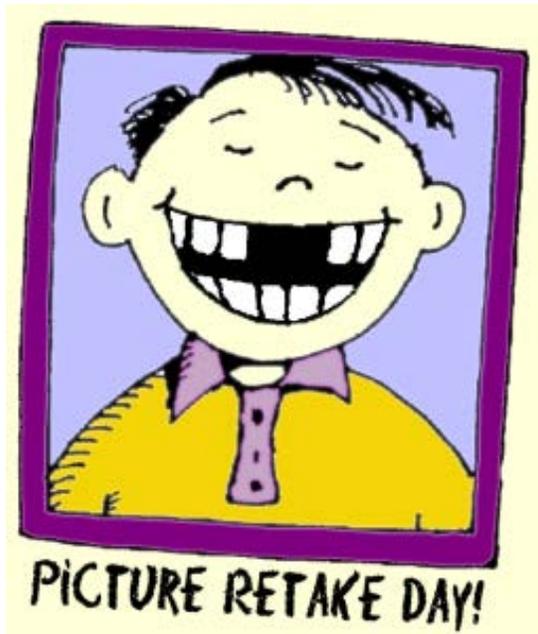
If you have any questions or concerns please contact us at:

schoolcouncil@auroraschool.ca



please join us on Facebook
“[Aurora School Council](#)”

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



RETAKES

November 2nd

Elementary School

View your pictures online at
www.smartorders.ca
3 to 6 weekdays after
picture day.

Transportation News

Transportation Fees have been posted to your PowerSchool account, please log in to make your payments to keep your account up to date.

EZ EnRoute app is available to all bused students. If you want to use the app to track your child's bus, please download the EZ EnRoute Parent App from the app store. Your username is your email address (as listed in your PowerSchool account) and you must RESET the password the first time you use it.

Lisa Weidel
Transportation & Facilities Manager

National Bullying Awareness Week: November 15-19

What is Bullying?

Bullying is a repeated and hostile or demeaning behaviour intended to cause harm, fear or distress, including psychological harm or harm to a person's reputation. It often involves an imbalance of social or physical power.

Bullying Behaviours

Bullying behaviours are a form of aggression and can be:

- Physical – For example: poking, elbowing, hitting
- Verbal – For example: name calling, insults, racist, sexist or homophobic comments, put-downs or threats
- Social – For example: gossiping, spreading rumours, excluding someone from the group, isolating, ganging up
- Cyber – For example: social or verbal bullying through the use of email, text messages or social media.

Identifying Bullying Behaviour

Below are some warning signs to help identify if a person may be engaging in bullying behaviour:

- Not understanding or caring if someone is hurt
- Unexplained increase of money, clothing or other items
- Boasting about taunting someone
- Passing off teasing as a joke
- Laughing when others get hurt
- Demonstrating aggressive behaviour
- Grouping together with some individuals and intentionally leaving others out (e.g., isolating, shunning)
- Name-calling
- Bullying is the misuse of power intended to harm or humiliate someone else. People of all ages may engage in bullying behaviours.

What Bullying is Not

Bullying behaviour is not the same as hurting someone's feelings if there is no misuse of power or a deliberate intent to cause harm. It is important to support individuals to understand the difference between these behaviours as part of learning how to build healthy relationships.

Bullying behaviour is sometimes confused with conflict. Conflict is a disagreement about different beliefs, ideas, feelings or actions. It is a normal part of healthy relationships. For example, friends may disagree over which movie to see or what game to play. Learning skills to resolve conflict appropriately is very important for building and maintaining positive relationships.

Source: Alberta Education

For more information, visit: <https://education.alberta.ca/bullying-prevention/what-is-bullying/> or phone the 24 hour Bullying Prevention Helpline at 1-888-456-2323 (toll-free in Alberta) for advice and strategies on bullying prevention and building healthy relationships

Student Learning and Support

Learning Gaps Screening

Aurora Elementary teachers have completed assessments of student learning in the Kindergarten to Grade 3 classes in numeracy and literacy. The focus of these assessments were to screen for learning gaps in reading and mathematical skills. The Letter-Name-Sound Test (LENS) and Castles and Coltheart Test (CC3) assessments were available to us through Alberta Education. The Numeracy test, also available through Alberta Education, assessed student mathematical skills. These tests are diagnostic tests and are not included in student marks, but do support teacher instructional planning going forward.

Teachers administered these screening assessments during the month of September and early October and were able to identify areas of need and strengths for students. Following the assessment results, a program plan was developed to assist identified students with additional support individually and through small groups. Classroom teachers collaborated with our Educational Assistants to implement the plan to support students. The program is designed to provide scheduled time to support students in the cohort model. Alberta Education has also offered grant funding this school year to address learning gaps and support schools in their work.

Students will receive targeted support in areas of numeracy and literacy using resources provided by teachers and Alberta Education. Students will be assessed later on to determine learning gains as a result of targeted additional support.

What is the CC3 and LENS(Letter-Name-Sound) testing ?

The LENS Testing given to students individually by their teacher asks students to recognize letters of the alphabet and pair them with their sound based on grade level.

The CC3 Test, given individually, asks students to read words, irregularly spelled words ex.: meringue, and non-words. While developing reading skills, readers use both decoding skills and memorization of sight words to read text.

What is the Numeracy Test?

The numeracy test asks students to identify numbers, make number comparisons, and complete timed tests for math facts. These tests were administered individually and in group settings based on the grade level.

How does this information help parents?

Teachers have shared information about your child's performance during Parent Teacher interviews October 19 and 20 or before. This information would identify areas of support that the child will need to close any learning gaps identified by the LENS and CC3 testing, numeracy testing or classroom assessments.

Phonogram Help

Do you struggle with phonogram homework?

There's an app for that!

Mrs. Woodman has created videos of all the phonograms we teach the children. Look on your child's Google Classroom for these phonics videos if you, or your child, needs help.

If you are looking for an educational app to keep the kids busy, we have included the links below. They are not the exact same program, but it is similar. You can check it out if you need a little help or are looking for something educational to keep the kids busy.

This is a third-party app that is NOT allied with the school or our Riggs' Phonogram and Spelling Program. Both the website and the app are free!

Our thanks to Mrs. Woodman for creating this amazing extra resource for our students.

Website: <http://phonogrampage.com/>

App: <https://www.allaboutlearningpress.com/phonogram-sounds-app/>

PHONOGRAM SOUNDS

The Alphabet

a	b	c	d	e	f	g	h	i	j	k	l	m
n	o	p	qu	r	s	t	u	v	w	x	y	z

Consonant Teams

ch	ck	dge	gn	kn	ng	nk	ph	sh	tch	th	wh	wr
----	----	-----	----	----	----	----	----	----	-----	----	----	----

Vowel Teams

ai	au	aw	ay	ea	ee	ei	eigh	ew	ey	ie	igh	oa
oe	oi	oo	ou	ough	ow	oy	ui					

The Sound of /er/

er	ir	ur	or	ear	our
----	----	----	----	-----	-----

The Sound of /sh/

ci	si	ti	sh
----	----	----	----

Other Phonograms

ed	ar	or
----	----	----

ALL ABOUT *Reading* ALL ABOUT *Spelling*

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How Do I Access Elementary Report Cards?

**Report Cards on
Powerschool
4:00pm
Nov. 25**



<https://www.auroraschool.ca/powerschool-1>

Login with the username and password provided to you by the school.

If you have lost or have not received a username and password, please email your school secretary: nmykytiuk@auroraschool.ca

Honours Standing for Grade 4 Students

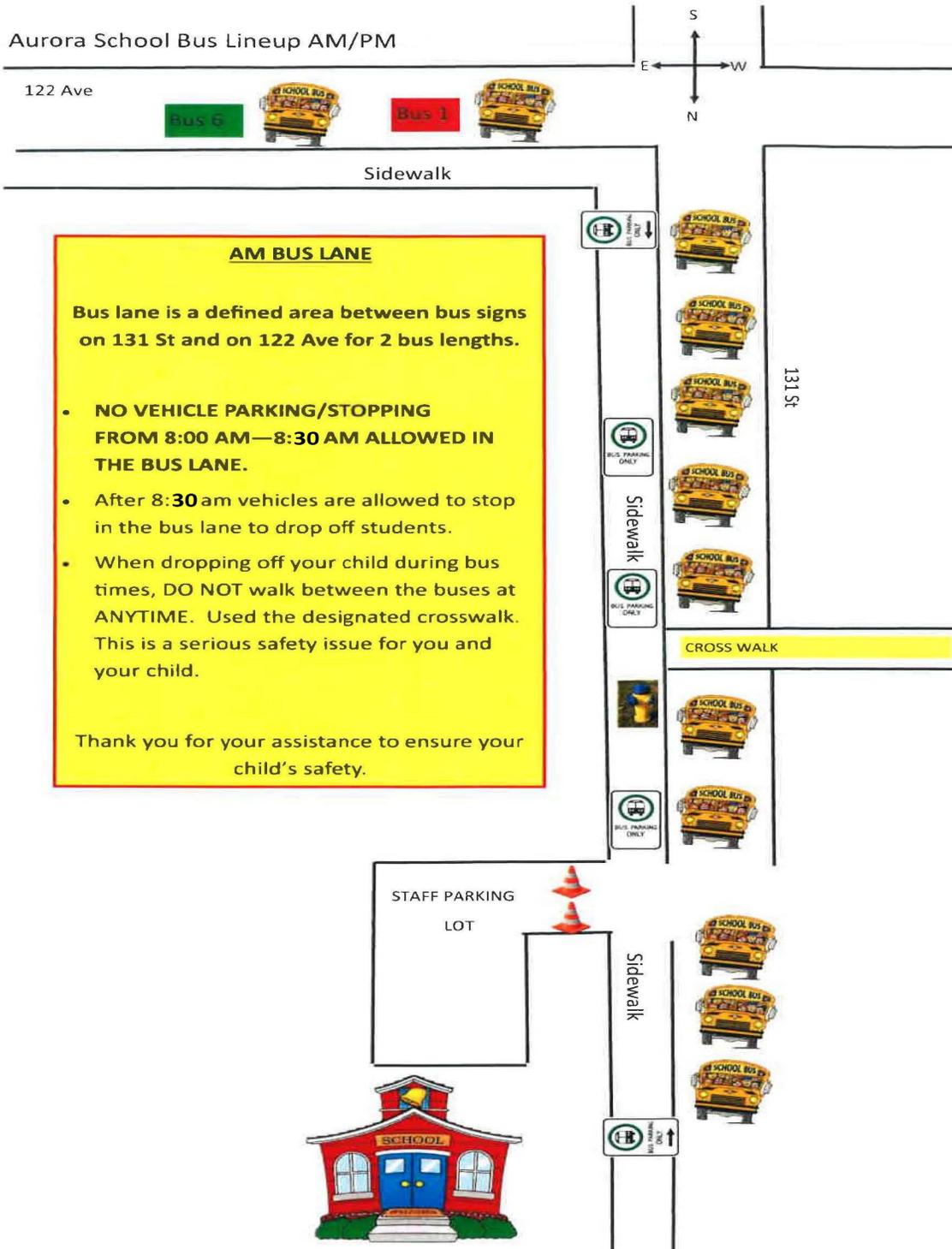
Average of 80% in four Core Subjects, with no mark below 70%

Grade 4 students who achieve Honours Standing will receive a certificate recognizing this achievement. This certificate will be emailed to the parents of the students after Report Cards are issued. There will not be an award assembly at this time for Grade 4 classes.

Follow us on Twitter!

@AACSElementary

Bus Reminders



Superintendent's Corner



The Aurora Annual General Meeting (AGM) is scheduled to take place virtually at 7 PM on Thursday, November 24, 2022.

During the meeting, the Board of Directors will share information related to events and activities that have occurred over the past year; financial statements will be presented, and you will have an opportunity for your voice to be heard.

We truly value and appreciate your thoughts and encourage all parents to attend this very important event. A link to a Zoom meeting will be shared with all parents and guardians prior to the meeting.

Please, at any time, feel free to contact me at igray@auroraschool.ca should you have any questions. Your input helps shape future direction, and you are a part of the fabric of what makes Aurora so special.

Ian Gray,

Superintendent

Mrs. Healy's Musing



Parents are key players in the success of their children. You are their first teacher and you know your child the best. This knowledge, when shared with their teacher, will create the best learning outcome for your child. Teachers are professionals who understand how to use the appropriate methods and tools to teach your child. The commitment to working together provides that foundational support all children need. Recent research has shown that positive school partnerships do impact student achievement and set students up for success.

As you know, partnerships that thrive require mutual respect and trust. The foundation of a positive relationship always starts with building trust. The willingness to work together to achieve the desired outcomes goes a long way to building that trusting relationship and open respectful dialogue.

At Aurora, building positive relationships with our stakeholders is very important to us. We know that we cannot do the job of educating students alone. We rely on you, our parent body, to join us in making our school the best choice for a traditional public school in Alberta. Parents at Aurora have always participated in creating the safe and caring learning environment we are so proud to talk about. When we ask for your support to read with your child, monitor homework, speak with your child about behaviour, attend school events, complete surveys, provide feedback and volunteer for our Board and councils, you are willing to do these things.

It is sometimes challenging. Parents and teachers always wish to do more but are also balancing jobs, family and other important commitments. I know parents chose Aurora for the strong educational program and structure that we provide. At our school, parents expect to be active participants in the education of their child. I want all our stakeholders to know they are valued and appreciated for their contributions and efforts that make such a difference in the daily lives of our students.

We continually reflect and examine how we can improve and make our school even better. We are looking to the future, setting goals and engaging regularly with our stakeholders. We offered Parent Teacher Interviews earlier, so parents could have the opportunity to discuss progress before the Report Cards were issued. Continuing to work as partners, sharing ideas and having important conversations, will ensure we give the students the best education possible while preparing them for a productive future. Thank-you parents for your continued support as we move forward in the school year. If you are interested or have questions about volunteering to serve on boards and councils you can contact the school and we will be happy to connect you with the right person.



Caregiver Education Team Newsletter

November 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.

Caregiver Education Sessions

Building Executive Functioning Skills

Supporting Success in Learning

For parents and caregivers of children in grades K-6

Part 1:

Tuesday, November 8
12:00 – 1:00 pm

Part 2:

Tuesday, November 22
12:00 – 1:00 pm

Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Wednesday, November 9
12:00 – 1:00 pm

Technology and the Teenage Brain

Digital Wellness for Families

For parents and teens in grades 7-12 to attend together

Wednesday, November 16
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day *Understanding Depression*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 23
12:00 – 1:00 pm

Substance Use *A Harm Reduction Approach*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 30
6:00 – 7:30 pm

Participant Feedback

"I think the virtual sessions are a fantastic way to reach people and get information out especially now when everyone can use the help."

"Was a good session, great reminders of the need for balance and reminded me of things I need to work on as a parent as well as my successes. Thank you."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 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. When topics are presented as a series, participants can attend one or all sessions.

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:

"I thought this was great... so happy I signed up."

"I love the lunch time opportunities to learn about how to better help myself and my teen. Thank you!"

"I appreciate the presenter's skill level. I enjoy the 1-hour webinars, good use of information in 1 hour."

"Thank you so much. Looking forward to the next one."

Building Executive Functioning Skills Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, November 8, 2022

12:00 – 1:00 pm

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

Part 2: Tuesday, November 22, 2022

12:00 – 1:00 pm

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

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, November 9, 2022

Time: 12:00 – 1:00 pm

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

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. 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: Wednesday, November 16, 2022

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

November 2022



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.

More than Just a Bad Day

Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, November 23, 2022

Time: 12:00 – 1:00 pm

For adults, and caregivers supporting youth (grades 7-12).

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support loved ones who may be using substances through courageous conversations and harm reduction strategies.

Date: Wednesday, November 30, 2022

Time: 6:00 – 7:30 pm

For adults, and caregivers supporting youth (grades 7-12).

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 session today was informative, and I know that I will use some of the techniques discussed today...”

“I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information.”

“Fantastic session, thank you!”



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca