



I.F. Cox News

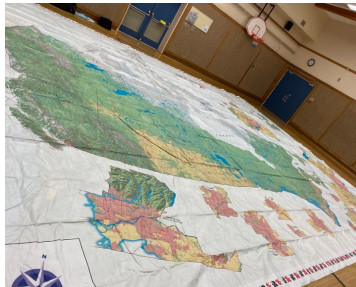
March 2023



Mrs. Asham's Message

We have some very cool things happening this month that I would like to share with you.

On March 8th, we will have a giant map of Canada that will almost take up our entire gym! Grade 1-3 students will have the opportunity to remove their shoes and "walk all over" Canada. Mrs. Kannekens, our PRPS Instructional Coach, will talk about curriculum specific topics with each grade.



We will also be hosting a Parent Orientation Evening for our new junior kindergarten and kindergarten parents. We are excited to offer this again, as we haven't hosted this evening since before covid. If you have friends or family in town that have children of this age, please share this with them.

JR. KINDERGARTEN & KINDERGARTEN PARENT ORIENTATION NIGHT

Please attend this information evening

March 8th

6-7 pm

I. F. Cox School

Information on:

Programming Registration Screening
School Tours



Mrs. Asham's Message - continued

We have been asked to share some of the amazing work our teachers are doing with literacy and numeracy, so on March 9, we will have 25 teachers from other schools in Prairie Rose visiting our school to tour through our classrooms. Their goals will be to see a variety of high quality instruction practices, view our classroom set-up and to watch how we have implemented our new literacy programs, like Heggerty and UFLI. When teachers visit other teacher's classrooms, it really allows them the opportunity to reflect on their own practice. We like to think of it as offering a buffet of ideas and strategies. Teachers can fill their plates with things they like and leave the things they don't. If your child comes home and tells you about a bunch of strangers in our building, this is what they are referring to.

March is also a big assessment month. Teachers are working to finalize all of their assessments and prepare their report cards to go home on the 24th. There will only be one night for parent teacher interviews this reporting period (March 29th), so interviews will only be booked at the request of the parent or the teacher. We will send out more information about interviews in the near future.

If you have any questions or concerns, please do not hesitate to call the school.



PARENT EDUCATION PROGRAM MARCH 2023 NEWSLETTER

Nurturing Parenting Programs

- Nurturing Parenting
- Nurturing Fathers

Active Parenting Programs

- Active Parenting
- Active Parenting of Teens
- Cooperative Parenting & Divorce

Triple P Programs

- Fear-Less Triple P
- Group Triple P
- Stepping Stones Triple P
- Family Transitions Triple P
- Teen Group Triple P

Parent & Child Programs

- Attachment for Life
- Kick Butt for Baby
- Young & Mighty Dads
- Sensory Group for Infants
- Sensory Group (2+)
- Sensory Group - Miywasin
- Sensory Group - Saamis

Ongoing Support Programs

- Grandparents Group
- Solo Parenting Group
- Nurturing Fathers Support
- 2SLGBTQIA+ Parent Support

Registration for our programs is FREE. All we need is your name, email address, phone number, town/city, and the age(s) of your child(ren).

**Bridges Family Programs office
403-526-7473**

CAUGHT BEING GOOD

We are so LUCKY to have such great students! We love to catch you helping other, practicing good listening skills, and going above and beyond to be good examples at I.F. Cox school.

Keep it up!



Thank You Doc Braces for sponsoring our prizes.



Congratulations to our February winners:
Linden, Parker, Torrin, Izzy and Calum

2023-2024 Registration

If your child is currently registered in a PRPS school, you should have received an email asking you to pre-enrol for next year, it may have gone to your junk folder.

If you have not seen this email, please let Ms. McCarthy know.

If you have a child to register that is new to our school division, please visit, "[Student Registration Guide](#)" on the PRPS website. You will find a link to the registration form there.

Youth Soccer Registration

Mon. Feb. 27 6:00-8:00 pm

Tues. Mar. 7 6:00-8:00 pm

Upstairs at the Redcliff Rectangle

-Must be 4 by May 1, 2023

-\$40.00

-Season May 1 - June 19

-Mon. and Wed nights

4-6 year olds 6:00-7:00 pm

7-12 year olds 7:00-8:00 pm

-Wind-Up June 21

They are also looking for coaches and sponsors.





A school-wide experience that transforms how students face challenges

From the moment your students enter the room, our captivating performer takes them on a 45-minute journey filled with humor, yo and magic tricks, puppetry, and storytelling. NED's Mindset Mission introduces a cartoon character named NED who is on a very important mission: to find his mindset.

- N**ever give up - understand the Power of Yet
- E**ncourage others - spark courage in other people
- D**o your best - always be learning and growing

Led by clues and memorable characters, he overcomes Mt. Everest's toughest obstacles, uncovers inner-treasures on a Caribbean island, and grows his brain while repairing a sputtering spaceship.

Throughout the performance, your students discover how to activate their growth mindset to overcome social, emotional and academic challenges.



INVITE NED TO YOUR SCHOOL

You can bring NED's Mindset Mission to your school without paying a fee when you participate in our Pay-It-Forward program.

Here's how it works: Instead of paying a fee for the assembly, you elect to make NED-messaged items available for purchase at your school for 5-10 days following the show. What you collect from that sale is what we accept as payment, and those proceeds help pay it forward so another school can experience NED's Mindset Mission.

Traditional payment options are also available.

Ned is coming to I.F. Cox on March 29th at 2:00pm.
All students will be invited to attend the show, which focuses on having a positive mind-set.
After the presentation, we will be sending an order form home for families to purchase yo-yos if they are interested.



Greg Godard-PRSD Psychologist



Is the sky really falling, Chicken Little? I don't know if you're hearing the same things I'm hearing about our children's mental health lately. I know I'm deeply immersed in the world of psychology and child development, so maybe I'm just hearing concerns from my field of work (Chicken Little?) a little louder than the rest of the population. I kind of hope so. But more realistically, you too are probably hearing the doomsayers decrying the emotional state of our children and the rising rates of anxiety and depression, even among the early elementary population. Depending on the source, you'll hear that between 9 and 12% of Canadian children have been (or could be) diagnosed with anxiety problems, and about 4 to 6% with depression. These rates, if accurate, are around double the rates of ten years ago.

In my clinic, I do find that I am noticing some increased signs of anxiety and anxiety disorders, but at the same time, I must admit that I'm seeing a concurrent rise in parental anxiety, and I want to gently suggest that at least a portion of the child mental health decline is probably attributable to their parents' increased anxiety.

I know, typical psychologist...blame the parents. Sorry. That's not my intention. But I do want to remind you (and myself) that our own emotional wellbeing is one of the foremost predictors and influencers of our children's wellbeing. If that's the case in your home, I encourage you to focus on and work on your own wellbeing (and, if you need it, seek out help to do so) at the same time as your children's.

With that in mind, here are some simple tips to help your children with anxiety.

Try not to simply rescue or protect them from their anxiety-provoking situations. If we see our kids feeling uncomfortable and quickly take them out of that situation, we can actually make their anxiety worse (e.g., "mom or dad agrees that I can't handle this discomfort, I must not be very strong, I should be scared and anxious!"). Rather, encourage them that they are going to be okay, even if they're scared. Remind them that if they face their fears and "ride out" the discomfort, their fears will shrink and they will feel less afraid over time.

Show empathy without agreeing with their anxiety. For example, "I know you don't want to go to school today. You're a bit scared of all those people, and of getting sick. It's okay to be scared. You can get through this, and I'm going to help you." Try to show them your own successful anxiety-coping strategies. For example, "Phew, I'm feeling a bit worried about my meeting with the manager today. My tummy is a bit sore. It's not going to be easy. But I know it's okay to be scared. I can do hard things. I've got this."

Encourage your child to learn to tolerate discomfort and anxiety. What we want for our kids, as they grow up, is for them to be resilient, and able to face difficult situations with courage. We want them to learn that anxiety gets smaller as we face it and experience success (or even tolerable and redeemable failure – "hey, that wasn't even as bad as I thought it would be"). At a time when their (and your) anxiety is lower, engage with them in dialogue about how they would deal with the "failure," or what they would do if what they feared came true. How would they handle it. Work through the scenarios they fear, and help them see that each problem has a solution. Sometimes, all kids need is to know there's a tenable plan for how to deal with adversity if it arises.

Take care. Remember, your child's ability to stand tall and face difficult emotions is heavily impacted by your own. With as much calm confidence as you can muster, show your children that you can manage and tolerate stress and anxiety, even when it's hard, and that you usually feel good about getting through hard times.

Greg Godard, R. Psych.

Supervisor, FSLW Program



The sky isn't falling.

Ashton Goehring-FSLW

I am continuing to offer individual counselling to students. All counselling supports for students is provided during the school day, it is free and confidential. Parents and guardians can refer a child by talking with their teacher or contacting me directly. Please feel free to contact with me with any questions or to refer your child.

Helpful Resource:

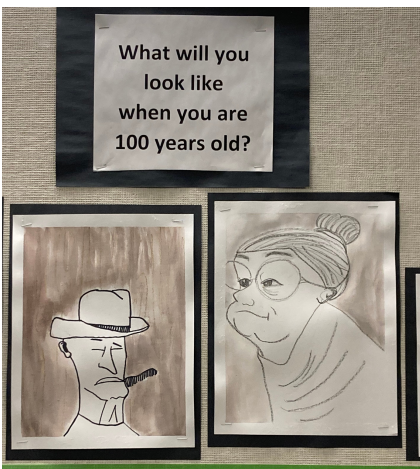
Check out Big Life Journal's website! If you are interested, you can sign up for their free weekly email printables. They offer tons of advice and support geared towards the specific age groups you choose.

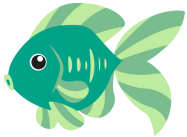
Take care,

Ashton Goehring, RSW

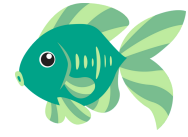
403-594-1204 ashtongoehring@prrd8.ca

Family School Liaison Worker





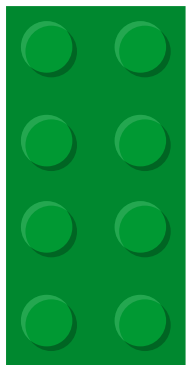
Fish In Schools



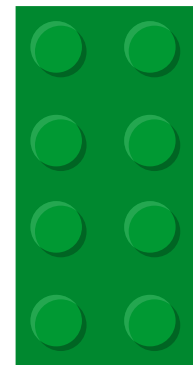
Our trout are moving quickly through their lifecycle, they are now transforming into fry. By the end of the week, the fry will be released from the incubation basket and will be free to swim in their tank environment. We will continue to watch them grow over the next few months and look forward to our year-end release event. Please continue bringing in the pledge forms to **PIE the Principals**. The deadline to donate money for the trout fundraiser will be **Friday March 31, 2023**. The money raised will help support the year end fun day and fish release event! Thank you for your continued support!



Lego @ the Library




Every Saturday
10:00 am-1:00 pm
Free play with an abundance of LEGO



MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Sub	2 Tuna Plate	3 Chicken Fingers
6 Pizza Wrap	7 Mushroom Soup	8 Club Sub Big Map of Canada JK/K Orientation 6:00 - 7:00	9 Meat/Cheese Plate	10 Meatloaf/Mashed Potatoes
13 Soft Taco	14 Tomato Macaroni Soup	15 Ham and Cheese Sub	16 Tuna Plate School Council Meeting 6:00pm	17  No School SI Day
20 Chicken Taquito	21 Corn Chowder	22 Meatball Sub	23 Meat/Cheese Plate	24 Chicken Alfredo Report Cards
27 Ham and Cheese Wrap	28 Chicken Taco Soup	29 Assorted Sub Parent/Teacher Interviews 3:30-6:30 Ned's Mindset Mission 2:00	30 Tuna Plate	31 Hot Dogs Deadline for Pie the Principal Fundraiser 