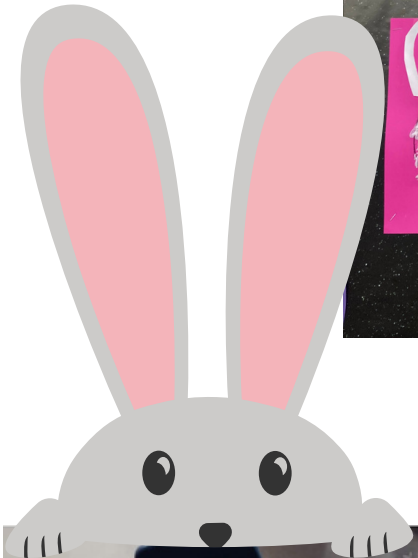


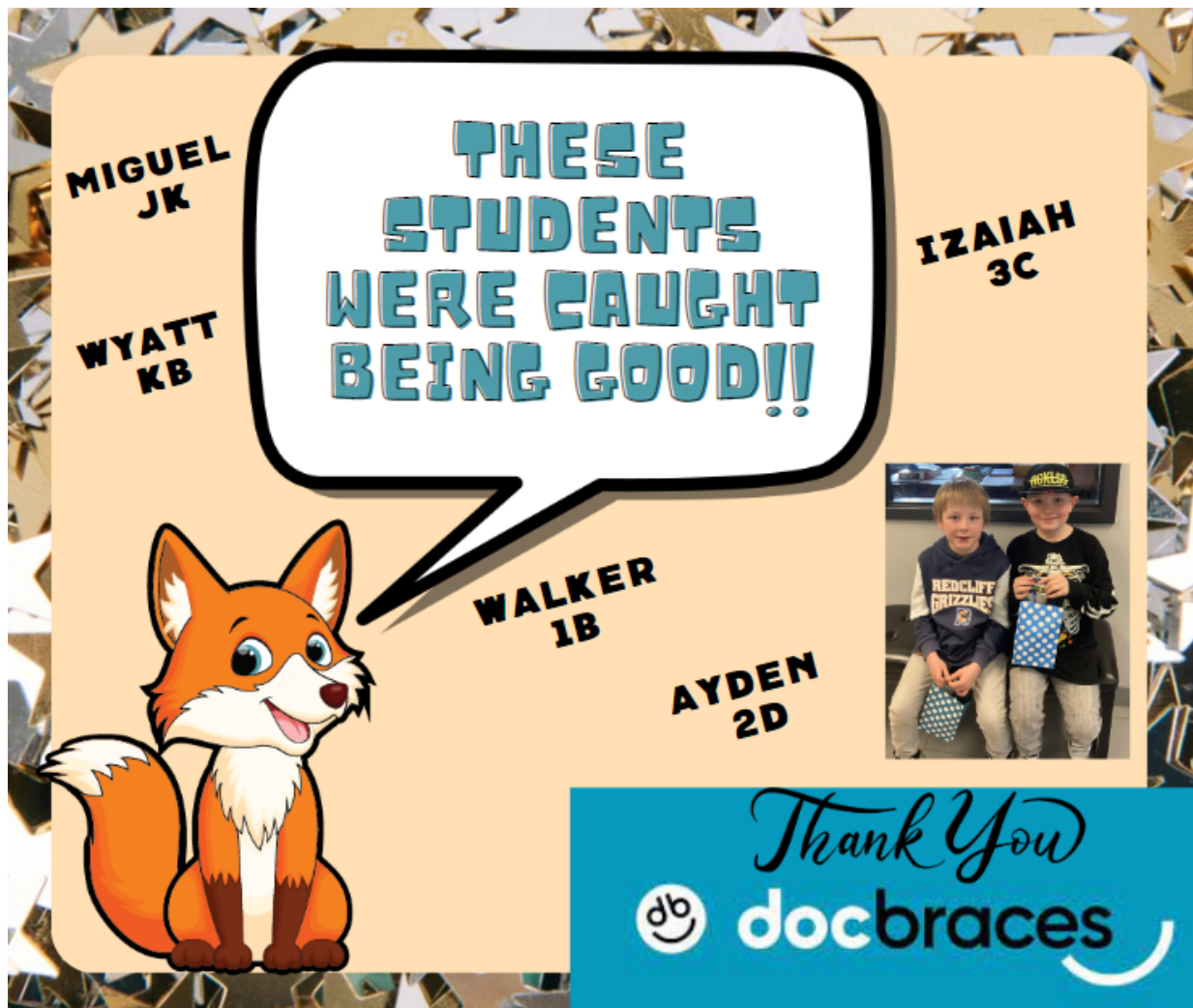
I. F. Cox April Newsletter



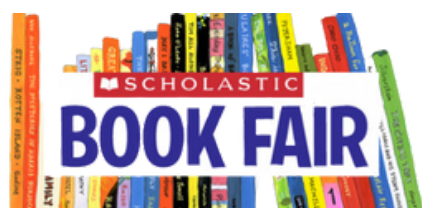
Thank you

Thank you to our School Council and all of the parent volunteers that worked to put our staff appreciation week together. We appreciate your thoughtfulness immensely!





Thanks so much for supporting our Book Fair once again. Our total sales were \$3900.00!! We earn \$1900.00 back for our school! This money will be used for resources for classrooms and for our library.



FOR THE FAMILY!

FREE! Family Fun Night

Join us at I. F. Cox School Gym for:

APRIL SPRING CRAFT AND FREE PLAY!
April 27 from 6:00 - 8:00 PM

MAY FLOWERS CRAFT AND FREE PLAY!
May 25 from 6:00 - 8:00 PM

- Drop in Events-

Connect with others in the community and enjoy quality time with your family. No registration is required!

- Kids aged 6 and under MUST be supervised -

FCSS
Town of Redcliff
FAMILY AND COMMUNITY
SUPPORT SERVICES

FROM ASHTON'S DESK

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:

If you are supporting someone, or you yourself have been diagnosed with ADHD, this website has lots of great information:

<https://www.additudemag.com/>

Kind regards,

Ashton Goehring, BSW, RSW - Family School Liaison Worker
Cell- 403-594-1204
ashtongoehring@prrd8.ca



Volunteers needed

**Our school-wide ham lunch is Wednesday, April 5th at 11:15
We are looking for some volunteers to help serve the lunch to
our students and clean up after the event. If you are able to
help, please call Ms. McCarthy at the school to sign-up.**

403-548-3449



**In order to prevent
conflict between
peers and lost or
broken items, we ask
that children do not
bring toys from home.
This includes trading
cards. Thank you for
your help with this.**





PARENT EDUCATION PROGRAM APRIL 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).

Kyle Bitschy

kbitschy@memlane.com
587-770-0408

Kaitlyn Rebmann

krebmann@memlane.com
587-816-6522

Sharon Mickey

smickey@memlane.com
587-604-6349

Bridges Family Programs office
403-526-7473
Toll free: 1-888-756-7473

Alberta Provincial Family
Resource Networks

The Importance of Discipline

From the desk of Mr. Greg Godard



Hey, folks. Today I'm broaching the ever-fun topic of discipline in this newsletter, not because your child is screaming down the hallways past my office and leaving broken chairs and fallen kids in his wake (hopefully). I'm writing about discipline because your kids are actually pretty great. And you as parents can take a whole lot of the credit for your kids' greatness.

As parents, the way we can keep our children great, and keep them growing, of course, is love. But love has multiple facets; it's not just hugs and cuddles. True parental love also takes the form of guidance and correction and discipline. No kid really likes to experience discipline from her parents, but every kid needs it. Discipline is good for children.

But even though there are millions of parenting books and classes and websites and articles (like this one), we still pretty much fumble through our parenting, as best we can, following the example of our own parents (at least, the good parts). Knowing how to discipline our children when they misbehave is not always easy.

It can help to remember two important things when our children misbehave:

- 1) All behaviour has meaning, and is usually an expression of need or emotion
- 2) Discipline is good and necessary for children.

1. All Behaviour Has Meaning. Most child misbehaviour is communicating a feeling or a need. When your child behaves in a way that requires a disciplinary response, it is usually the child's way of saying, "I'm upset," or "I hurt," or "I need something from you right now." Children don't always have the vocabulary or communication skills to tell you how they feel or what they need. It isn't always easy to untangle the feeling or need from the child's actions, but remember that it isn't easy for your child either, and you're the adult in this situation. You need to help interpret and listen to their need. Discipline by itself might stop the behaviour, but will not necessarily meet their needs, and might end up causing more misbehaviour.

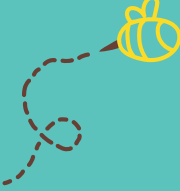
Take a step back and try to understand what they might be “saying” with their behaviour. For example, a child who throws his backpack against the wall when he comes in the door from school, sending sticky Tupperware and yogurt splashes across the floor, and shouts that he is “NOT practicing piano today!” might really be “saying” something like, “I had the worst day at school, I got blamed for something I didn’t do, and the kid on the bus in front of me kept turning around and spitting, and I feel powerless and angry and sad.” Your job will be to help them find the words to communicate this to you verbally, rather than with their actions. You might start by collecting them at the door, and saying something like, “you seem really upset right now. I’m sorry to see that, and it’s okay to feel that way. Let’s talk about it, instead of doing something like throwing your backpack, or acting in a way that is going to get you in trouble and get me upset.”

2. Discipline is Good for Children. Emotionally hurting or not, your child still can’t throw her backpack or shout at you. Some behaviour is unacceptable, and a child needs to learn that her behaviour has consequences. Work to find natural and logical consequences for your child that will help him learn the connection between his behaviour and the results of his behaviour. For example, the child who threw the backpack can pick up the Tupperware, place it in the sink or dishwasher, get a cloth and soap and wipe up the yogurt, and repack his backpack and hang it in the designated spot, before any free time is allowed.

Remember, discipline isn’t just “getting mad at” your child. Try not to yell, hit, criticize your child, or make her feel guilty. These types of parental responses will hurt your child’s self-image and probably lead to more anger and misbehaviour down the road. Remember that your child’s behaviour has meaning, and while misbehaviour needs to be corrected, your child has needs that you can help meet, and this will most likely lead to a reduction in unwanted child behaviour.





APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pizza Wrap</p> 	<p>4</p> <p>Chicken Noodle Soup</p> <p>RCMP ID Kits gr. 1 & 3</p> <p>JK-gr. 2 fluoride</p>	<p>5</p> <p>Ham Lunch</p> <p>JK-gr. 2 fluoride</p>	<p>6</p> <p>Club Sub</p> <p>JK-gr. 2 fluoride</p>	<p>NO SCHOOL!</p> <p>GOOD FRIDAY</p> 



<p>17</p> <p>Ham & Cheese Melt</p>	<p>18</p> <p>Cheeseburger Soup</p>	<p>19</p> <p>Assorted Sub</p> 	<p>20</p> <p>Tuna Plate</p>	<p>21</p> <p>Pancakes & Sausage</p> <p>Talent Show 1:00pm</p>
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<p>24</p> <p>Breakfast Wrap</p> 	<p>25</p> <p>Potato Bacon Soup</p>	<p>26</p> <p>Meatball Sub</p>	<p>27</p> <p>Meat & Cheese Plate</p> <p>Town of Redcliff Family Fun Night 6:00-8:00pm</p> 	<p>SCHOOL IMPROVEMENT DAY</p> <p>No School for students</p>
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