

October 19-23, 2020

Mental Health and Wellness Supports Continue!

One of the goals of our division and of our school is to proactively support the mental health and wellness of our students and their families within our school community. As our Successful Families Successful Kids (SFSK) team continue working with our grade 4, 5, and 6 classes with **Be Kind to Yourself** programming, our Elder-in-Residence and School Advocacy Counselor have begun the **Kimochis Programming**. Kimochis means “feelings” in Japanese, and the program coaches students to identify and appropriately express their feelings with

opportunities to practice positive communication habits intent on building self-esteem and confidence in positive peer relationships. We are promoting non-violent conflict resolution and anti-bullying messaging by emphasizing how students speak and listen to one another to keep a positive connection.

This coming week, our Grade 7 and 8 classes will begin a program called **Stress Lessons**. This

program was developed by the Psychology Foundation of Canada to promote effective social-emotional development and stress management. As students progress in age and grade level, text anxiety becomes more prevalent among our teens. This program introduces stress-management strategies and skills to build emotional resiliency in students.

For more info, go to <https://www.nlpsab.ca/mental-health/mental-health>

Thank you Thank you Thank you!

Not only do we have some fantastic parent and community volunteers working BINGOs and Casinos to raise funds for the students of Aurora, our gracious Parent Advisory Council recently approved the purchase of new sewing machines to enhance our Home Economics programming for students! We are ‘SEW’ grateful! Many thanks!

NLPS Systems Day

On Monday October 26, there will be no school for students, as all NLPS staff engage in professional learning activities designed to support students and student learning. There are sessions on instruction, assessment, numeracy, literacy, supporting mental health and much much more! Staff learning leads to better student learning!



Dress for the Weather!

Brrrrr!! It's getting cold outside, and because of Covid precautions, your child will be remaining with their grade cohort for recess. Please dress them for the weather. Cohorting and other precautions have changed the look of non-instructional time, and because of this, when it is time to go outside, then your child must go outside. Many students (especially in grades 7 and 8) are trying to convince our staff to let them back inside before their recess time is up, but there are no indoor areas with supervision at that time; all our staff are supervising in their designated spaces to maintain cohorting and enhanced safety. **Parents/Guardians must send your child prepared for fresh air and exercise by dressing appropriately for the temperatures.** When a decision is made that inclement weather prevents outside time, then all supervisors will remain inside with all students inside in their classes. We also notice some students are trying to return to previous practices (such as lengthy visits with friends in bathrooms or walking through the school unnecessarily). For safety reasons, we cannot allow students to be unsupervised at unstructured times, and we are trying to reduce the movement through the building and prevent avoidable cohort interactions. We ask parents to support the school by reinforcing the importance of this and explaining this necessity to them in terms they understand so our staff can continue to provide a safe environment for your child. Thank you!

Halloween Celebrations at Aurora - SAFETY FIRST !

Students will be permitted to come to school in costume on Friday October 30, though parents must note very specific guidelines. Because our Covid precautions will not change, students must still wear their AHS approved mask; this means they cannot have a halloween mask of any kind that inhibits the proper wearing of their appropriate face covering. No face coverings except for your Covid-face covering! As well, no weapon-like costume accessories will be permitted (no swords, guns, knives, etc.). For safety reasons, Halloween activities must be conducted by cohorted class. Students should also be reminded that sharing of candy and other snacks is strongly discouraged so we can prevent the spread of illness. Teachers will ensure that if snacks are shared it will be done so by staff with appropriate safety precautions. Please note that parents will not be permitted to enter school to help with costumes, so keep that in mind when choosing a school appropriate costume.



Pre-Order Lunch and Snack Cards - Saturday Night

All lunch orders must be made by midnight on the **Saturday before** that week of school. Go to <https://nlsd.schoolcashionline.com/> to order for lunches or for concession cards. We aren't using any physical cards for our 'concession cards', so note that each **Tuesday morning**, any funds you've added to your child will be added to your child's card in the cafeteria. The snack list should be now online and will be updated accordingly. If you need to register for this service, Please Register Online:

Step 1: Go to School Cash Online

Step 2: Register by selecting the "Get Started Now" and following the steps.

Step 3: After you receive the confirmation email, please select the "click here" option, log in and add each of your children to your household account. To do this, you need your student's last name and Alberta Student Number (ASN), which is listed on their report card and on PowerSchool (in the upper left hand corner of the screen).

Step 4: If you want to receive email notifications when new fees are added, please ensure the notification box is checked in the Manage Your Notifications section. If you have any questions during the registration process or while shopping online, please select the SUPPORT option in the top right hand area of the screen.

Important Dates:

System Day - Oct 26

Halloween Celebrations - Oct 30

Remembrance Day - Nov 11

Parent Teacher Interviews - Nov 17/18

Family Friday - Nov 20

Family Friday - Dec 4

Winter Break - Dec 21 - Jan 3