

I. F. Cox May Newsletter



Mrs. Asham's Message

I am so relieved that spring is finally here. Winter seemed to keep coming back over and over again. On behalf of all the staff, I want to sincerely thank our school council and all of the volunteers that put on our staff appreciation week! You always do such an amazing job of this and please know that your thoughtfulness and generosity is greatly appreciated.

Our annual Ham Lunch was a huge success! Thank you to everyone that helped organize, cook, serve and clean at this event. The "Pie the Principals" celebration was the surprise entertainment and was so much fun for everyone, even the principals. Congratulations to Mrs. Sleeking's class for raising the most money and thank you to everyone for your donations.

I am so excited for our Exhibition of Learning Celebration that is scheduled for Tuesday, May 2 from 5:30-6:30. I hope you are all able to come and share in our students' learning. There will be a few classrooms with items for sale, so you might want to bring some cash with you. School Council will have some refreshments in the kitchen for visitors. Please stop and say hi to them.

As we get closer to the end of the year, things will get really busy. Please pay close attention to the calendar and any Seesaw updates for upcoming events. As always, don't hesitate to call us if you have any questions.



EXHIBITION OF LEARNING

Exhibitions of Learning are more than just a display of student work. This event asks students to reflect on and articulate what they have learned, how they learned, questions they answered, research they conducted and areas of strength and struggles.

WHEN: Tuesday, May 2, 2023

5:30-6:30 pm

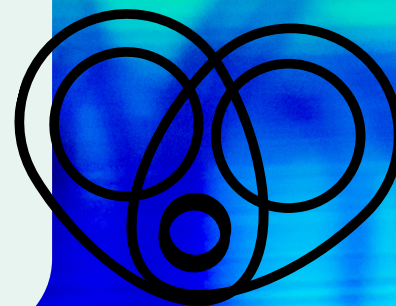
WHO: All Students JK-Grade 3

WHERE: Isabel F. Cox School



Can Tabs

2B has been collecting can tabs again this year. The last day for collection will be May 24th as they will be taking the can tabs to Silver Creek Recycling on May 25th. This year they have chosen to donate the money from recycling the aluminum tabs to the SPCA. They would also like to take along other donations. Here is what the SPCA is in need of: blankets, towels, toys, collars/leashes, food, cash. Can tabs and SPCA items can be dropped off to the office or 2B classroom. Thank you for your help!



FROM ASHTON GOEHRING:

May 1-7th is Mental Health Awareness week! The hashtag/theme for this year is #MyStory, with the focus around sharing our stories. "Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma." For more information check out <https://cmha.ca/mental-health-week/>

Phrases to try when your child is struggling:

To show empathy: "I know this is really hard for you, I am here if you need me."

To give encouragement: "It is okay to feel sad, our feelings help us process things. Everyone feels sad sometimes."

To give ideas to help process the feeling: "Do you want to talk, write or draw how you are feeling?"

As some of you may have heard already, I will be going on maternity leave towards the end of this month. Below are some community supports:

- Alberta Health Services- 1-888-594-0211
- Children's Allied Health- 403-529-8966
- Bridges Family Programs- 403- 526-7473

Please contact me with any questions!

Kind regards,

Ashton Goehring, BSW, RSW

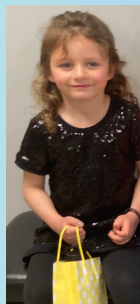
Family School Liaison Worker

Cell- 403-594-1204

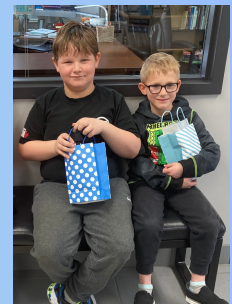
ashtongoehring@prrd8.ca



**YOU MAKE
THIS FOX
PROUD!**



Emily
Franki
Daxtyn
Hunter
Jax



**CAUGHT BEING GOOD
IN APRIL**

FINS (May Update)

The trout are now in the "fry" stage and are growing very quickly. Did you know that the water temperature in the tank is kept at a chilly, 9 degrees celsius? Each week they require two to three water changes to keep their tank healthy. We have one month left to watch their growth and development. This year we will release the trout into Reesor Lake because Echo Dale fishing pond is under renovation. Mrs. Robins and Mr. Montoya will carefully perform the release with their classes while documenting the event to share with our school community. Our Fun Day planning is underway and the funds from the "Pie the Principal" fundraiser will help us to create an exciting day filled with experiences for JK-Grade 3 students. Watch for more information and details to follow this month!



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.



We have A LOT of lost and found items that will be spread out on tables during our Exhibition on Tuesday. Please stop and have a look as they will be donated at the end of this week.





PARENT EDUCATION

PROGRAM MAY 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
- Sensory Group for Infants
- Sensory Group (2+)
- Sensory Group - Miywasin

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

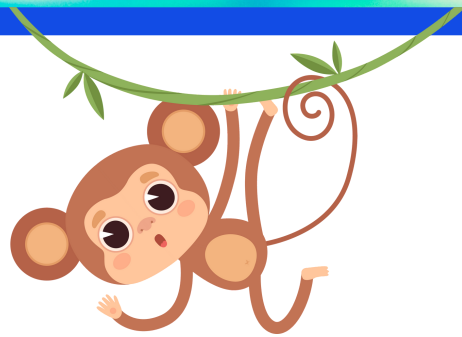
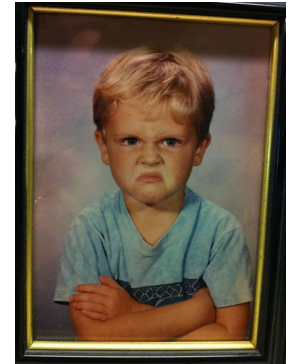
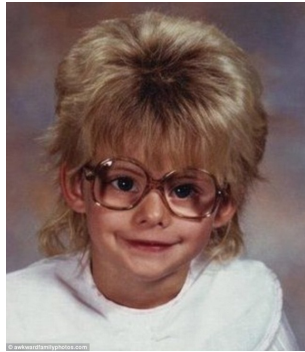
Alberta

Provincial Family
Resource Networks



Were your fall school pictures less than perfect? Has your child grown or changed a lot since then? Spring photos gives you another chance to get a great picture of your child. The bonus: Whether you order or not, the school gets money for every picture taken!

Please plan for your child to have their picture taken on Thursday, May 11th.



WILD ABOUT READING

**Read four books at your reading level May 1-5
and earn a WILD bookmark.**

Get ready for Toonies 4 the Games



Thursday
**May
4th**

#toonies4thegames

Join us in supporting



Special Olympics Canada
Summer Games
Medicine Hat 2026
Jeux d'été d'Olympiques
spéciaux Canada



'TIS THE SEASON FOR BIKES AND SCOOTERS

As spring has sprung, we wanted to remind everyone about the rules for riding your bikes and scooters to school

- Please walk both bikes and scooters on the playground
- By law, helmets must be worn when riding your bike and we highly recommend you wear one when scooting as well
- When you arrive at school bikes must be parked in the bike racks provided at the front of the school or the southeast side of the school
- Scooter parking is provided in the school and students must park the scooters as soon as they arrive at school. Ask a supervisor to let you in, to park your scooter.





GROUP DATES

May 10, 17, 24, 31

Ages 4 & 5 years

9:00 to 10:00 am

Ages 6 & 7 years

3:00 to 4:00 pm

Register by calling:

403-502-8257

Please register by May 3rd

KIDS IN CONTROL

**CHILDREN'S ALLIED HEALTH,
BEHAVIOURAL SERVICES**

A group program designed to assist children in identifying and expressing their emotions.

- * Learn tools and strategies to help them manage their anger appropriately.
- * Corresponding parent group.

LOCATED AT:

Regional Resource Centre
Room #247
631 Prospect Drive SW
Medicine Hat, AB



**Alberta Health
Services**



MAY



Monday	Tuesday	Wednesday	Thursday	Friday
1 EDUCATION WEEK Wild About Books Taco Wrap	2 Exhibition of Learning Community Clean-Up Chef Salad	3 Hats ON for Mental Health Service Dogs Assorted Sub. Sandwich	4 Let's "Chalk" about it Toonies for Special Olympics Tuna Plate	5 Celebrity Guest Readers Hamburgers
8 Pizza Wrap	9 Chicken Caesar Salad	10 Club Sub	11 Spring Picture Day (fundraiser) Meat/Cheese Plate	12 Motivational Magic Assembly TNT Pasta with meat sauce
15 Chicken Taquitos	16 Chef Salad	17 1B and 1C Neubauer's Farm Assorted Sub. Sandwich	18 Jump Rope for Heart and Stroke Tuna Plate	19 No School School Improvement Day
22 No School Victoria Day	23 Taco Salad	24 Last day for can tabs Ham and Cheese Sub.	25 KA and KC Butterfly House 2B Silver Creek Recycling Meat /Cheese cheese Plate	26 KB and KD Butterfly House TNT Chicken Burgers
29 Breakfast Wrap	30 Chef Salad	31 2B/D Police Point Club Sub.	June 1 Meat and Cheese Plate	June 2 Sweet and Sour Meatballs