

OCTOBER 2021

THE MILLGROVE MINUTE

The official newsletter of Millgrove School



PRINCIPAL'S MESSAGE

By Mrs. Madge-Arkininstall

After one full month everyone has settled into the school year. While our students have fallen into their daily routines they have also, most importantly, begun to build strong relationships with their peers and staff. We continue to follow the COVID protocols ensuring that we all remain healthy. A huge thank you to our staff, parents and students for their commitment, flexibility and kindness. The positive energy as students arrive in the morning and throughout the day is lovely.

HIGHLIGHTS THIS MONTH

- National Day of Truth and Reconciliation
 - Running Club
 - Terry Fox Donations
 - Numeracy & Literacy Tips
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PRINCIPAL'S MESSAGE CONTINUED

September was busy as staff assessed students' literacy and numeracy levels. This important information is used to guide our planning and practice throughout the year as we support literacy and numeracy growth at Millgrove. This is a division-wide focus, and an important initiative as these two subjects impact the academic success of our students. Staff continue to provide outstanding learning opportunities for our students.

Our cross country running team consisted of 80 members and fun was had by all. Our last race will be at Jubilee Park on October 14.

Students participated in the Terry Fox run on Tuesday, September 28 and we thank you for your generosity. Our total donations, as of September 29, was \$1700, which is terrific! Wonderful conversations and thoughtful reflections occurred on Wednesday, September 29 as students participated in activities recognizing National Truth and Reconciliation Day. Students engaged in reflective conversations, art, stories, writing, games and songs.



In September and October, we have our planned evacuation drills and we are pleased to report that so far our students have done very well. We were out of the building and lined up in record time. Well done, Millgrove!

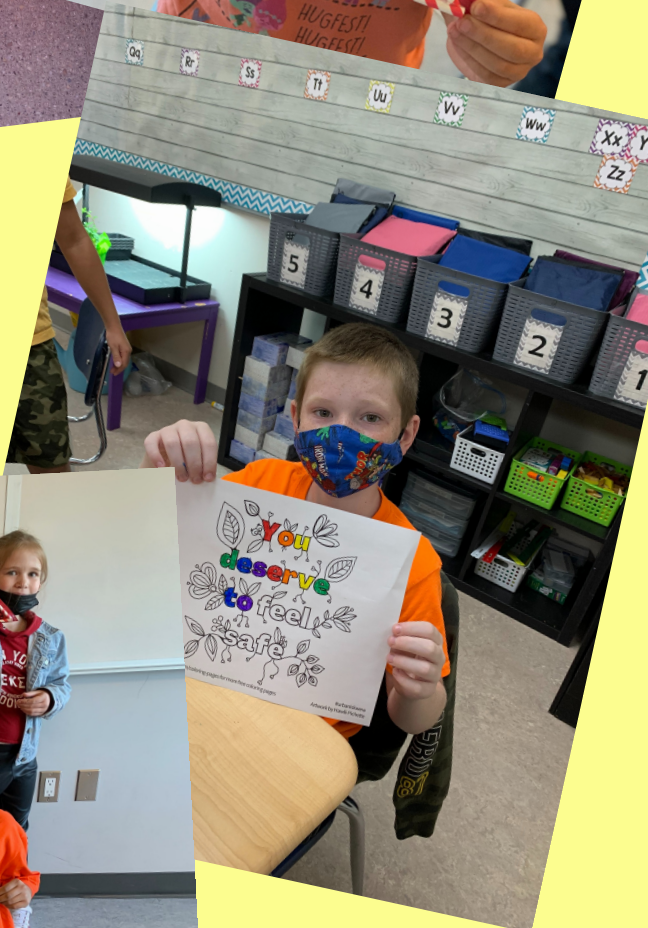
We had an excellent turnout at our first online School Council and School Foundation meetings. Your input is of great value and I appreciate your feedback, ideas and perspective. Our next School foundation meeting is Tuesday, October 12 and our next School council meeting is Wednesday, November 3 . Please join us if you can. Our online parent-teacher interviews are October 6 and October 7 from 4:00-7:15. This is an excellent opportunity to meet your child's teacher, learn more about the program and how your child is doing. All information can be found on our Parent-Teacher Interviews page.

A reminder that October 8 is a professional development day for staff so no school for students, and October 11 is the Thanksgiving holiday. Thank you for your continued support and encouragement.
Respectfully,

L. Madge-Arkininstall



NATIONAL DAY FOR TRUTH & RECONCILIATION AT MILLGROVE SCHOOL





Public Health Emergency Declared Additional Measures for Schools

COVID UPDATE

September 15, 2021 - Alberta has declared a state of public health emergency and new measures have been announced by the Government of Alberta. These new measures for schools come into effect starting September 16. The two changes for K-12 schools include:

- Mandatory masking for students in Grades 4 and up, plus staff and teachers in all grades
- Elementary schools to implement class cohorting.

Earlier, PSD also introduced the following:

Outbreak Response

With rising community cases, we expect that COVID-19 will be present in PSD schools. As such, we may see COVID-19 or respiratory illness outbreaks. Outbreaks are determined by Alberta Health Services, based on consultation with the school. Families will be notified of a school outbreak via email.

Should a school be determined to have an outbreak, our response will include the following:

- Increased attention to hand hygiene

- Enhanced cleaning of high touch surfaces
- Monitoring for symptoms and complete the Alberta Health Daily Checklist

These measures will remain in place for the duration of the outbreak.

PSD To Notify Close Contacts

Additionally, PSD has assumed the responsibility of notifying close contacts of a known positive COVID-19 case. Since there is no legal requirement for close contacts to quarantine, AHS is no longer identifying or notifying individuals who have had close contact with someone with COVID-19.

However, as an additional precaution, PSD will notify classes (or fellow bus riders) of close contacts, but only when permission has been granted by the COVID positive individual or their parent/guardian.

At this time, there is no need to quarantine if you are deemed a close contact; it is recommended that close contacts of a positive COVID-19 case monitor for symptoms.

- If staff or students develop symptoms as listed on the COVID-19 Alberta Health Daily Checklist, they will be asked to please isolate at home and complete the AHS COVID-19 Self-Assessment tool or call Health Link at 811 as soon as possible to arrange for COVID-19 testing.



Public Health Emergency Declared - Additional Measures for Schools

- Household contacts of a case of COVID-19 are strongly recommended to stay home for at least 14 days from last exposure to the person with COVID-19 if they are not fully immunized.

If staff or students develop symptoms as listed on the Alberta Health Daily Checklist, please isolate at home and complete the AHS COVID-19 Self-Assessment tool or call Health Link at 811 as soon as possible to arrange for COVID-19 testing.

Reporting Absentee Rates to Alberta Health Services

Parkland School Division is working with Alberta Health Services once a school reports greater than 10% absenteeism. In order to assist AHS in these investigations, we are encouraging parents/guardians to share if their child is experiencing one or more of the following core COVID-19 symptoms:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Loss of sense of smell or taste

Individuals are encouraged to report positive COVID-19 tests and record their absence with their school in the regular manner. This will all help with the AHS investigations.

For more information, including links to Alberta Government's plans and guidance, visit our [COVID-19 page](#) on the PSD website.





Smile! Picture Day is Coming

Picture Day for our Monday/Wednesday Kindergarten classes and all students in Grades 1-4 will be on **Wednesday, October 6.**

Tuesday/Thursday Kindergarten classes will be on **Thursday, October 7.**

All picture orders will be placed online! Please watch for more information to come home with your child. Free shipping to our school is time sensitive so please read the information carefully for deadline dates.

Parent-Teacher Interviews NOW OPEN! *Closes Wednesday, October 6 at 4:00pm*

Parent-Teacher interviews will be held VIRTUALLY using Google Meet from 4-7:30 pm on Wednesday, **October 6 and Thursday, October 7.**

[BOOK HERE!](#)



Office News

School Fees

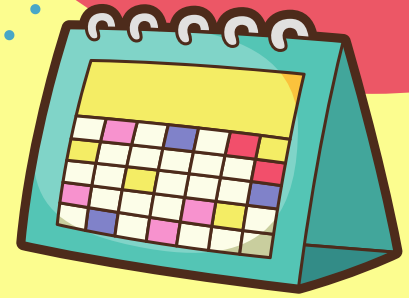
Fee notices were emailed out the first week of September and were due September 30, 2021.

Please pay fees online through the Parent Portal. Methods of online payment include Visa, MasterCard, American Express and Interac Online Debit. Alternatively, we will accept cash or cheque payments at the school office. Please make cheque made payable to Parkland School Division.

The division does have a waiver process outlined on their website or payment options are available through the Parent Portal. Please visit [PSD's REGISTRATION FEES page](#) for more information.

If you have any questions or concerns, please contact Ms. Tanya Nelson at 780-962-6122 ext. 0 or email her at tanya.nelson@psd.ca.

Calendar of Events



- Wednesday, Oct 6** Parent-Teacher Interviews - system closes for bookings 4 pm
- Online Parent-Teacher Interviews
- Picture Day - Mon/Wed Kindergarten & ALL students Gr. 1-4
- Thursday, Oct 7** Online Parent-Teacher Interviews
- Picture Day - Tues/Thurs Kindergarten only
- Running Club - Woodhaven School
- Friday, Oct 8** PD DAY - no school
- Monday, Oct 11** Thanksgiving Day - no school
- Thursday, Oct 14** Running Club - Jubilee Park (hosted by Living Waters)
- Friday, Oct 15** Dress like a Teacher Day
- Friday, Oct 19** Halloween Parade - details coming soon

Terry Fox Run

Thank you to everyone who helped us raise money for cancer research and for taking part in our annual Terry Fox run. You are all helping to find a cure for cancer! We raised **\$1740** for cancer research, surpassing our school goal of raising \$1000.00 this year. Well done Millgrove!



Stanley Morgan from Mrs. Schmaus' grade one class was our lucky Millgrove student who won a Terry Fox t-shirt that was gifted from the Terry Fox Foundation. He wore his t-shirt proudly as his class participated in Terry Fox's Marathon of Hope keeping Terry's legacy alive! Always remember to "Try Like Terry."

Running Club

Millgrove's running club is very popular with all our students. We had 80 runners going to events and many, many more attending the twice weekly practices. The races are optional. It was wonderful to see the bright green shirts racing in events.

We have had runners place in the top 10 for every event so far. We have two more races this year and we wish all the best for all participants!



2 RACES LEFT! We're so proud of our team!

- October 7 Woodhaven School
- October 14 Jubilee Park

Please remember that parents are expected to provide transportation for their children to the race events.

Numeracy Tips

Numeracy is really easy to fit into your child's day and does not take long or require fancy materials. Below are some numeracy tips you can use at home!

- Chalk it up! With the warm weather comes opportunities to get outside so why not have your child create a BIG number line with chalk on the sidewalk. For older kids they could create grids in chalk to represent an area 3×4 or 6×7 . Creating a life sized game board in the driveway, like snakes and ladders, is something the whole family and neighborhood can enjoy!
- Give me groups! Understanding and creating groups of numbers is an important concept and helps with skip counting, multiplication and estimation. I wonder how many lego pieces our house has? What would be the best way to organize and count them? Maybe we should put them in groups of 5, then 10 and then 3. Which group was easiest to count? These are questions you can pose to younger and older children and it doesn't have to be lego. It can be clothing, utensils, stuffies, etc.
- Calendar curiosity? Displaying a large calendar on your fridge is an amazing way to get your child counting, adding, comparing and understanding time. At the beginning of each month spend a half an hour with your child and mark down special events for that month; birthdays, activities, appointments, etc. As the month progresses the calendar provides an opportunity to pose questions for your child. How many days until the dentist? What day of the week is your soccer game? How many days are we going on the special road trip for?
- Figuring it out! Mental Math is the perfect skill practice on the go, even on short car rides, math can be practiced by posing questions to children on any topic that requires them to think about the answer in their head. The problem can be as simple as: It is 10 minutes from our house to the mall. We've already driven four minutes. How much farther do we have left to drive?



Literacy Tips

The Importance of Home Reading

Your child has probably been asked to do home reading. This is **critically important** to their growth as a reader. As with anything in life, if we want to get better at it, we practice. We all live busy lives and fitting in home reading is another very important thing that we need to do. Your child could read in the car, read at the table when dinner is being prepared, read to an older or younger sibling, a stuffed animal, in the mirror, at bedtime, or any other way you can slide it into your routine. We can't stress enough the importance of this time spent with your child.

Why Can't I Skip My 20 Minutes of Reading Tonight?

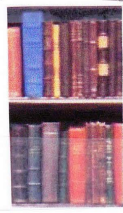
Student "A" reads 20 minutes each day	Student "B" reads 5 minutes each day	Student "C" reads 1 minute each day
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3600 minutes in a school year	900 minutes in a school year	180 minutes in a school year
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1,800,000 words



282,000 words



8,000 words



90th percentile

50th percentile

10th percentile

By the end of 6th grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

Self-Regulation Focus at Millgrove

Presented by Mrs. Weisenburger

Children are simply learning how to be human in socially adaptive ways. It takes time and practice for many of us to manage uncomfortable feelings that appear to us in large and interruptive ways. But emotions or feelings are part of what it means to be human. Life without feelings would indeed be a scary and empty existence. Feelings are good.

Last year at Millgrove School, Mrs. Weisenburger (Community Support Worker and Registered Therapeutic Counsellor), was able to visit all Gr. 1 – 4 classrooms to deliver a 9 lesson series on Emotional Self-Regulation. We would like to share with you the wonderful things our children learned about their mind and bodies in these lessons, and how to regulate or manage the tougher moments in a normal life.

THIS YEAR, as a WHOLE SCHOOL, we are playing a game together PICK A NUMBER, ANY NUMBER between 1 – 75.

We have gathered at least 75 self-regulation strategies that can be practiced at school. We regularly pull a number out of the jar and each classroom teacher practices a regulation strategy with their entire class. Each child should be able to find at least a few strategies that could work in almost any uncomfortable situation they find themselves in. We are building a repertoire of strategies we can pull from when upset.

When we DO something to calm our nervous systems Adrenaline has a chance to go back to its true home (the Adrenal Gland) and our Brain has a chance to use its best thinking part (the Prefrontal Cortex) to make our best choices.

We will continue this practice these strategies throughout the year together.

See our complete list of [Calming Strategies here](#).

Strong Families October Sessions

Parkland School Division is proud to partner with Alberta Parenting for the Future to present these upcoming FREE information sessions for local families.

*Nourishing Your ADHD Child's Full Potential
Saturday, October 2*

*Social Skills
Wednesday, October 6*

Please [see our website](#) for information on these sessions.



MILLGROVE SCHOOL COUNCIL

We had a wonderful turnout for our Parent Council AGM and I just wanted to say thank you! It's so nice to connect with other parents even virtually! Attendees asked great questions, and it was fantastic to see everyone's smiling faces.

Elections for the board were held and, the positions are as follows:

Chair- Anna-Marie Jackson
Vice-Chair- Lorrie Marler
Secretaries- Amanda Doucette/ Tara Zieminek

Mark your calendars for our 2021/22 virtual meetings!

Nov 3, 2021 @ 630pm
Jan 12, 2022 @ 630pm
March 2, 2022 @ 630pm
April 20, 2022 @ 630pm
Jun 8, 2022 @ 630pm

If you have any questions, please don't hesitate to reach out!

Anna-Marie Jackson
millgrove.scchair@psd70.ab.ca



MILLGROVE SCHOOL COMMUNITY FOUNDATION

We recently held our AGM and voted in a great group of people for the upcoming school year. I would like to welcome a new face: Vanessa Yeoman to the Foundation. As well, welcome back to Jackie Christensen, Denise Liviniuk, Dayla Cochrane, Joella Anderson, Jamie Stewart-Normand and myself Allison Chuey.



The Hot Lunch and Milk Program is up and running. The next round of ordering is October 20-27, 2021. If you are paying with cash/cheque please deposit it in the lockbox that has been installed in the main office. Please remember that no late orders will be accepted.

Fundraising information will also be coming out at the end of October so stay tuned for more details.

Our next meeting is **Tuesday, October 12 at 6:30 pm**. It will be **online** so please watch for the meeting code emailed to everyone on October 11. I hope to see you there!

Allison Chuey
Millgrove School Community Foundation
President