



# Ochre Park Post



October 2022

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## Message from the Principal

We have had a wonderful start to our school year, with many events and activities happening in both our classrooms and our school. We have had amazing weather outside and that has added to the positive and joyous atmosphere in our students and staff. We welcome more of that same weather for as long as possible into the fall.

Our school has made a shift away from paper permission slips and forms. This move is consistent with the steps being taken by other schools throughout our school division. By moving to digital permission, not only can we be more efficient with the process, but we are also being more environmentally friendly. Parents will be sent a message when there is a form that requires completion. When they get this message, they simply need to go into the portal and complete the form. Please note that if you are doing this on your phone, you must open the portal through a browser and not using just the app. If you have any questions about the process, please contact our school office and we will be happy to help. Thank you for your cooperation and understanding as we work through this new process.

September involved several key events in our school. We hosted the Town of Redwater on Sept. 8 for our annual Community Registration / Meet the Ochre Park Staff Night. A special thank you goes out to the Town of Redwater for supplying a delicious beef on a bun meal. On Sept. 13, we hosted a free pancake breakfast to welcome all our students and staff back to school. We also had seniors and volunteers come to our school to help our students with the Borscht-making on Sept. 20/21. Students got to help the seniors prepare the vegetables. Some of these vegetables were grown in our planter boxes in the front of our school. Many students tried the tasty soup that was prepared. Our staff and students participated in the annual Terry Fox Run on Sept. 26. We were happy to be able to join with Redwater School for such a meaningful event. We had 11 students from gr. 4 participate in an SPS cross-country running event in Gibbons on Sept. 27. Well done to those who participated. We also celebrated National Truth and Reconciliation Week from Sept. 26-29. A variety of learning activities were held in classrooms, with the school week wrapping up with everyone being encouraged to wear orange shirts. We have also been holding several fire drills and lockdown drills to familiarize our students with the process should an emergency arise.

We are pleased to welcome Miss Shae-Lynn Onufrichuk to our school as a student teacher. She will be with us for the next 9 weeks and will be working with Mrs. Tchir in our 2T classroom. We have a number of key events happening in October, including Fire Safety Presentations on Oct. 12 and 20. School pictures are taking place on Oct. 18/19, so students are encouraged to bring their best and brightest smiles with them on these days. Our school will be hosting an Earth Ranger's presentation on Oct. 25 (1:30 start time) courtesy of Pembina. We thank them for supporting events such as these in our school. Stay tuned for more details as this day gets closer. We will close out the month with our Full Moon Frolic on Halloween Day.

At all times, we encourage our parents to communicate closely with their child's teacher. This makes for the most optimal learning experience for their children. Thank you in advance for being active partners in your child's education. Have a great month in October.

Mr. Anhorn,  
Principal



# What's Happening at Ochre Park

Fire Prevention Week—  
October 12-14



School Bus Safety Week—  
October 17-21



School Photos— Smart Photography will be in our school October 18 (all classes and K2) and 19 (K1 and those that missed the prior day)

## September House League Ice Cream Sundae Winners

Team Red- Brayden T.

Team Yellow- Gabriella S.

Team Blue- Scarlett K.

Team Green- Kierra K.

Team Orange- Grayson H.

Team Black- Harley

Team Grey- Brooke V.

## CONGRATULATIONS TO OUR STUDENTS OF THE MONTH FOR SEPTEMBER!

1G— OLIVER H.

1SL- TRISTAN H.

2B— LACEY S.

2T— GABRIELLA S.

3W— WYATT T.

4G— HUTCH T.

4S— SKYLER R.

EARTH RANGERS are coming October 25!!! The



Earth Rangers School Assembly is an inspiring, interactive presentation featuring live animals, games and trivia, captivating video content, and two enthusiastic educators who not only teach kids about the environmental issues our planet is facing, but empower them to take action.

A costume parade, spooky carnival games and yummy treats...OH MY! A staff and student favorite, our Full Moon Frollic returns on October 31! Details to follow from your child's teacher soon.



**Thank you Redwater Fossils and  
Rockets Adult Hockey team for  
your generous donation  
to our nutrition  
program!**



**A SPECIAL THANK YOU TO TAURUS  
PROJECTS GROUP INC., TAURUS  
PRESIDENT CLAUDE JEDDRY AND OCHRE  
PARK FINANCE MANAGER, ELANA LEVETT  
FOR PROVIDING OUR BUS STUDENTS WITH  
LANYARDS/KEYCHAINS IN WHICH TO KEEP  
THEIR BUS PASSES HANDY AND SAFE. THIS  
GESTURE IS GREATLY APPRECIATED!**

## Counsellor's Corner

It's hard to believe that September is gone. Where did the time go?

I would like to thank all the parent volunteers that participated in the Terry Fox run. Students really enjoyed this event and it would not have been the same without you!

Students need to know that it is ok to be angry. Too many times they get the message that they are not supposed to ever be angry. We teach that feeling mad is okay but acting out your anger is not. Parents can help their children to control their anger by helping them to identify their feelings and the physical reactions that their body is having, and then also helping them find a way to release their anger. For example: "Wow, I can tell you are getting really frustrated with your homework. I see that you are clenching your fists and breathing faster. Maybe it would help you to take a short break and then come back to try again." By talking to your child in this way you are naming their feeling (frustration), noticing how they are acting (breathing fast and clenching fists), and giving them a way to stay in control (take a short break to relax).

There are three important rules to follow in managing your anger:

1. Never hurt yourself.
2. Never hurt others.
3. Never break things.

As always, if you have any questions, please call me at the school

(780-942-2901) or e-mail [Jennifer.Geleta@sturgeon.ab.ca](mailto:Jennifer.Geleta@sturgeon.ab.ca)





**Daily arrival & Dismissal-** please remember that if you are dropping off your children or they are getting to school on their own, students should not be arriving before 8:35. Our school buses start letting children off the buses at 8:35 and that is when we have supervision in place. There is no supervision before this time. We are also asking children to refrain from playing on the playground equipment when they arrive in the morning as there is no supervision. After dismissal at 3:05, only children with parental supervision should be playing on the playground. Thanks for your help in keeping our children safe.



**Nut Allergies** Please be aware that Ochre Park School has students with severe NUT ALLERGIES. We ask everyone's cooperation to minimize the risks that these children face on a daily basis. Please TRY NOT to include any items containing nuts or nut

by- products in snacks or lunches sent to school. Thank You for your attention to this very important matter!



### Parking Lot:

Our staff numbers have recently increased to 30 people. This does not include OT's and other staff that come from the division. As there are only 21 stalls on the north side of the parking lot, the remaining 11 stalls along the sidewalk will now be reserved for staff only. New signage is now posted. Please refrain from parking in these stalls and instead utilize the drop off loop at the end of the parking lot to let your children out safely or park on the street. Thank you for your cooperation.

**Permission Forms:**  
All permission forms for student activities and excursions are now available to be signed electronically via the parent Powerschool portal. Please note that this has to be done on a web browser and not the app. If you need help accessing the parent portal, please call or come into the office.

**Volunteers Welcome!** If you wish to volunteer in our school, here are a couple things to know: 1. Please contact your child's teacher to arrange a day and time to come in. 2. A vulnerable sector check is required every three years. These are completed Tuesdays and Wednesdays at the RCMP station. Contact the school office for a letter to waive the records check fee.



# PICTURE DAY!!

Ochre Park School

## October 18th & 19th

Day 1: All Classes, K2    Day 2: K1 and those missed on day 1

### IT'S ALL ONLINE NOW!

View images and order pictures online at [SmartOrders.ca](http://SmartOrders.ca)  
Ordering information will be sent home with students on picture day.

A collage of student portraits and a logo for Smart Photography. The collage features several photos: a girl with long dark hair in a grey top, a boy in a yellow t-shirt with his arms crossed, a girl in an orange t-shirt with a butterfly design, and two girls in blue t-shirts. A circular logo for 'SMART PHOTOGRAPHY' is on the left, and a circular seal on the right says 'OWNED & OPERATED 100% ALBERTAN PHOTOGRAPHY & PRODUCTION'.

[www.smartphotography.ca](http://www.smartphotography.ca)

# Pancake Breakfast!



# Making Borscht!

Truth and Reconciliation Week

#everychildmatters

Ochre Park School

EVERY CHILD MATTERS



Terry Fox Run





# October SNACK MENU

## WEEK 1: OCTOBER 3-7

MON	YOGURT TUBE, FRUIT, GRANOLA BAR
TUE	CEREAL, HARD BOILED EGG, FRUIT
WED	YOGURT, BERRIES, CEREAL BAR
THU	FRUIT, CHEESE STRING, GRANOLA BAR
FRI	VEGGIES, HUMMUS, CRACKERS

## WEEK 2: OCTOBER 12-14

MON	NO SCHOOL
TUE	NO SCHOOL
WED	CEREAL, HARD BOILED EGG, FRUIT
THU	SMOOTHIE, CEREAL BAR
FRI	APPLES, CHEESE, CRACKERS

## WEEK 3: OCTOBER 17-21

MON	CEREAL, HARD BOILED EGG, FRUIT
TUE	YOGURT, BERRIES, CEREAL BAR
WED	MUFFINS AND MELON
THU	FRUIT, CHEESE STRING, GRANOLA BAR
FRI	CHICKEN SALAD, CRACKERS, VEGGIES

## WEEK 4: OCTOBER 24-28

MON	YOGURT TUBE, FRUIT, GRANOLA BAR
TUE	CEREAL, HARD BOILED EGG, FRUIT
WED	SMOOTHIE, CEREAL BAR
THU	APPLES, CHEESE, CRACKERS
FRI	POPCORN, FRUIT

## WEEK 5: OCTOBER 31

MON	CEREAL, HARD BOILED EGG, FRUIT
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**2% MILK AVAILABLE EACH DAY  
MENU SUBJECT TO CHANGE**





# October 2022



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
						1	
2	3	4	5	6	7	8	
					<i>Wear your Team Color!</i>		
9	10	11	12	13	14	15	
	<p><b>HAPPY</b> THANKSGIVING No School</p>	<p>PD Day</p> <p>No School</p>	<p>Fire Prevention Week</p>			<p><i>Crazy Hair Day!</i></p>	
16	17	18	19	20	21	22	
	<p><i>School Bus Evacuation Drill</i></p>	<p>Picture Day (K2, All Classes)</p>	<p>Picture Day (K1, Missed Students)</p>	<p><i>School Bus Safety Week</i></p>			<p><i>Wear you Team Color!</i></p>
23	24	25	26	27	28	29	
		<p>Earth Rangers Assembly!</p>			<p><i>Wear Orange and/or Black Day!</i></p>		
30	31						
<p><b>HAPPY HALLOWEEN</b> FULL MOON FROLIC!</p>							