

CAMILLA NEWS

January 2024

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Welcome Back Camilla!

Happy New Year! I hope this message finds you well-rested and filled with the excitement that a fresh start brings. As we head into 2024, I am thrilled to welcome everyone back to the second half of our 2023 - 2034 school year! I hope everyone had a wonderful, restful and relaxing holiday season.

January is a time for reflection and goal-setting. As we step into the new year, let us collectively commit to fostering an environment that promotes curiosity, kindness, and a love for learning. Together, we will continue to provide our students with a well-rounded education that prepares them for success in an ever-changing world.

Open communication is vital for the success of our school community. If you have any questions, concerns, or suggestions, please feel free to reach out to us. We value your input and are committed to working together to ensure the success and well-being of every student.

Thank you for your continued support!
Wishing you a wonderful start to 2024!

Kevin Elias



IMPORTANT DATES

January 8

Classes Resume

January 9

Grade 9 Immunizations

January 10

Hot Lunch - Bostan Pizza

January 11

Camilla Choir @ Oil Kings Game

January 16

Parent Engagement Night with CSC and CSSA meeting to follow.

January 19

No Pre K

January 24

No Pre K

January 25

Hot Lunch - Shumka Ukrainian Foods

January 26-27

Sr. Basketball Tournament Camilla/Four Winds



*Don't forget to email
camabsences@sturgeon.ab.ca.
when your child is away!*

DECEMBER HIGHLIGHTS



Decon Arcand and Brookelynn Soroka-Gladue attended the Bear Lair Youth Entrepreneur Dream Camp in Alexander First Nation on December 1. They both took first place with their group.



Choir singing carols at the Alcomdale Christmas Market



Grade 9s Field Trip to the Christmas Carol



Junior High Baking and Decorating Class baked and decorated cookies with the Kindergarten class



MORE HIGHLIGHTS



What a fantastic Christmas Concert!! The kids did fantastic and a big thank you to Ms.Rawlings and Mr.Layton for the hours put in for the show!



Ms.Berube's Grade 1 Grinch Day



Gr 7 Math Challenge and Gingerbread!



Grade 3's making crafts, singing carols and playing games with Seniors at West Country Hearth



Ms.Shulhan's Grade 3 enjoying the beautiful sunrise!



School Counsellor Newsletter

Laura Ragosin, M.Ed.

December 2023

Camilla School



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.

First Nations, Métis, and Inuit Parents:

Join Us for a Night of Bannock and Tea!

When: January 23rd

Time: 5:30pm -7:00pm

Where: Cultural Circle (located by the school library)

What: We want your input on the cultural learnings and activities happening within the school.

-Camilla School Indigenous Team



CSC NEWS

Up-Coming Events:

Registration for the Babysitting Course is open; course dates are 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.

Thank you!!!

To everyone who participated in the Christmas Store, we had an excellent turnout.

For all the donated goodies for Teacher Christmas Treat Day.

To all families who donated for the 12 Days of Giving.



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:

December Grab -n-Go - \$32.24

Coffee Cart - \$106.47



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

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Pre-K & Kindergarten Expo



Discover the exciting world of early learning in Sturgeon Public Schools!



JAN.16
REDWATER
SCHOOL

JAN.17
FOUR WINDS
SCHOOL

6:00P - 7:30PM

WHY ATTEND?

- Explore diverse learning opportunities
- Connect with program leaders and support staff
- Learn about crucial dates, assessments, and transportation
- Get your questions answered regarding busing, learning services, and operational platforms

**CHILDCARE PROVIDED
BOTH EVENINGS.**

Please scan the QR code above to **register** for the event and for more information.



TUTORING FOR MÉTIS STUDENTS

K-12 Métis Citizens in Alberta can access Tutoring Services with Rupert's Land Institute and Mobile Teachers.

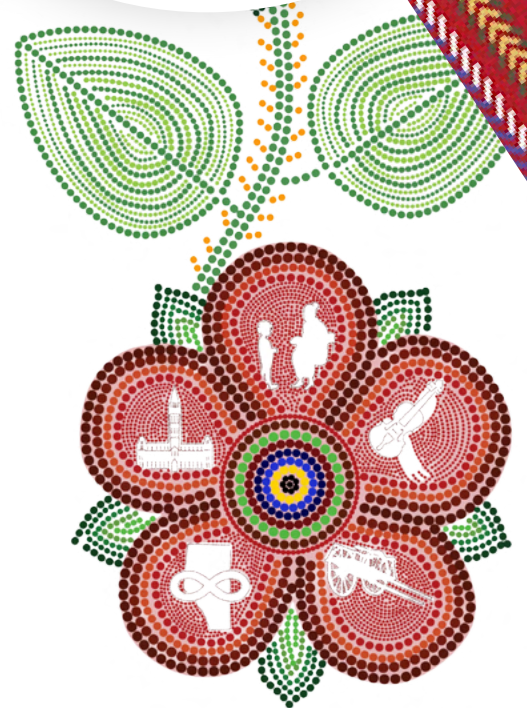
Flexible session schedules and delivery methods available to meet students where they are at on their learning journey.

APPLY IN THE RECC ROOM

Scan this QR code to sign up & login to the RECC Room for more info



CONTACT US education@rupertsland.org



Rupertsland Institute & Alberta ExamBank

Empowering K-12 Métis Students to test their understanding through online practice



Sign up today at the
RECC Room

<https://rli.connectedcommunity.org/home>

