



Camilla News

December 2023



Principal News

Welcome to the Christmas season! I was definitely wrong in my last newsletter as we have continued to have great weather throughout November.

With only 14 days of classes remaining before the Christmas break it will be as busy as ever here at Camilla School. Aside from all the Christmas activities this month, the Running club has started and Basketball is under way as well.

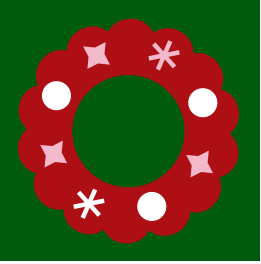
A reminder to please check Powerschool for up to date information regarding student learning. If you have any issues logging in, please contact the school for assistance.

I hope that during this Christmas season everyone is able to find time to relax and enjoy time with family and friends. I wish everyone a restful and meaningful holiday and that students return to school refreshed and ready to continue their learning.

Merry Christmas and a Happy New Year!

Kevin Elias





Important Dates



December 3

Carols by Camilla Choir @ Morinville Christmas Market 1:00pm

December 4

PD Day No School

December 7&8

Christmas Store

December 9

Alcomdale Christmas Market
Carols by Camilla School Choir 11am

December 14

Hot Lunch - Pita Pit

December 15

Christmas Pancake Breakfast

December 13

Grade 9 Field Trip to The Christmas Carol

December 19

Christmas Concert
1:00pm - Afternoon Show
6:00pm - Kindergarten-Grade 3
7:00pm - Grade 4-6 Rock Band Show

December 20

PreK, Kindergarten and Grade 1 Movie Field Trip

Christmas Mass 11am-12am at St Emerence Church
Families welcome to attend

December 22 - January 9

Christmas Break

Running Club is Back!


Running Club is back as we prepare for indoor relay and track events at the Edmonton Running Room Indoor Games. Practices will begin on Tuesday, Nov. 28 at 7:30 am. Practices are every Tuesday morning at 7:30 am and every Thursday during the noon recess (12-12:30).

Ms. Shulhan



Camilla School Choir @ The Oil Kings Game

Come watch the Choir perform the US National Anthem on ice

- Thursday January 11, 2024
 - 7:00 PM VS Tri-City
 - \$20 per Ticket
 - Order Forms Due **Monday December 11**
- 

November Highlights



We Started off November with a lovely Remembrance Day Ceremony. Grade 3's recited In Flanders Fields, a song by the Camilla Choir and wreaths hung by each class.

In honour of Metis week a few activities we had were with Metis Story Time with Lloyd Gwyn, Finger Weaving with Mrs. Soetaert, Metis Brick Wars and lovely Dot Art by our PreK Students!

MÉTIS WEEK



**Ms.Byfield's Kindercooking class
made Bears in a Blanket
while learning about hibernation!**



Chef Wars



**Cosmetology practiced their
braiding skills on a few of the
Grade 3 students!
They did a great job!**



**Brick Wars Finale
was to create a
project using Rice
Krispies! They
turned out
fantastic! Congrats
to the winners!**

Volleyball Pep Rally



The whole school came out to cheer on the Boys vs Girls game at the Pep Rally. It was loud and a lot of fun!! Way to Go to both teams!

Congrat's to the Sr. Boys Volleyball team who placed 4th in Sturgeon Finals



Congrat's to the Sr. Girls Volleyball team who were the league champions!



School Counsellor Newsletter

Laura Ragosin, M.Ed.



Value of Gratitude

Gratitude has been shown to increase feelings of happiness, social connection, mental health, and physical health, while decreasing feelings of depression. With these amazing benefits, how can we add more gratefulness in our everyday lives? Consider some of the following ideas to put into practice in your home. To orient your focus toward positive aspects of life, consider a brief journaling exercise to write down three things that went well each day, and to include a cause for each of the 3 things reflected upon. This typically takes less than 5 minutes but has been shown to have a great impact on increasing feelings of happiness and decreasing feelings of depression. This could even become a dinnertime reflection as a family. Consider implementing it as “Three Things Thursday” when each family shares about the 3 things that went well that day. To dive into gratitude itself, consider spending some time reflecting on someone who has been especially kind to you and has not been properly thanked. Write a letter or card to that person to express your gratefulness about their kindness.

Consider mailing or delivering the letter or card. Note that in research studies, this exercise was shown to improve happiness even if the letter was not shared with the person. Consider taking a walk as a family and each member taking a turn sharing about something on the walk that person is grateful for. Getting into a focus on the present moment can help calm our racing thoughts that can sometimes get stuck in past issues or worry about potential future situations. Bringing attention to the present moment, being outdoors, and connecting with loved ones can all add benefits to the practice of selecting things that we are grateful for.

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” — Ralph Waldo Emerson

Car conversations

Whether in the car, at the dinner table or grocery store line, here are conversation ideas to build this quality in your child.

- When sibling rivalry or other conflict arises in your home, challenge each party to come up with 3 things they are grateful for about the other party. Parents have to play this “game” too!
- Share the statement “ I am grateful for _____ because _____”. Write it on a slip of paper (younger children draw a picture) and add it to a family gratitude jar. Add to it & review it spontaneously or regularly, as fits your family.



12 Days of Giving



DECEMBER

SUN		MON	TUE WED THU FRI				SAT
						1 <u>DAY 1</u> Cereal	2
3	4 PD Day No Classes	5 <u>DAY 2</u> Ketchup and Condiment s	6 <u>DAY 3</u> Jam and Spreads	7 <u>DAY 4</u> Powdered Milk and Canned Milk	8 <u>DAY 5</u> Sugar and Coffee	9	
10	11 <u>DAY 6</u> Canned Vegetables	12 <u>DAY 7</u> Canned Ham/ Chicken and Stuffing	13 <u>DAY 8</u> Juice Boxes	14 <u>DAY 9</u> Nut-free School Snacks	15 <u>DAY 10</u> Pancake Mix/ Pancake Syrup	16	
17	18 <u>DAY 11</u> Canned Fruit	19 <u>DAY 12</u> Mayonn- aise and cheese Whiz	20	21	22 Last Day of Classes	23	
24 Christmas Eve 31	25 Christmas Day	26	27	28	29	30	



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:

January 16, 2024

7:00pm @ 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:

January 16, 2024

7:30pm @ Camilla School

Everyone is welcome!



CSC NEWS

Up-Coming Events:

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

Christmas Pancake Breakfast is scheduled for December 15th. Volunteers are needed. Email camillaschoolcouncil@gmail.com if you are able to help out.

Christmas Appreciation Treats for School Staff will be dropped off on December 20th. Contact the CSA if you are interested in donating any goodies.

Registration for the Babysitting Course will be opening soon; course dates is January 30th and 31st. We are looking for a roster parent for January 30th to walk the kids over to the course after school, please contact the CSA if you can help.



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 selected Calahoo Meats as our vendor for our spring fundraiser.

Recent Disbursements:

October Grab -n-Go - \$118

Glow Dance deposit for \$552.75

Christmas Store Float - \$200





**Alcomdale
Christmas Market
& Craft Fair
Sat., Dec. 9, 2023
10:00 to 4:00**

Alcomdale Hall, Alcomdale, AB

Come check out the many vendors offering decorations, goodies and unique gift ideas.

Take Christmas photos in front of our beautiful backdrop at our Christmas selfie booth. Enjoy carols by the Camilla Choir at 11:00 and grab a bite to eat at the concession.

Bring a Food Bank Donation for tickets to win one of our Door Prize gift baskets.

Check out the Alcomdale Community League for pictures from the vendors.





PRESENTS:

THE HOLIDAY GIFT SHOP



December 7 & 8

9AM - 3PM

@ The School Library

Remember to bring your shopping list!

CASH ONLY!!



CAMILLA SCHOOL

Join your family and friends with Camilla School at Rogers Place with the Edmonton Oil Kings!



THURSDAY, JANUARY 11

VS. TRI-CITY at 7:00 PM

\$20 PER TICKET

COME WATCH CAMILLA SCHOOL PERFORM THE NATIONAL ANTHEM ON ROGERS PLACE ICE!

FOR MORE INFORMATION CONTACT

CIARA LEBOEUF

CLEBOEUF@EDMONTONOILERS.COM



ORDER FORM

CAMILLA SCHOOL

Please hand in to your Homeroom Teacher

by December 11

Student NAME: _____

PHONE: _____

EMAIL: _____

Class: _____

Please make all payments in

CASH

Ticket Type	# of Tickets	Price per Ticket (\$)	Total (\$)
Thursday, January 11		\$20	

*Vouchers can be used for any 2023-24 home game
Prices include taxes and fees

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