

CAMILLA NEWS

🌸 **NOVEMBER 2023** 🌸

146-26500 HWY 44, STURGEON COUNTY AB T8R 0J3

PHONE: 780-939-2074



PRINCIPAL NEWS

I hope everyone had a great October! It was so nice to have warm weather as long as we did. However, I feel like winter is setting in! So bundle up!

We completed our first round of parent teacher interviews last week. It was great to see so many parents out making connections with teachers and having meaningful conversations around your students' learning experiences. As always please reach out to teachers at any time if you have concerns or questions.

Our volleyball teams have had an excellent season so far. Our Junior and Senior tournaments were a huge success. A big thank you to all the volunteers that helped organize and run the weekends as well thank you to all the spectators that came out to support our athletes!

A reminder that Fall Break is coming up next week. The school will be closed from November 6th to November 10th. I hope everyone is able to enjoy the time and re-energize as we head into the Christmas season.

Feel free to contact me with any questions or concerns.

Kevin Elias



● IMPORTANT DATES ●

November 1

Hot Lunch - Edo Japan

November 2-3

No Pre K

November 3

Remembrance Day Observance - Parents, family members welcome to attend

November 6-10

Fall Break - No School

November 16

Hot Lunch - McDonalds

November 21

CSC Meeting 6:00pm

CSSA Meeting 7:00om

November 28

Internet Safety Presentation

6:30 pm@ Camilla School

November 28

Hot Lunch - Bar Burrito

November 30

Grades 1-6 Childrens Theatre

Fieldtrip

Please visit camillaschool.ca as we update the school calendar on a regular basis



**Please Remember to Report
Your Childs Absense**

Email: camabsences@sturgeon.ab.ca
or call 780 939-2074
Between 8am - 4pm

**MARK YOUR
CALENDARS!**

DECEMBER 19
CAMILLA CHRISTMAS
CONCERT

NOVEMBER HIGHLIGHTS



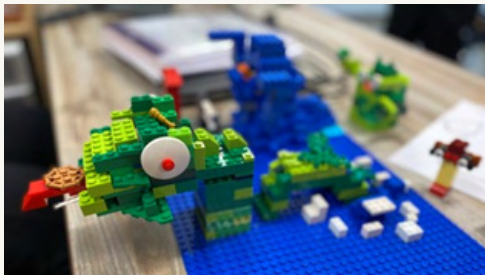
Chef Wars
Cookie Challenge



A BIG Thank you to Morinville Tim Hortons for the donations for our coffee cart! Another thank you to all those who have donated treats! This is appreciated!!



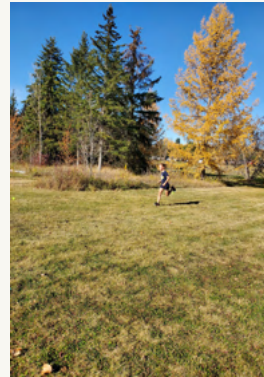
Decorating pumpkins in Ms. Berube's Grade 1 class



Brick Wars
Monster and Olden Days Challenge



Mr. Elias reading to the Grade 1 classes



Way to Go to all the students who participated in the Autumn Classic!



Both Jr & Sr Volleyball teams had a great month of games and tournaments!

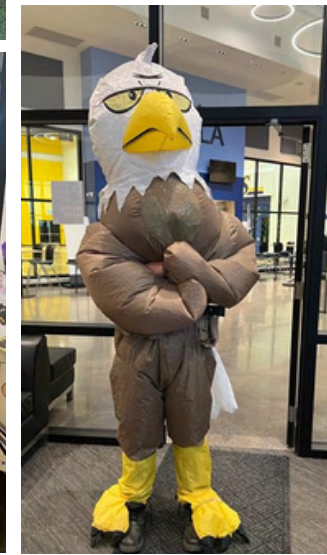


HALLOWEEN HIGHLIGHTS



Halloween Fun!!

Pre K-4 Enjoyed all the fun games the Grades 5&6 created for the carnival! Everyone had so much fun and what great costumes!



Camilla Office Staff



Jr. High Halloween Dance!



School Counsellor Newsletter

Laura Ragosin, M.Ed.

November 2023

Camilla



What Is A Mindset?

When you're confronted with a challenging task, do you a) give it your best shot, or b) have a nap? Your answer to this question is determined by the kind of mindset you have.

You know how many people like to define themselves as being either a 'glass half-full' or 'glass half-empty' kind of person? What they're talking about is their mindset. Simply put, a mindset is a set of ideas and attitudes that shape the way someone thinks about themselves and the world. Someone's mindset will determine the way they behave, their outlook on life and their attitude towards everything that's going on around them. For example, getting back to the glass analogy, if you're a glass half-full kind of person, you tend to have a positive mindset which means you approach everything that you do in an optimistic way. If you're a glass half-empty kind of person, you might approach or think about many of the things you do in a more negative or cynical way. The kind of mindset you have can really shift the way you approach your everyday life. And the good news is, your mindset is not set in stone, there are things that you can do to shift your mindset so that you're getting the most out of it.

The Different Kinds of Mindsets

There are two different kinds of mindsets, growth mindsets and fixed mindsets. Someone with a *growth mindset* is likely to:

- Be keen to learn from the people around them.
- Understand that in order to get what they want, they've got to put the hard yards in.
- Recognize that failure is an opportunity to learn.
- Be aware of their weaknesses and focused on improving them.
- Welcome challenges.
 - Be open to new things and new ways of learning.

The flip side of that is a *fixed mindset*. Someone with a fixed mindset is likely to:

- Avoid challenges where they think they might stuff up.
- Not deal very well with setbacks.
- Try to hide their mistakes.
 - Be convinced that their abilities are limited to one area. For example, believing that they're a 'creative' type or an 'athletic' type etc.
- Practice negative self-talk by saying things like 'I can't do it.'

How to Get a Growth Mindset?

So, it's clear that growth mindsets are really important for learning new things, embracing new challenges and dealing with setbacks. Here are some handy tips for turning a fixed mindset into a growth mindset:

I can't do it...yet. The way we talk to ourselves in our mind (our self-talk) has a really big impact on what we actually achieve. If you tell yourself that you can do it, chances are that you will, even if it doesn't happen straight away.

Challenge accepted. Next time someone throws an unfamiliar or tricky task your way, don't throw it back at them - embrace it. Even if you stuff up along the way, you can be sure that next time you'll do better.

Do some hard work. You're unlikely to reach your goals if you're not putting in the effort to match. Put the hard work in and you'll be able to enjoy the rewards.

Ain't no such thing as perfect - there is always room for improvement. Always put as much effort as you can into the learning process. Practice your skills and make an effort to learn new ones. Last time we checked, the guitar isn't going to learn itself.

Celebrate the big successes, and the small ones.

Be open to new ways of doing things. You can never be sure of how something is going to pan out if you've never tried it before. Before you make the assumption that something will never work, ask yourself 'Why won't it work?'

Don't let setbacks get you down. When you come across setbacks, think about things that have helped in that situation before, and things that haven't. Take feedback on board and make changes accordingly. Setbacks don't mean you've failed, just that you need to try a different approach.

Extract from Reach Out:

<http://au.reachout.com/what-is-a-mindset>

Good Websites on Growth Mindset

MindSmart: <https://student.unsw.edu.au/growth-mindset>

Cosmic Kids: <https://cosmickids.com/growth-mindset-for-kids/>

Big Life Journal:

<https://biglifejournal.com/blogs/blog/teaching-teens-growth-mindset>

Bringing a Growth Mindset into the Classroom

This month we will be sharing with the students how to develop a growth mindset, so they are able to experience resilience and perseverance in all their life choices.

Who is the School Counsellor and what does she do?

Hello! I am Laura Ragosin, and I am one of Camilla's School Counsellors. I have fifteen plus years of experience, as well as a Master's degree in Educational Psychology, specializing in School Counselling. As your School Counsellor and Mental Health and Wellness Coach, I am here to help ALL students be successful socially, academically, emotionally, and behaviourally so they may access their education without barriers and find joy and wellness in their individual lives.

Here's what I do at our school:

- Classroom Lessons – I visit all grades to teach social-emotional skills such as feelings, communication, problem-solving, diversity, respect, etc.
- Small Group Counseling – I facilitate small groups for students who need a little extra support in a certain area.
- Individual Counseling – I meet with students short-term (no more than about 6 sessions) to work through problems affecting them at school. I can help parents connect with therapists if their child requires therapy or more long-term support for issues impacting their well-being.
- Consultation with Staff/Parents – I am available to meet/talk with teachers and parents to help support students and provide resources and education about issues affecting children.

Here's what you should know about me:

- am ONE part of the team that works to help your child succeed. I like to get to know ALL students so they may feel connected and safe while they're with us.
- I respect your right and your child's right to privacy. Confidentiality is a big part of my job.
- I love it when parents reach out to me for questions, concerns, and to share positive things about your child.



Phone:

780.939.2074

E-Mail:

lragosin@sturg.ab.ca

Website:

www.camillaschool.ca

Coffee Cart at Camilla School



What is it?

coffee, tea, and treats are delivered to Camilla staff on Friday mornings

promotes belonging

Why?

students working on a variety of programming goals, greet, converse, and deliver using the cart

supports inclusion

Want to help?

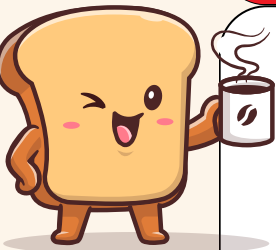
We are looking for donations of baked treats during the month of **October** to help get our coffee cart rolling!

community involvement

Drop off at the office

Please drop any baking at the front office by **3pm on Thursday** for delivery the following day.

boost mental health & wellness



CSC/CSSA ANNOUNCEMENTS

What is the CSC and when/where do we meet?

CSC stands for Camilla School Council. As the School Council, our role is to collaborate with parents, teachers, staff and students in supporting members of the school community by providing advice and consult with the principal and the school board.

We work directly with the CSSA (Camilla School Support Association) to collectively work together to enhance the student experience at Camilla School.

Meet your CSC Representatives!

Chairperson - Shallen Moore
Vice Chairperson - Amanda Paquette
Secretary - Veronica Schoenberger
Communications - Blaire Borle

Please feel free to reach out to us at any time at camillaschoolcouncil@gmail.com.

Our Next Meeting:

November 21, 2023
6:00pm @ Camilla School
Everyone is welcome!

What is the CSSA and when/where do we meet?

The Camilla School Support Association is the incorporated not-for-profit association that handles the fundraising and distribution of the proceeds, to enhance the environment and student experience at Camilla School. If you would like to become a CSSA member or have any questions, please email us at CSSACamilla@gmail.com

Meet your CSSA Representatives!

President - Lauren Whitson
Vice President - Penny Fisher
Treasurer - Carol Nelson
Secretary - Megan Schwandt
Casino Chair- Bonnie Borle
Grant Chair - Marla Zubiak
Directors at Large - Deb Rowbotham,
Robyn Sheehan

Our Next Meeting:

November 21, 2023
7:00pm @ Camilla School
Everyone is welcome!



CSC NEWS

Up-Coming Events:

Camilla School is hosting an Internet Safety presentation with Sergeant Kerry Shima on November 28th at 6:30PM. More details below in flyer.

Our Christmas Store is returning December 7th and 8th.

Christmas Pancake Breakfast is scheduled for December 15th.

Glow Dance date is confirmed for March 1st. More details to come out in the new year.

Hot Lunch is up and running! If you have any questions please reach out to camillahotlunches@gmail.com.



CSSA NEWS

Ongoing Fundraisers:

Boston Pizza – Continue to collect your BP’s original receipts and we get a 5% rebate!

Mabel’s Labels – go to <http://campaigns.mabelslabels.com>

-Choose “Camilla School Support Association”

Upcoming Fundraisers:

At our November meeting, we will select which meat fundraiser we will go with for our one and only fundraiser this year. If you have any candidates for this fundraiser, please email the CSSA team at cssacamilla@gmail.com and please come vote your choice at our next CSC meeting, on November 21st 6PM.

Recent Disbursements:

September Grab and Go - \$76.46



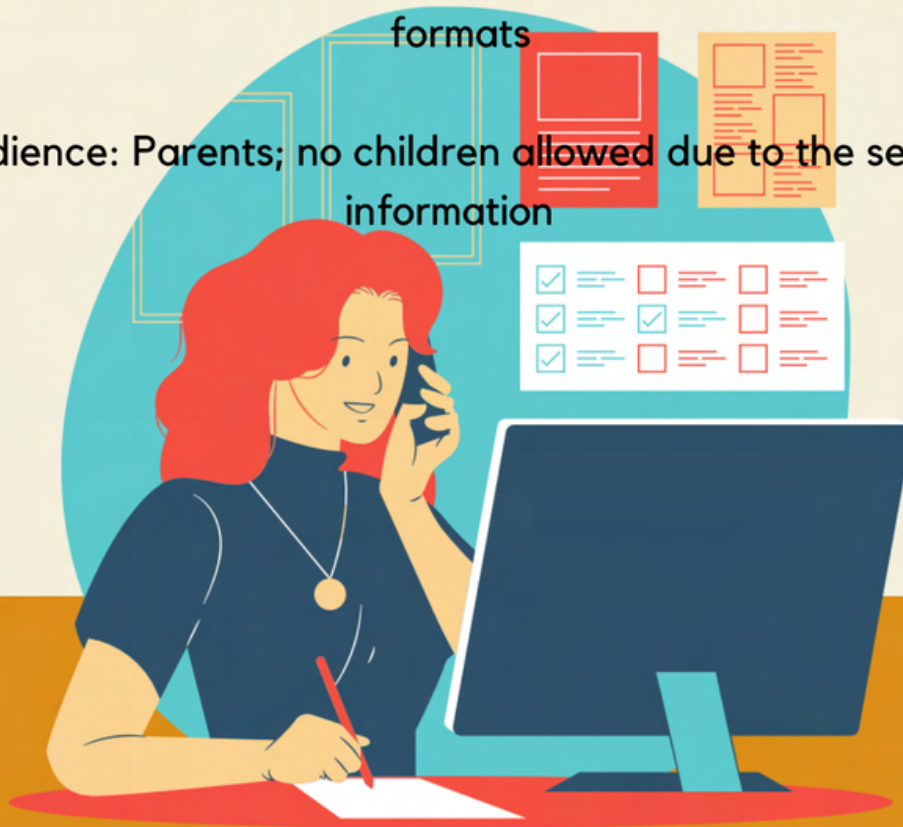
CAMILLA SCHOOL PRESENTS: INTERNET SAFETY PRESENTATION

Where: Camilla School
26500 Hwy 44, Rivière Qui Barre, T8R 0J3

When: November 28th @ 6:30pm

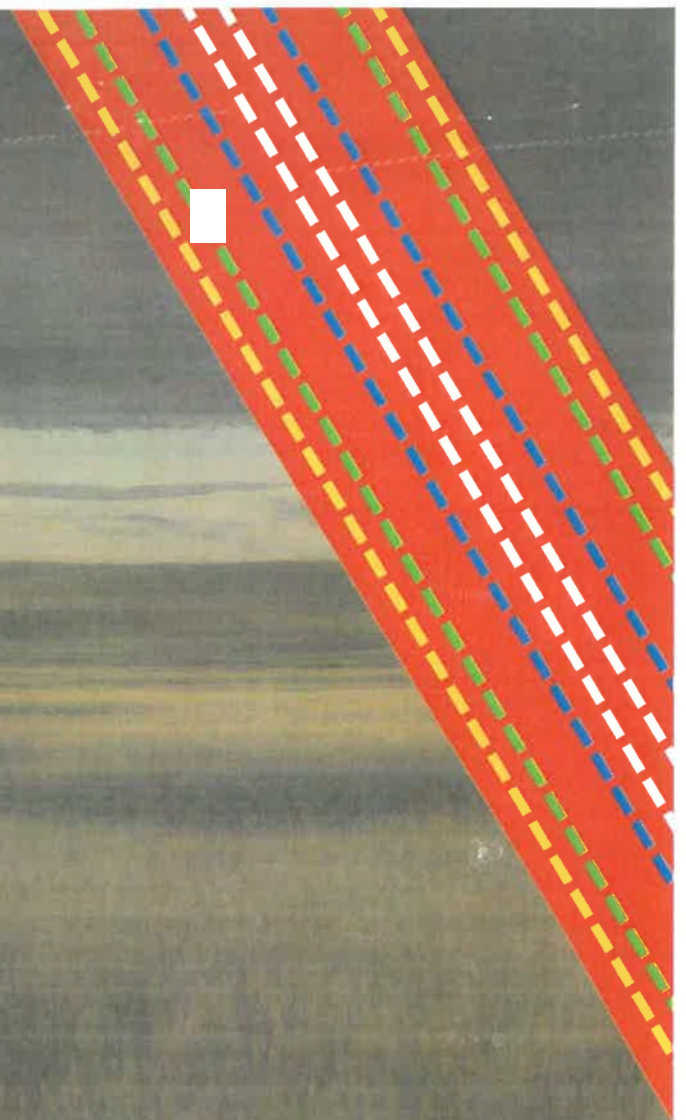
Who: Seargent Kerry Shima with Alberta Intergrated Child Exploitation (I.C.E.) will present the risks children face through the ever-evolving media formats

Targeted Audience: Parents; no children allowed due to the sensitivity of the information



Presentation to take place in the Camilla School Cultural Circle, snacks provided

Check out more information online at edmontonpolice.ca -> Alberta I.C.E.



November 13th - 17th

MÉTIS WEEK



QR CODE LINKS TO MÉTIS WEEK RESOURCES



Camilla School

Hot Lunch

Please see the attached information on how to register your child on Healthy Hunger platform!

Remember that all orders close 5 days before the lunch and unfortunately once the order is closed, no changes or cancellations can be accepted.

For any questions regarding hot lunch, please email Penny Fisher or Blaire Borle at camillahotlunches@gmail.com.

The following Hot Lunch dates are:

- Oct 4 - Mr. Sub
- Oct 19 - Dairy Queen
- Nov 1 - Edo Japan
- Nov 16 - McDonalds
- Nov 29 - Bar Burrito
- Dec 14 - Pita Pit
- Jan 10 - Boston Pizza
- Jan 25 - Shumka Ukrainian Foods
- Feb 7 - Mr. Sub
- Feb 22 - Dairy Queen
- Mar 6 - Edo Japan
- Mar 21 - McDonalds
- April 3 - Bar Burrito
- April 18 - Pita Pit
- May 1 - Boston Pizza
- May 16 - Dairy Queen
- May 29 - Mr. Sub
- June 13 - Boston Pizza

Thank you for your continued support!
Penny and Blaire





Fun Lunch Fundraising

PARENTS

FUN LUNCHESES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click **“REGISTER YOUR STUDENT”**. After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.



HOW IT WORKS

Create an account

STEP 1.

Click **“REGISTER YOUR STUDENT”** and create Your account.

[REGISTER YOUR STUDENT](#)

Add Student

STEP 2.

Login, and add your children to the account.

[ADD STUDENT](#)

View upcoming fun lunches

LUNCH DATE	STATUS	RESTAURANT	ORDER DETAILS
OCT 09, 2022	ORDER NOW		
NOV 07, 2022	ORDER NOW		
NOV 16, 2022	ORDER NOW		
NOV 23, 2022	ORDER NOW		
NOV 24, 2022	ORDER NOW		

STEP 3.

View all the Up-coming fun lunch dates.

[ORDER NOW](#)

Place your orders and make payment online

STEP 4.

Place your orders and make payment Online.

[PAY NOW](#)



Healthy Hunger Inc.

1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4



support@healthyhunger.com



www.healthyhunger.ca

FIT FIERCE[®]

FIND YOUR FIERCE



NEW GIRLS PROGRAM

COMING TO OUR COMMUNITY!

FIT+ FIERCE[®] is an AWARD WINNING PROGRAM designed for girls!

It is interactive, engaging and focuses on the empowerment and development of girls to become strong in mind and body.

The Fit + Fierce[®] program is comprised of three components:



MIND / WELLNESS



FITNESS



NUTRITION

fitfierce.ca



Pre-Kindergarten



HOW WE FOSTER GROWTH

At Sturgeon Public Schools, we strive to meet the needs of our students by nurturing their strengths. Our Pre-Kindergarten programming supports children in reaching their optimal development while incorporating play-based learning, and strengthening their sense of curiosity and wonder. We take a holistic approach to learning; our programs are supported by Teachers, Educational Assistants, Educational Psychologists, Speech Language Pathologists, Occupational Therapists, and Therapy Assistants.

THE ENTIRE TEAM WORKS TO ENHANCE:



LANGUAGE SKILLS



EMOTIONAL REGULATION



PEER SOCIAL SKILLS



LITERACY AND NUMERACY



 info@sturgeon.ab.ca

 780-939-4341