



Ochre Park Post



December 2022

Phone 780 942-2901 Email opark@sturgeon.ab.ca

Message from the Principal

Winter appears to be here after several days of warmer weather. The recent snow and cool temperatures, that we knew would come at some point, are causing us all to bundle up a bit more. It is important for students to dress appropriately for the weather, complete with snow pants, winter jackets, boots, mitts and toques. As the snow begins to accumulate, our parking lot gets cleared and the snow is pushed into a pile on our playground. This area is assigned to one grade each day (gr. 1-4) to play on. We do require students to dress appropriately if they wish to play on this hill, as this is our best opportunity to help students stay warm and dry. We thank parents for their help and cooperation on this. Any students who don't have any of these winter pieces of clothing are asked to check with our school office to see if we may have any extras.

As many of you know, our school held parent/teacher interviews a few weeks ago. While these are important times to connect with your child's teacher, please do not think this is the only time you are able to connect with them. If you should have any questions or concerns at any time, we encourage you to contact your child's teacher. Teachers are continuously working with their students on a variety of knowledge, skills and abilities. Most students have now been tested on their reading levels and have been working with children to improve their abilities at their own level.

As we look ahead to December, I know that life generally gets busier for everyone. We have many events planned at school, including the Christmas store for students. A huge thank you goes out to our OP School Council for their help and financial support in making this event a success. It is taking place on Dec. 1 & 2, with the intent of catching any students who may have been away first thing on Tuesday, Dec. 6. Our annual '10 Days of Giving' will run from Dec. 6-19. We thank everyone for their support of this special project and for helping students experience the gift of giving. There are many very needy people in our community who will benefit from this project. We also have our annual cookie baking and decorating happening on Dec. 7 & 8. As part of our Generations United Project, seniors and helpers from our community will be present to work with our students on this fun and enjoyable activity. We thank our volunteers in advance for sharing their time with our students. We have received word that Santa will be visiting our school on Dec. 15 this year. A time will also be coordinated to accommodate K1 students. Our annual Christmas concert will be held on Tues., Dec. 20 @ 6:30 pm. We know how special this event is to our students and look forward to seeing them all perform. We are currently working on details for our students to go to the Senior's Lodge to perform on Dec. 22. Dec. 23 will be PJ Day in our school.

While we focus on a busy month with many activities happening across our school, our teachers will also be continuing to move the learning forward for their students. We do hope that all families are able to enjoy the festive season and all the wonderful events and activities that go along with it.

If anyone has any questions or concerns, we welcome you to please reach out to us and we will be happy to try and assist.

Mr. Calvin Anhorn
Principal
Ochre Park School

Ochre Park Happenings

December 2022-

2- Christmas Store

6-19- 10 days of Giving

7-8- Christmas cookie decorating

14-15- Santa Visit

20- Christmas Concert

22- Diamond Springs Lodge performance

23- PJ and Movie afternoon

January 2023-

New hot lunch Menu

Skating Excursions!

Grade 4 Curling
Excursions!

COURTESY TO OUR OP NEIGHBORS

We understand that parking is a challenge around our school at both drop-off and pick-up times. We have reached out to our Facilities Dept. at SPS Central Services and hope we are able to arrive at a solution going forward. In the meantime, we ask that you use kindness, patience and courtesy while parking around our school at these times by not blocking driveways and interfering with normal operations for our OP neighbors.

Your cooperation is greatly appreciated.

Thank you.

Calvin Anhorn, Principal

Ochre Park School



Thank you Ochre Park Parent Council and Society for sponsoring hot chocolate and a treat for our PJ and Movie afternoon!

CONGRATULATIONS TO OUR STUDENTS OF THE MONTH FOR NOVEMBER!

1G- ZANE A.

1SL- RUBY B.

2B- JACK P.

2T- HARLOW W.

3W- ZOEY S.

4G- DAVID H.

4S- LINCOLN C.

Special Thanks
to Wolf Mid-
stream

for their

generous

monetary donation to
Ochre Park's Nutrition
Program.



WOLF
MIDSTREAM

Counselor's Corner

Where has 2022 gone? This past year has been filled with fun and learning. We are looking forward to all the exciting opportunities 2023 holds.

Five Parenting Tips for the Holidays

1. Traveling with children can be a challenge, especially in this season of chilly weather and crowded airports. To make it easier, assemble an arts and crafts kit – crayons, paper, felt, markers, stickers, pipe cleaners, glitter-glue – in a sturdy box. Use the box to knock yourself unconscious.
2. Children crave routine, and find listening to the same stories repeatedly soothing. If you have grown weary of the holiday books, you have read your kid 7,883 times, try adding "dude" to the end of every line of dialogue.
3. For many families, gift giving is a major source of stress. This year, simplify your holidays and focus on creating lasting family memories.
4. Another fun low-cost gift idea is to exchange family coupons: Mom Does Your Chores, Breakfast in Bed, Stay up Late One Weekend Night, Take a Bath without Complaining. And don't forget to add the fine print – Offer Expires 1/1/23
5. Above all, remember: The holidays, like childhood, are supposed to be fun – and they will both be over before you know it! .

As always, if you have any questions, please call me at the school (780-942-2901).

Sincerely,

Mrs. Geleta



Pawâcakinisîsipisim

Pronounced: pah-wa chug-inah see see-pee-sim

Frost Exploding Tree Moon



December has arrived! A new month, and a new moon. This month's moon is called the frost exploding tree moon. This moon got its name from the process of the sap freezing in the trees. When the sap freezes it expands and causes the trees to crack. On a really cold night during this moon, if you listen carefully you can hear this cracking sound.

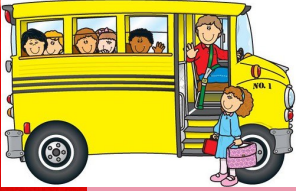
Traditionally as the weather is colder we spend more time indoors. This is a time to tell stories, pass on traditions, culture and spend time with those who are important to you. Do you have any family traditions or cultural practices you like to pass on during this season?

This month's challenge is to create a new tradition with your friends or family.



* MERRY *
CHRISTMAS

Created by: Indigenous School Counsellor Katie Holubowich



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.



Parking Lot Designated as Staff Parking Only

Please refrain from parking in the parking lot 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.



Reminder: We are a nut free school.

Medications and/or Medical Treatment

To keep our students and staff safe, strict Policies and Procedures are in place regarding medication and medical treatment at school for students. Sturgeon Public Schools recognizes that the administration of medication and/or medical treatment to students is the responsibility of parents, guardians and medical practitioners.

If a student must receive medication or medical treatment prescribed by a medical practitioner during the school day or during extra-curricular activities and the student is incapable of self-administration, the parent must request in writing to the Principal that the school store medication and medical treatment equipment to enable: student self-administration where appropriate (e.g. asthma inhalers); administration of medication and medical treatment. Written instructions must be signed by the parent/guardian and the physician. Non-prescribed medication shall not be distributed to any student enrolled in a Division school.

If you have any questions or concerns, please do not hesitate to contact the school. The Sturgeon Public School Division Policies and Procedures regarding Medication and Medical Treatment to Students can be found on our division website at <https://www.sturgeon.ab.ca/board/procedures/4724>.

As per Administrative Procedures II– School Board Governance and Operations, Section

255 Inclement Weather Decisions for Schools “ The lowest temperature at which students will be required to go outside shall be -25 Degrees Celsius including wind chill and as determined by the Weather Network. ” Going forward, please ensure your child is appropriately dressed for the weather. Also, if you have extra hats and mittens, the school will greatly accept them to loan to those students in need. For further information, please see the following link: <https://www.sturgeon.ab.ca/board/procedures/4609>

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 criminal records 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.



Snack Menu

WEEK 1- NOVEMBER 28- DECEMBER 2

Monday- Cereal, Fruit

Tuesday- Cheese, Crackers, Cucumber

Wednesday- Smoothie, Cereal Bar

Thursday- Veggies, Hummus, Crackers

Friday- Cheese String, Fruit

WEEK 2- DECEMBER 5- 9

Monday- No classes

Tuesday- Cereal, Fruit

Wednesday- Yogurt, Berries, Cereal Bar

Thursday- Popcorn, Fruit

Friday- Yogurt Tube, Fruit

WEEK 3- DECEMBER 12- 16

Monday- Cereal, Fruit

Tuesday- Smoothie, Cereal Bar

Wednesday- Muffins, Fruit

Thursday- Cheese, Fruit, Crackers

Friday- Yogurt Tube, Fruit

WEEK 4- DECEMBER 19- 23

Monday- Cereal, Fruit

Tuesday- Hummus, Veggies, Crackers

Wednesday- Popcorn, Fruit

Thursday- Yogurt, Berries, Cereal Bar

Friday- Apples, Granola Bar

*2% milk available





FRIDAY LUNCH MENU

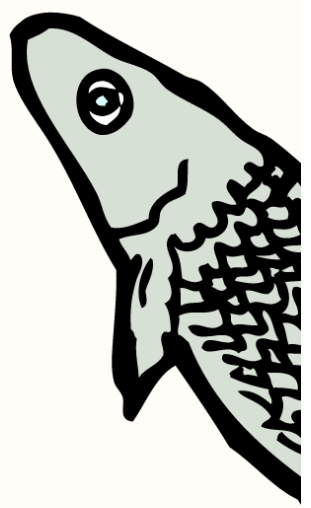


NOVEMBER 18

ONE FREE HOTDOG! (sponsored by Redwater Lions Club) \$ 0.00

NOVEMBER 25

Spaghetti and Garlic Bread (broken spaghetti noodles, homemade meat and veggie sauce) parmesan cheese (optional) \$4.00



DECEMBER 2

OCHRE PARK'S FAVORITE Taco Salad! (seasoned ground beef, lettuce, cheddar cheese, crushed tortilla chips) catalina dressing (optional) \$4.00

DECEMBER 9

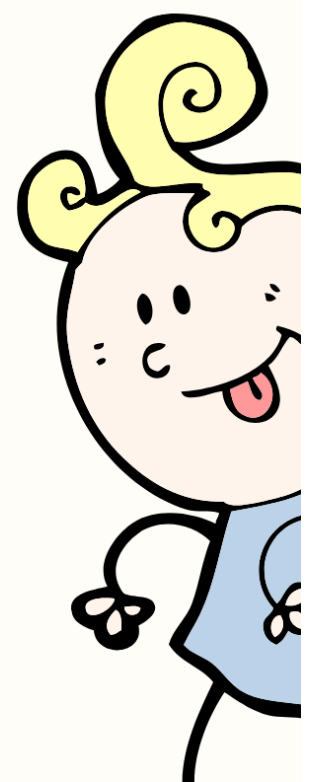
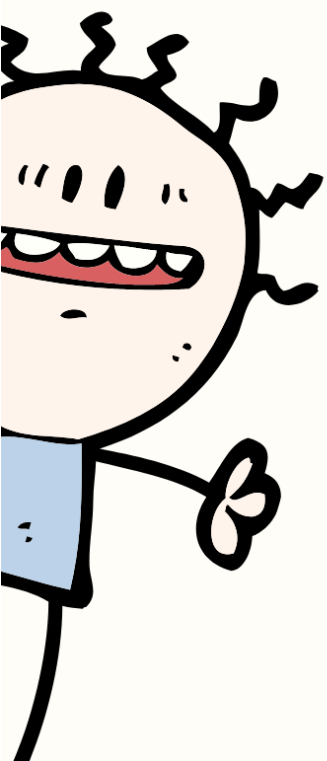
Burger Baron Pizza! choice of Pepperoni or Cheese \$2.50/slice

DECEMBER 16

ONE FREE HOTDOG! (sponsored by Redwater Lions Club) \$ 0.00

DECEMBER 23

Ham and Cheese Subs (shaved ham, cheddar and swiss cheese, lettuce, mayo, honey mustard) \$4.00



Disposable dinnerware used is 100% compostable.



December 2022



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	K1	2 3
				Christmas Store	Christmas Store	
					Wear an Xmas sweater or Xmas colors	
4	5	6	7	8	K1	9 10
		10 Days of Giving Begins- cereal, pancake mix, syrup	Day 2- peanut butter, honey, cheese whiz, jam Christmas cookie decorating	Day 3- canned soup Christmas cookie decorating	Day 4- toiletry items Wear your team color!	
11	12	13	14	15	K2	16 17
	Day 5- lunch items	Day 6- juice, coffee, tea	Day 7- canned veggies, meat, beans Santa Visit for K1!	Day 8- pasta, rice, pasta sauce Santa Visit!	Day 9- baking items Dress like a Christmas Character!	
18	19	20	21	22	K1	23 24
	Day 10- cash donations	Christmas Concert 6:30 pm 		Diamond Springs Lodge Concert	PJ and Movie afternoon	
25	26	27	28	29		30 31

Christmas Break!



Classes resume January 9, 2023

Say Hello to two of OP's pets, Kermit and Candy! They are fully aquatic African clawed frogs and have been living in our aquarium with our goldfish since the summer. They love to watch the students and will even interact with them by following them from one side of their tank to the other!



Hey Grades

1-4!

Would you like to learn how to curl? Junior curling starts

Monday, December 5 from 7-8:30 pm.

Bring a clean pair of shoes and a helmet. Brooms provided.
Only \$20.00 for the season.

