



Ochre Park Post



January 2023

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

Message from the Principal

Merry Christmas and all the best of the festive season to all our Ochre Park families. I would like to sincerely wish for everyone a wonderful break. The recent cold weather has reminded us about the importance of the simple things around us. The time we get to spend with family, friends and loved ones over the holidays is a special time of the year. We all get to enjoy special family traditions, wonderful food and hopefully lots of laughter and warmth. On behalf of our entire Ochre Park family, Merry Christmas to everyone!

We are happy to announce that we have an additional Educational Assistant who will be joining our Ochre Park staff beginning Jan. 9, 2023. Mrs. Lacey Gagne will be working in our 1G classroom to support a student. We are excited to have her join our team.

I'm sure we all hope for a break from the recent cold weather. Warmer weather allows children to get outside and play, which is a healthy piece for both mind and body. The warmer weather also allows adults to get outside, which is equally important to our mental and physical health. We have had many events in our school throughout December that have helped everyone get into the Christmas spirit. This last week has really brought a lot of that to fruition. Our Christmas concert was held on Tues., Dec. 20. It was so wonderful to see everyone in person, as we continue to be able to return to all the wonderful events that we have grown accustomed to in schools. Many of our current students have never had the chance to perform in a live Christmas concert, so this was an opportunity to create a 'new normal'. Thank you so much to everyone who helped make our concert such a huge success. Thank you also to our wonderful School Council for all their help and support selling tickets for the Couch Raffle and also coordinating the Silent Auction for the Oil Kings' tickets. Thank you to Rick's Oilfield Hauling for donating 3 sets of 4 tickets in a box seating area, complete with free dinner and free parking. The funds raised will help support the many programs our students participate in throughout the school year. Our gr. 3 class also coordinated the '10 Days of Giving' for our school again this year. Thank you to all our families who supported this worthwhile cause. We would also like to acknowledge the North Corridor Co-op for their generous support, who presented us a \$1000 cheque to be included in our contribution to the Redwater Food Bank. The donations will all be turned over to the Food Bank in early January, as they have indicated their shelves are often more bare at the end of the Christmas season. Thank you again to our gr. 3 class for their hard work in making this all happen.

In addition to all the great events leading up to the Christmas break, we will also return to many events in January. Our K-Gr. 4 students will be going skating during the first few weeks of January. Parents are reminded to enter the Powerschool Parent Portal and sign the permission slip. The fees for skating will go towards the cost of the ice and will cover some of our bussing costs. Since we were unable to go sing at the Diamond Springs Lodge in December, we have rescheduled it to Fri., Jan. 13 in the morning. We have heard how much the residents at the Lodge look forward to us coming and performing. We are equally happy to be able to go and perform for them. We are also looking forward to celebrating Family Literacy Week in our school from Jan. 23-27. Stay tuned for more information on these exciting events.

As we close out the 2022 calendar year, we sincerely hope everyone has a joyous break and is able to stay healthy and happy. We very much look forward to seeing everyone again on Jan. 9, 2023. Stay warm and stay safe:)

Mr. Calvin Anhorn
Principal, Ochre Park School

Ochre Park Happenings

New hot lunch forms were handed out to students the week of December 19-23. If you wish your child to participate, please complete the form and return to the school office along with your payment.

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

Counsellor's Corner

My wish is that everyone had a restful and enjoyable Christmas and were able to spend it with family and friends.

Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents over the lifespan. Anxiety specialists suggests that one of the best ways to reduce anxiety is to teach children that it is normal for everyone, and then face it. Some things that may increase a child's anxiety level are:

- New or unfamiliar situations
- Tests at school
- Speaking in front of people
- Changing schools
- Meeting new people
- Big events
- Being alone

Everyone has a fight or flight response. If a big dog is chasing us our worry kicks in and triggers our brain to leave the situation. If we are able to teach children that worry is an important part of them and sometimes it is needed to protect us, we can reduce anxiety levels.

As always, if you have any questions, please call (780-942-2901) or email me

Jennifer.Geleta@sturgeon.ab.ca) when it is convenient for you.

Sincerely,

Mrs. Geleta





Christmas Concert December 20, 2022





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.

KISEPÎSIM

Great Moon

Pronounced - Kiss - ee - pee - sim



Happy New Year and Welcome to 2023! This year is promising to be an exciting New Year filled with possibilities and hope. Traditionally, during this time and for the next few months, we experience the harshest weather of the year. This is a time where all living things require extra kindness and care to survive.

So far in our moon journey together, we have discovered that the Cree language is very descriptive. Words are chosen to create a picture in your mind. Each moon's name has been based on what we see happening on the earth around us. This explains why various groups of First Nations people have different names for the moons depending on where they are located. For example, in Eastern Canada where the Mohawk live, they call this moon TSIOTHOHRHKÓ:WA, which means BIGGER COLD MOON. If you could name this moon using descriptive language what would you call it? Once you have come up with a name for the moon, try doing some research to find all the different names for this moon. Have a beautiful month.





JAN/FEB 2023

HOT LUNCH MENU

January 13- Taco Noodle Casserole \$4.00

Seasoned ground beef, noodles and cheese in a creamy tomato sauce.

January 20- Cream of Potato and Mushroom Soup with Bun \$0.00

Baba's recipe! Sponsored by Redwater Lions Club .



January 27- Burger Baron Pizza \$2.50

Choice of Pepperoni or Cheese.



February 3- Perogies and Sausage \$3.00

3 cheddar and potato perogies sauteed with butter and a touch of onion, 3 garlic sausage coins, sour cream (optional).

February 17- Chicken Noodle Soup and Bun \$0.00

Chicken, veggies and hand-cut noodles in a homemade broth. Sponsored by Redwater Lions Club.

February 24- Lazy Lasagna \$4.00

Seasoned ground beef, spinach, cheeses and broken lasagna noodles in a tomato meat sauce.





January 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
Christmas Break						
8	9	10	11	12	K2	13
	Snack: Cereal and Fruit	Snack: Yogurt, Berries and Cereal Bar	Snack: Muffins and Fruit <i>Skating 2T, 3W</i>	Snack: Cheese, Crackers and Fruit <i>Skating 1G, 4S</i>	Snack: Cheese string and Fruit <i>Skating 2B, 4G</i> Mini Concert at Lodge	
15	16	17	18	19	K1	20
	Snack: Cereal and Fruit	Snack: Cheese, Crackers	Snack: Smoothie and Cereal Bar <i>Skating 2T, 4G</i>	Snack: Veggies, Dip and Crackers <i>Skating 1SL, 3W</i>	Snack: Yogurt Tube and Fruit <i>Skating 2B, 4S</i>	
22	23	24	25	26	K2	27
	Snack: Cereal and Fruit <i>Skating K1, 1SL</i>	Snack: Muffins and Fruit <i>Skating K2, 1G</i>	Snack: Yogurt, Fruit, Cereal Bar	Snack: Popcorn and Fruit	Snack: Granola Bar and Fruit	
29	30	31				
	Snack: Cereal and Fruit	PD Day No Classes				