



# MAY, 2024

# CAMILLA NEWS



**May 2024 Newsletter**

**Hello Camilla Families,**

**I cannot believe that it is May already and that we only have two months of school left.**

**May is a busy month that starts with our school performances of Footloose! The students have put a lot of effort into being ready for the show and I cannot wait to see them perform! The month of May also means that our athletics programs are nearing completion. Badminton will be wrapping up in a few weeks which will be followed by Track and Field. Our Run Club is back training for a few more races this month and early June. A huge thank you to all the staff that help these programs run and for providing such an amazing season for the students.**

**As the weather gets warmer and students want to be outside, it is important that we remain focused on learning and finishing off the year strong. On May 13th our exams start with our grade 9 Language Arts Part A PAT and the Part A exam in Language Arts for grades 7 and 8. Please check our school calendar for all the upcoming exams and activities.**

**I hope everyone has a safe and healthy month!**

**Kevin**



146-26500 HWY 44, STURGEON COUNTY AB T8R 0J3  
780-939-2074



# IMPORTANT DATES

**01** RUN CLUB - WEDNESDAY'S 3:15

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**03/04** USED BOOK FAIR, PLANT & BAKE SALE

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**08** GR 8 & 9 - SKILLS CANADA FIELD TRIP

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**08** GR 7 SPRING RIVER WALK FIELD TRIP

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**09** FOOTLOOSE PERFORMANCE

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**10** FOOTLOOSE PERFORMANCE

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**10** NO PRE K

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**11** SR. STRUGEON BADMINTON  
FINALS @ SCHS

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**13** GR 9 PAT - LA PART 1  
GR 7 & 8 LA PART 1 FINAL EXAM

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**17** PD DAY NO SCHOOL

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**20** VICTORIA DAY NO SCHOOL

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**21** GR 4-9 TRACK & FIELD DAY

# IMPORTANT DATES

**21** CSC & CSSA MEETING 6:00PM

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**24** GR 4 TELUS OF WORLD SCIENCE FIELD  
TRIP

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**28** DIVISIONAL TRACK & FIELD

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**08** GR 7 SPRING RIVER WALK FIELD TRIP

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## SCHOOL YEAR END MASS

**MAY 29TH - 10:30 am**

**Please join us for our Year End School Mass at St. Emerence Parish! This is for all the children in the Religion program at Camilla School. Junior High students are also welcome! Any Homeschoolers, Parents or anyone else who would like to join us is welcome!**

**See you then!**

**Charmaine  
Youth Minister, West Sturgeon**



# April Highlights



Grade 1  
chicks!



Choir Visiting West Country Hearth to sing,  
decorate bird houses, and visit!



For Earth Day our  
Pre-K students  
cleaned up the  
school yard! Also  
pledged how we  
could do little  
things to help  
our Earth!





# April Highlights



**Healthy Eating options worked on creating the "Perfect Poached Egg:**



**IN GRADE 9, WE HATCHED A VARIETY OF CHICKS TO DISCUSS VARIATION AND TRAITS! LOOK WHO JOINED US LAST WEEK.**



**Go Oilers!!  
Get a Hattrick  
and win a prize!**

**One of our grade 4 students translating the Cree version of a story during PLC time.**



**Grade 7 Social**

# Spring



**Grade 3's enjoyed their field trip to the Arts & Musee Heritage Museum**





## School Counsellor Newsletter

Laura Ragosin, M.Ed.

May 2024

Camilla School

### This Month: Courage

For kids and teens, one of the most important things for them to know is that courage doesn't always feel like courage. From the outside, courage often looks impressive and powerful and self-assured. Sometimes it might look reckless or thrilling. From the inside though, it can feel frightening and unpredictable. It can feel like anxiety, or fear, or rolling self-doubt. Courage can be a trickster like that – it often looks different from the outside to the way you would expect it to feel on the inside. This is because courage and fear always exist together. It can't be any other way. If there is no fear, there is no need for courage.

“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.” — **Maya Angelou**

Courage isn't about something magical that happens inside us to make us 'not scared'. It's about something magical that happens inside us to make us push through fear, self-doubt, anxiety, and do the things that feel hard or risky or frightening. Sometimes, courage only has to happen for seconds at a time – just long enough to be brave enough.

**Reminder: May 8<sup>th</sup> is Hats On for Mental Health!**

### How to Build Courage in Kids

We all want to feel safe. Sometimes, 'safe and certain' might be the perfect place for our kids to be, but so much growth and the things that will enrich them will happen when they let go of the handrail, even if just for seconds at a time. Here are some ways to nurture their brave:

1. **Speak of their brave as if they're already there.** 'I know how brave you are.' 'I love that you make hard decisions sometimes, even when it would be easier to do the other thing.'
2. **Give permission for imperfection.** Failure and rejection are often a sign that you've done something brave. Every experience gives new wisdom that wouldn't have been there before.
3. **You won't always feel ready. That's why it's brave.** Let them know that it's okay to hang on while they're getting comfortable, but then there will be a time to let go, and it won't always feel certain
4. **Try something new.** Encourage them to do activities that push them to the edges of their physical or emotional selves
5. **Be the example.** Talk to them about the times you've pushed through fear, exhaustion, sadness, anger, to do the thing that was right for you.



# 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](mailto:camillaschoolcouncil@gmail.com).

### ***Our Next Meeting:***

May 21, 2024

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](mailto:CSSACamilla@gmail.com)

### ***Meet your CSSA Representatives!***

President - Lauren Whitson

Vice President - Penny Fisher

Treasurer - Megan Schwandt

Secretary - Carol Nelson

Casino Chair- Robyn Sheehan

Communications Chair - Kathy Paquette

Grant Chair - Open

Directors at Large - Deb Rowbotham

### ***Our Next Meeting:***

May 21, 2024

7:00pm

@ Camilla School

Everyone is welcome!







# CSC NEWS

## *Up-Coming Events:*

Calahoo Meats Fundraiser pick up - May 2nd at RQB arena from 2:30pm - 5:30pm

Book Fair - May 3 & 4

(collections begin April 22 at the school on the cart in the main entrance)

Volunteers needed May 2nd to help set up all the books in the arena.

A hot dog lunch will be provided for Grades 4-9 on May 21st for their Track and Field day. More details to come closer to the date.



# 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”

## *Fundraisers:*

Calahoo Meats Fundraiser - \$3415.00

Hot lunch profits to date - \$2,378.97

## *Recent Disbursements:*

March Grab -n-Go - \$103.91

Coffee Cart - \$23.99

Hall Rental (Book Fair) -\$200.00

Scoreboard - \$468.80

Replacement Jerseys - \$499.73

## *Positions to Fill:*

Grant Chair; this person is responsible for researching possible grants and filling in the required information. This person has a vote in the decisions we make as a whole committee.





## 41st Annual Used Book Fair & Plant and Bake Sale

**Where:** RQB Community Centre (Gym)

**When:** Friday, May 3 - 3 pm to 8:30 pm  
Saturday, May 4 - 10 am to 3 pm

We will accept books, DVD's, puzzles, and games, in gently used condition. *Please do not send in any magazines, encyclopedias, CD's or VHS movies.*

If you wish to **donate books**, please drop them off at Camilla School front entrance starting April 22nd.

**Any plants or baked goods** you want to donate, please drop them off at the RQB Community Centre (GYM) on May 2nd or May 3rd.



### PRICE LIST:

All Hard Covered Books: \$1.00

Paper Back Books: \$0.50

Children's Books: \$0.50

DVD's: \$1.00

Puzzles: \$1.00

Games: \$1.00

### CASH ONLY EVENT

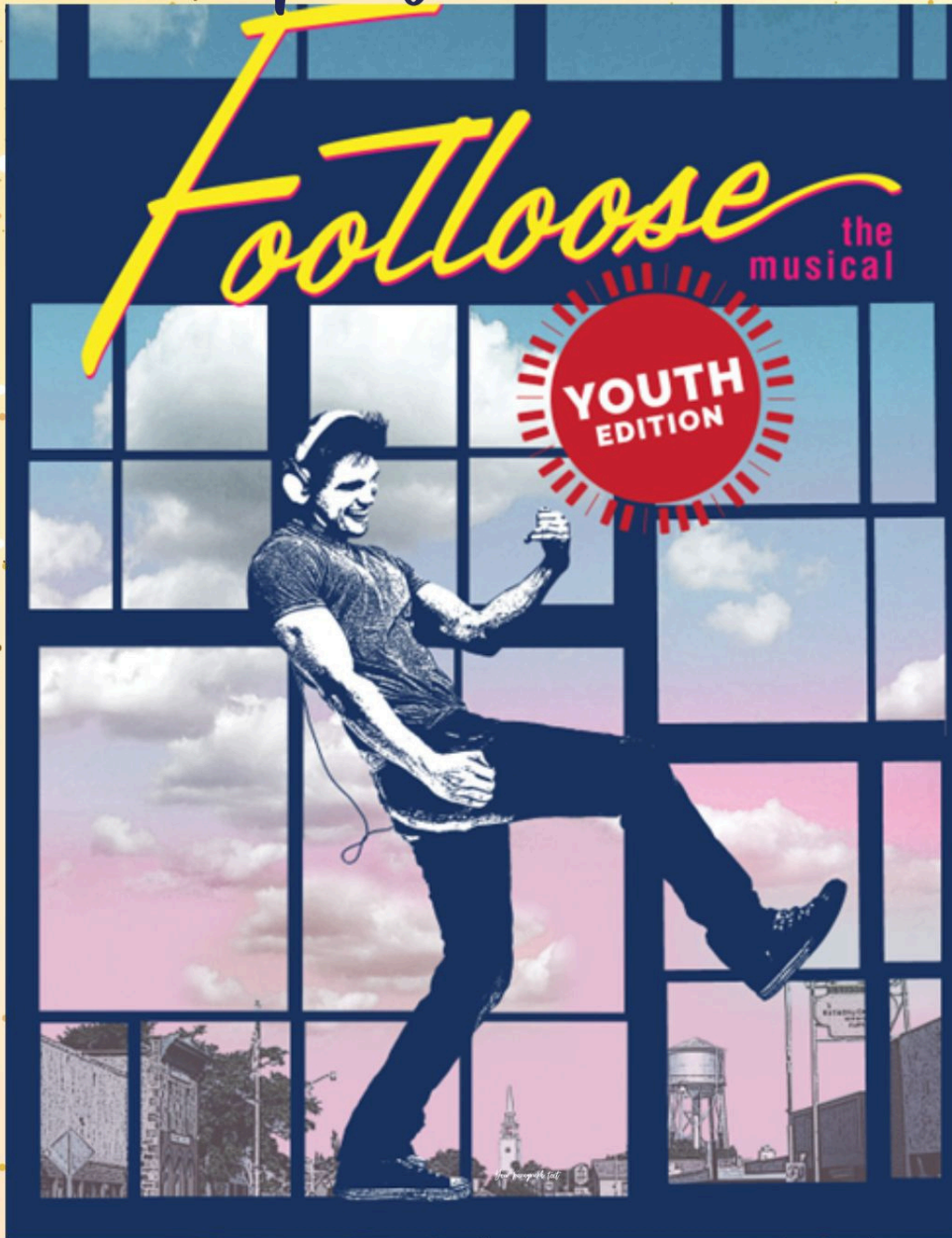
**All money collected goes to the  
Camilla School Library.**

**Thank you for your support.**





# Camilla School Presents



Stage Adaptation by  
DEAN PITCHFORD and  
WALTER BOBBIE  
Based on the Original  
Screenplay by Dean Pitchford  
Music by TOM SNOW  
Lyrics by DEAN PITCHFORD  
Additional Music by ERIC  
CARMEN, KENNY LOGGINS  
and JIM STEINMAN

"FOOTLOOSE: YOUTH EDITION is presented by arrangement with  
Concord Theatricals. [www.concordtheatricals.com](http://www.concordtheatricals.com)

**\$10 ticket**  
Scan Bar Code to  
Purchase

**Thursday May 9, 2024**

Morinville Community  
Cultural Center

Matinee 12:30pm

Evening Show 6:30pm

**Friday May 10, 2024**

Morinville Community  
Cultural Center

Matinee 12:30pm

Evening Show 6:30pm





# LIVE PROFESSIONAL WRESTLING

LIVE

LIVE

RADZ



ALL AGES  
FAMILY FRIENDLY  
FULLY LICENSED

PRESENTS:

# BATTLE IN THE BARRE



# MAY 24

DOORS OPEN:  
★ 6:00pm ★

SHOWTIME:  
★ 7:00pm ★

## The Riviere Qui Barre Community Centre

### 145A 26500 HWY 44, Sturgeon County T8R 0J3

#### TICKET INFORMATION:

5Yrs Under	6-12Yrs	ADULT ADVANCE	AT DOOR:
<b>FREE!!</b>	<b>\$10.00</b>	<b>\$20.00</b>	<b>\$25.00</b>

For Ticket's & Info Call Claude: (639) 471-7547  
Text Chris Moore for Info: (780) 265-1649 E-Transf: [rqbwrestling@gmail.com](mailto:rqbwrestling@gmail.com)

★ ★ ★ ★ ★  
SPONSORS





# Join Team Camilla for the 5/10 km Run & Walk! The school with the most runners or walkers will win free slushies!!!



**BREAK FREE**

5/10k Run & Walk

## Join the race to end domestic violence!

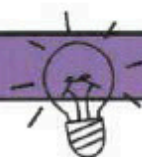


Jessica Martel  
Memorial Foundation

### SCHOOL PLEDGE PROGRAM

Register to run or walk at the Jessica Martel Memorial Foundation Break Free 5/10k Run & Walk on June 22, 2024 at Cardiff Park.

The school with the most registered runners or walkers will win free slushies per participant!



### HOW IT WORKS

1. Register and join the team of your designated school. **Team Camilla**
2. Invite friends and family to participate and register under your schools team.
3. Invite friends and family to make pledges. Every dollar helps! Complete pledge form. Prizes available for individual with the most pledges.
4. Show up on Race day, put your sunglasses on and be prepared to get blasted with water, colour and fun all in support of empowering families to end domestic violence.

### BLAST FACTS!

- Water & Color Stations
- Race Village Activities
- Inflatable
- DJ Beats
- Food Trucks
- Dog Friendly
- Prizes and More...

#### Race Kit Includes;

- T-shirt
- Medal
- Smoothie
- Breakfast Sammie
- Swag & more!

**\$40**

**Student Rate**  
(17 and under)

## REGISTER NOW!



**BREAK FREE**  
5/10k Run & Walk



[www.jessicamartelmemorialfoundation.com](http://www.jessicamartelmemorialfoundation.com)

More Information Email: [stacy.dieckman@jmmf.ca](mailto:stacy.dieckman@jmmf.ca)