



DR. PLAXTON
ELEMENTARY SCHOOL

THE BUZZ

OCTOBER 2021 NEWSLETTER



PRINCIPAL'S MESSAGE

BY ERIN HURKETT

It's hard to believe that September is already over. We've had a wonderful start to the year with students and have been amazed at how smoothly everything has been running. I'm hoping you are hearing a lot about the learning and activities taking place in the school from your child.

Please enjoy our October edition of "The Buzz."

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ORANGE SHIRT DAY OCTOBER 1

Dr. Plaxton will recognize the National Day for Truth and Reconciliation by wearing orange shirts on October 1st. Previous to this day, students have been engaged in awareness activities related to nature, empathy, relationships, and Blackfoot language.



PICTURE DAY!

Our school picture day is on Thursday, October 7th. E-Learning classes are welcome to come between 1:00 - 2:00 pm on October 7th. For our Monday/Wednesday Kindergarten class, picture day is on Monday, November 8th.



UPCOMING DATES TO REMEMBER:

THANKSGIVING DAY - October 11 (No School)

PROFESSIONAL LEARNING DAYS - October 12 & 13 (No School)

PARENT TEACHER CONFERENCES - October 14 (pm) & 15 (No School)

HALLOWEEN FESTIVITIES - October 29th

TERRY FOX WALK CELEBRATION



We are so proud to be joining the many schools across the city and country taking part in the Terry Fox School Run.

Our very first run was on September 29th and we had great run weather and fantastic student participation and energy for the run/walk! On September 28th, we had the amazing opportunity to be a part of a school-wide virtual meet-up with Fred Fox, Terry's brother. Fred shared his stories about Terry growing up, his battle with cancer, and his dream of raising awareness for cancer.

Students this year were encouraged to #TryLikeTerry, and set their own personal goals and challenges for themselves. Our school was also able to raise **over \$1,700** towards cancer research! **Thank you SO MUCH to all our community supporters and to all those who graciously donated.**

PROFESSIONAL LEARNING DAYS

OCTOBER 12 and 13

Staff learning on these days will be focused on best literacy practices. Our main area of concentration will be "word work" which entails a deep understanding of concepts that include: phonological awareness, letter knowledge, letter-sound relationships, spelling patterns, high frequency words, word meaning/vocabulary, word structure and word solving actions. We are excited to become better teachers of word work to your children!

PARENT TEACHER CONFERENCES

OCTOBER 14 and 15

Parent teacher conferences will be held via Microsoft Teams. Parents will book their times beginning Monday, October 4 at 6:00 AM. [Click here for a how-to guide for booking your conferences.](#)

[The link to the bookings page is here.](#)

THE BUZZ ON THE LEARNING COMMONS

Students have been greatly enjoying their time in the Learning Commons with Mrs. Fischbuch! Please find some pictures of this beautiful space in our school and ask your child what they are learning in this area.



WELCOME TO OUR NEW STAFF!



Mrs. Fuller (e-Learning Grade 2)



Ms. McKay (Support Staff)



Ms. Oxley (Grade 3)



Mr. Barks (Support Staff)

Thank you!

Thank you for trusting us and sending us your children each and every day.

"THE LOOP"

As a school community, it is important for us to be familiar with the many ways our city and local community is able to support us. THE LOOP is intended to connect Lethbridge School Division students, staff and families with: learning opportunities, mental health and wellness supports, community based programs and activities, scholarship application information, post-secondary connections and other community family support initiatives.

Please visit our website or click the image below to access the October edition of THE LOOP.

THE LOOP

OCTOBER 2021




MHCB Wellness Team






Hello, Lethbridge School Division students, staff and families!

As we find ourselves in the fourth wave of the pandemic, it is important for us to be familiar with the many ways our community is able to support us. THE LOOP is intended to connect Lethbridge School Division students, staff and families with: learning opportunities, mental health and wellness supports, community based programs and activities, scholarship application information, post-secondary connections and other community family support initiatives. If you would like to submit information for THE LOOP, please email kathy.mundelle@lethsd.ab.ca TAKE CARE. ❤️



Virtual Education Sessions

MyHealth.Alberta.ca

- 5** **Executive Functioning: Who's the Boss?** 11:00 AM
[CLICK HERE](#) to register
- 12** **A Parents' Guide to Tackling Stress, Anxiety, and Mood: Using CBT Skills to Support Your Children and Yourself (Covid-19 edition)** 6:30 PM
[CLICK HERE](#) to register
- 19** **Emotional Regulation: A Guide for Parents and Educators on Supporting Emotional Development** 6:30 PM
[CLICK HERE](#) to register
- 21** **Help! My Child is Struggling in School!** 6:30 PM
[CLICK HERE](#) to register
- 23** **Are they too young? Talking with infants and preschoolers about bodies, relationships and sexuality** 6:30 PM
[CLICK HERE](#) to register
- 26** **Adolescent Brain Development and Navigating Parent-Teen Relationships** 6:00 PM
[CLICK HERE](#) to register
- 27** **Kids Have Stress Too** 1:00 PM
[CLICK HERE](#) to register
- 27** **Girls and Covid Nine-Teen** 6:30 PM
[CLICK HERE](#) to register
- 28** **Renewed Focus: A Follow-up Report on Youth Opioid Use in Alberta** 10:30 AM
[CLICK HERE](#) to register

BounceBack®



reclaim your health

Age 15+

Feeling low, stressed or anxious?

BounceBack is a free, guided self-help program that's effective in helping people who are experiencing mild to moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching and skill-building workbooks to help overcome these symptoms and gain new skills to regain positive mental health.

[CLICK HERE](#) to complete an online self-referral form.

CLICK HERE to sign up for the CES newsletter

What is togetherall?

Age 16+

Togetherall - Virtual Mental Health

A FREE online peer-to-peer mental health community available free to Albertans!

Feel like you need somewhere to talk?

The community is a safe place to support your mental health 24/7.

Need Support?

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT
686868
AND BE CONNECTED TO TRAINED HELPERS
Kids Help Phone
Jeunesse d'urgence
bq



Text4Hope
393939

24hr free
ONLINE
support for
Albertans

togetherall.com

ADDITION HELPLINE

1-866-332-2322