



I.F. COX NEWS

January 2023

HAPPY
NEW YEAR

Mrs. Asham's Message

Happy New Year to all of our families and friends.
I wish you all best in 2023!

I would like to take this opportunity to thank everyone that made December such an amazing month. We were fortunate enough to take all of our grade 1-3 students to the ELF play at the Esplanade, perform our amazing concert at the College, have a fun winter holiday spirit week, participate in ice skating and enjoy our Turkey Dinner. With the help of school council, Redcliff Family Foods and a couple of anonymous contributors, we were able to help seventeen families with some food/clothing/gifts for the holidays. With donations from the staff at the Red-Hat Co-op, we were also able to replenish our extra clothing at the school for students that may need it during the day. It's all of these reasons that I love to call Redcliff my home and I appreciate the generosity of people in this community and their willingness to help others.

If you have been in the school recently, you will have noticed that we are currently getting the entire school painted. Please disregard any of the disorganization you may see as Glenn, our Prairie Rose painter, makes his way around our building. This will be a year-long process. You will notice in one of the pictures below that Ms. McCarthy is trying to speed up the process. As always, please contact the office regarding any questions that you may have or if your family is in need of any support.



Caught Being Good

Staff are on the lookout for students that are doing a good job of listening, being a friend, trying hard or going above and beyond. Students will receive a small certificate and get to enter their name into a draw. We draw a name from each grade every two weeks. All the names then go back into the draw boxes for larger draws at the end of the year.

We would like to thank Doc Braces, Medicine Hat, for sponsoring this program again this year. It's with their generous donations, that we are able to give out the prizes we do.



Congratulations to our December winners:
Gracelynn, Addisyn, Nathan, Liam and
Danyka. Keep up the great work in the new
year!

THANK
YOU

Drop-Off and Pick-Up Safety

Roadways around our school are extremely busy at drop-off and pick-up times. With so many people, vehicles and buses in the area, we want to keep everyone safe. Our children are small and hard to see, so please remind them to never walk between or directly behind cars or buses and to avoid darting out into the pathway of moving vehicles.

The best option to cross the road is at the corners, using the crosswalks.



THANK YOU!

To Destiny and all of the volunteers who helped make our Turkey Dinner such a success.



Toonie Treat Tuesdays



For just a toonie, your child can enjoy a treat prepared by our volunteers. Funds raised help school council support our school in many ways. Past initiatives have been iPads, field trips, holiday meals, crazy carpets and helping I.F. Cox families in need.

Here are your payment options:

1. Buy sheets online or at the office: 10 coupons for \$20.00 to use as you please.
2. Have your child bring a toonie on Tuesdays.

Milk Ticket Sheets For Sale

1 sheet of 10 milk tickets =
\$10

Purchase these at the school office or through School Cash online

White milk Mon.-Thurs.
Chocolate milk on Friday only.



We Are Collecting Can Tabs

2B is collecting can tabs again this year. They will be donating the money from the recycling of the aluminum tabs, to the SPCA. Please remove your can tabs and bring them in to help contribute to the collection.



FSLW – Ashton Goehring

Happy New Year!

I am continuing to offer individual counseling to students. All counseling supports for students is provided during the school day, it is also free and confidential. I will also be running some small groups. The groups I offer include; Worry Warriors, Anger Firefighters, Lego Social Skills, Friendship Skills and Banana Splits. Parents and guardians can refer a child by talking with their teacher or contacting me directly. My colleague and I are also offering a Parent Group beginning in January, see below for more information.

Kind regards,
Ashton Goehring,
Family School Liaison Worker
Cell: 403-594-1204 Email: ashtongoehring@prrd8.ca

happy new year

Skating

We are back to skating in 2023.

Here are our upcoming times:



Tues. Jan.17 **2A and 2C**

Thurs. Jan. 19 **1B and 1C**

Tues. Jan. 24 **2B and 2A**

Thurs, Jan. 26 **1B and 1C**

Tues. Jan. 31 **2D and 2C**

Thurs. Feb. 2 **3A and 3B**



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WORDS FROM THE WISE

MR. GODARD



I'm Greg Godard, school psychologist for Prairie Rose. I work with every school in our district, but because my home office is in I.F.Cox School, I get to spend a great deal of time in your school. I'm hoping to contribute a small article to each of your newsletters for the next little while.

The first one is going to be easy for me, because it's already pre-written. Recently, I was invited to spend time in Ms. Gerlach's Grade 2 classroom, talking with them about how to increase their concentration and attention. Sometimes sitting still and focusing your attention in a room full of other kids can be very tricky. We all need ways to improve our concentration when we're feeling wiggly, squiggly, tired, or wired. Together (and with a little help from Harvard University research and Google), we came up with a list of nine "hacks" to help students "perk up" their concentration when they're feeling extra tired or distracted. So, with thanks to the students of 2C, below is a list of nine tips and hacks to improve your concentration.

1. Fidget Tools - These can be distracting to other students, so you have to choose carefully. Also, for many of us, fidget tools can distract our attention away from the teacher and on to the fidget. For a small number of students (a little less than 10%), a fidget tool can really help. Here's a great way to know if a fidget is working: it's helping you if you don't notice when you're using it. If you are "fidgeting," and your eyes and ears are focusing on the teacher, not the fidget, it may be a helpful tool for you.

2. Take Breaks - It can be very helpful to take small breaks. Once every 20 minutes or so, you might stand up, move your body a little (e.g., walk to the water fountain with your teacher's permission), think of something else, and then return to your task.

3. Take Notes - Students who are able to print or draw while listening to a teacher will be able to prolong their attention span to a topic if they use a pencil and paper to jot little words, ideas, or drawings that relate to the topic being discussed. This strategy doesn't work for everyone, as it may actually distract your attention away from the teacher.

4. Back-of-Chair Breathing - In “Back-of-Chair Breathing,” the posture of reaching back over the back of your seat opens up your ribs and lungs to inhale deeply. The key to this one is slow breathing. A typical back-of-chair breath should last about 16 seconds: four seconds inhale, 4 seconds pause, 4 seconds exhale, 4 seconds pause.

5. Eye Contact -When our eyes are focused on the person talking to us, our brains hear more of their words. This usually includes a still body and a quiet mouth.



6. Good Sleep and Nutrition - The average early elementary student requires between 9 and 11 hours of sleep each night. In addition, a nutritious diet with the right vegetables and fruits will help arm the body and brain with the nutrients needed for concentration.

7. Self-Talk - Quietly (in your head), remind yourself to focus, and to pay attention. You may have to do this more than once during a long task or conversation.



8. Hands and Feet to Midline - This one sounds a bit strange, but research tells us that we integrate the two halves of our brain when we fold our hands, cross our ankles, or basically bring our limbs to our body’s midline. It also gives our hands something to do.

9. Visualizing - Before you have to concentrate on a task or a person talking, close your eyes and picture yourself concentrating well. What do your hands look like? Your eyes? Your mouth? Your body’s posture and the way you turn your head? Picture it well, and it will help you when you have to concentrate.



Redcliff Skating Club 2022-2023 Season Registration

Programs available:

PreCan Skate - Beginner lessons for 4+ years with no skating experience.

CanSkate - 4+ years with basic skating skills.

Monday and Wednesday 4:15pm-5pm

Thursday 5:30pm-6:15pm

Choose one, two or three days a week.

Junior Star Skate - Introduction to Figure Skating: jumps, spins, dance skills with optional tests and competitions.

Senior Star Skate - Advanced Figure Skating: jumps, spins, dance skills with optional tests and competitions.

Private Lessons available.

Registration Online: Please email redcliffskatingclub@hotmail.com for forms and specify which program and time slot.

Winter Session starts the week of January 9th





Monday Tuesday Wednesday Thursday Friday

9
Pizza Wrap

10
Chicken
Noodle Soup

Toonie Treat

11
Meatball Sub

12
Tuna Plate

13
Hamburgers

16
Chicken
Taquitos




17
Cream of
Potato and
Bacon Soup

Skating 2A/2C

Toonie Treat


18
Assorted Sub



19
Meat &
Cheese Plate

Skating 1B/1C

20
Pasta & Meat
Sauce



23
Ham &
Cheese Wrap

24
Beef Stew

Skating 2B/2A

Toonie Treat

25
Club Sub

26
Tuna Plate

Skating 1B/1C

School Council
Meeting
6:00pm

27
Chicken Balls
& Rice

30

SI Day
No School

