



# Ochre Park Post

May 2023



Phone 780 942-2901 Email [opark@sturgeon.ab.ca](mailto:opark@sturgeon.ab.ca)

As our days get longer, we see the sun rising earlier and setting later. This often is refreshing for all of us each spring, as it often means we get to spend more time outdoors doing things we enjoy. Students at school are certainly enjoying their time outside, playing at recess and sometimes when their class goes outside. It is great to see students and all their energy, as it often energizes the adults around them as well. Our spring days at school have been full, and we have several events happening as a school over the coming months.

We are happy to welcome Marlene (Marly) Ranson, our new Call to Action Lead Teacher in Sturgeon Public Schools. She will be at Ochre Park School on Thursday's (and some Friday's) to help support students and staff in Indigenous knowledge and experiences. Her first day at Ochre Park is scheduled to be May 4.

We hosted some wonderful events over the past month. Just prior to spring break, our students connected with our seniors for paska-making. As part of our Generations United program, our seniors were able to come and work with all of our students, allowing each of them to be able to make their very own paska bread to take home. The paska was delicious! Thank you so much to our volunteers who were able to join us. We also hosted our annual Farm Safety sessions, which were virtual presentations put on by the Farm Safety Centre. We are currently in the process of preparing for our Family Dance, which is being hosted by our Ochre Park Parent Society. This event was formerly held each spring at Ochre Park School, but has not been possible for a few years. We look forward to seeing families come and join us for some fun and creative movement.

Our calendars for May and June are filling up quickly, with several events and field trips being planned. We will start the month of May off with our spring photos on May 1/2. The first week of May (1-5) is Education Week in Alberta, a week where we celebrate the importance of education and the remarkable things happening in Alberta schools. This year's theme is "Learning Uplifts All". We will celebrate 'Hats on for Mental Health' Day on Wed., May 3, so we invite everyone to wear a hat on this day. Our gr. 3 and 4 classes will be participating in a Walk for Water around our school on Thurs., May 4. We will cap this week off on Fri., May 5 with our Volunteer Tea. We will be participating in our annual School-Yard Clean-up on May 8 to help clean up our school and community. Our School Council is hosting 2 events on Internet Safety on May 16 and 29 (6-8 pm). These sessions are free for parents and will be led by the Saffron Centre. Please join us for these informative sessions. Sessions with our students will also be held on Tuesday, May 23. We will also be celebrating our Term 3 Awards on Friday, May 26. Stay tuned for more details on these and other events happening at Ochre Park School in May.

I encourage all of our parents to reach out to their child's teacher if they should have any questions or concerns regarding the learning of their child. Any questions about our school can be directed to our school office at any time.

I would like to wish everyone a wonderful spring and I look forward to many activities taking place across our school in the coming months. Thank you to all our parents for working with us to ensure we are able to provide the best possible education for our children.

Calvin Anhorn  
Principal, Ochre Park School

# Counselor's Corner

Hello,

Hope everyone has had a chance to get out and enjoy the spring weather!

May 3rd, 2023 is Hats On For Mental Health! Looking forward to seeing all the different kinds of hats students and staff will be wearing. In classes we have been discussing what mental health is and strategies to maintain good mental health.

## Physical Exercise for Brain Health

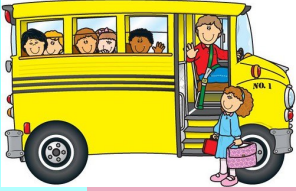
Physical exercise is not only important for your body's health- it also helps your brain stay sharp. Your brain is no different than the rest of the muscles in your body-- you either use it or you lose it. The benefits of physical exercise, especially aerobic exercise, have positive effects on brain function on multiple fronts, ranging from the molecular to behavioral level. According to a study done by the Department of Exercise Science at the University of Georgia, even briefly exercising for 20 minutes facilitates information processing and memory functions. Exercise increases your energy level, has been proven to help prevent a wide variety of health problems, and makes you happier!

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

Sincerely,

Mrs. Geleta





**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>.

Our school playgrounds are increasing in age and will need to be replaced in the future. These come with a large bill and therefore planning and collecting funds/grants for this needs to start as soon as we can. We would like to start a Playground Committee to do this work. If any parent's would like to be a part if this please contact Ochre Park Parent Council/Society . We would love some of the parent's with kids in the younger grades to be a part of this as it will take a few years to complete. It would not a large demand of your time, we just need to start finding some grants to apply for and getting companies to sponsor it. As we all know, a new year means new funds to spread out in the community from companies.

**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.



## Reminder

Register your Child for  
Kindergarten

Got It



Watch Your Child Soar to  
New Heights at Ochre Park  
School's Kindergarten  
Program

**CHILDREN BORN IN 2018 QUALIFY**

[www.ochreparkschool.ca](http://www.ochreparkschool.ca)  
780-942-2901



# HOT LUNCH MENU



May 5 (K2)- Famous Burger Baron Pizza! Choice of cheese or pepperoni. \$2.50/slice

May 12 (K1)- One free BBQ Burger and Potato Chips. Thank you to North Corridor Co-op for providing the burgers, Redwater IGA for sponsoring the buns and Redwater Lions Club for providing the chips.



May 26 (K1)- Ochre Park's Famous Taco salad! Seasoned ground beef, lettuce, cheese, crushed tortilla chips. Catalina Dressing, optional. \$4.00

June 2 (K2)- Free Perogies and Kubasa! Sour cream, optional. Thank you to Redwater Lions Club for Sponsoring this free lunch.

June 9 (K1)- Subway Kid's Pack, choose one 4 inch sub, cold cut, deli turkey or ham, one chocolate chip cookie, one juice box for \$5.50.



June 16 (K2)- One free BBQ Burger and Potato Chips. Thank you to North Corridor Co-op for providing the burgers, Redwater IGA for sponsoring the buns and Redwater Lions Club for providing the chips.

June 23 (K1)- Free Pasta salad and carrot sticks! Mrs. Hadden's summer specialty! Rotini noodles, ham, cheese, assorted veggies all tossed in a homemade creamy dressing. Thank you to Redwater Lion's Club for sponsoring this free lunch.



PLEASE REMEMBER TO COMPLETE THE ORDER FORM ONLINE BY MAY 2.

*It's time for*  
**Class Photos!**

Ochre Park School

**May 1st & 2nd**

Class Photos will be available  
online 4 - 8 weekdays after  
photo day.

**SmartOrders.ca**



*Bring your best smile!*



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T. 780-944-0800 TF. 1-877-838-0800  
**[www.smartphotography.ca](http://www.smartphotography.ca)**  
**[info@smartphotography.ca](mailto:info@smartphotography.ca)**



# You're invited!

Tuesday, May 16

6:00-8:00 pm  
at Ochre Park

&

Monday, May 29

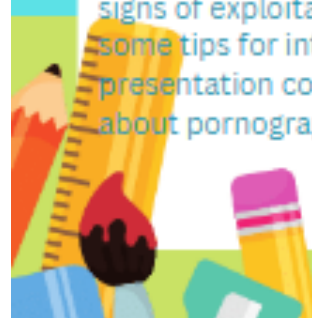
6:00-8:00 pm  
at Ochre Park

## Ochre Park Parent Council, Ochre Park School & the Saffron Center Present 2 Parent Information Sessions!

Tuesday, May 16th @ 6:00 pm-8:00 pm

### Cyberworld: What Happens When Youth Press Send?

The first half of the presentation is on Internet safety, beginning with tips on making screen time safe. We go through tips for making YouTube and Google safe as well as sharing some kid-friendly alternatives. We discuss the impacts of social media, review parts of the terms and conditions, and then go through popular apps – like TikTok, Instagram, and Snapchat -- and safe practices for them. We move on to talking about online gaming and some best practices for it, as well as discussing Discord as a communication platform and the emerging popularity of live streaming. We then discuss pornography and its impact on young people while providing some tips on approaching this conversation in a shame-free way. Following this, we discuss sexting, its consequences and legal implications, and the dangers of apps used to hide photos. We share some resources for further learning and some communication tips before moving on to the second part, which is all about responding to online child sexual exploitation. This section begins with a discussion on the rise of this crime in Canada since the start of the Covid-19 pandemic and works to define the issue and review the Criminal Code of Canada. We discuss the effects of online exploitation, and different techniques for stranger- and peer-perpetrated exploitation and work through an example conversation. We share some signs of exploitation and ways to communicate with youths on this topic. We end with some tips for intervention and a practice scenario to work through as a group. The presentation contains videos on the effects of social media, approaching the conversation about pornography, and the online child sexual exploitation process.



# You're invited!

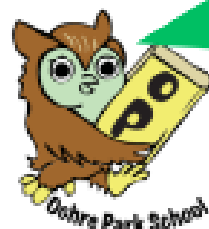
## Ochre Park Parent Council, Ochre Park School & the Saffron Center Present 2 Parent Information Sessions!

Monday, May 29th @ 6:00 pm - 8:00 pm

### Foundations of Connection: How to Communicate with Your Youth

The first part is on healthy relationships basics, so we go over boundaries, consent, and the characteristics of healthy and unhealthy relationships. We discuss abusive relationships and the cycle of abuse and spend more time discussing consent in detail. Next, we go over shame, its effects, and how we can minimize it in our conversations. This is followed by a discussion on rejection and how to talk about it. We then talk about pornography, its effects on developing brains and relationships, and how to talk about it without perpetuating shame. The topic shifts to sexting and its consequences, as well as a review of the laws surrounding non-consensual photo sharing. The second section is on parent-child relationships specifically and begins with some traits for healthy parent-child relationships at different ages. We discuss how to build a trusting relationship and go over tips for open communication. Next, we cover ways to talk about consent with different age groups before covering tips for handling conflict in relationships. We finish by going over some tips for talking to youths about healthy relationships, pornography, and sexting. The presentation includes video clips on communication, abusive relationships, consent, and talking about pornography with youths.

Babysitting will be  
available for both  
parent session







Dear Parents/Guardians:

Your teachers are excited to offer the opportunity to purchase quality standardized school supplies through School Start for the 2023/2024 school year. This process will save you both time and money.

YOU CAN ORDER ANYTIME; however,  
**THE EARLIER YOU ORDER  
THE MORE YOU CAN WIN!!!**

✓ ORDER by June 13, 2023:  
**BE ENTERED TO WIN A \$500 GROCERY CARD! x2**



✓ ORDER by July 18, 2023:  
**BE ENTERED TO WIN A \$1,000 CASH! x2**






✓ MISSED the above order dates? **IT'S OKAY! YOU CAN ORDER  
ANYTIME FOR YOUR CHILD'S BACK TO SCHOOL SUPPLY KIT!**

*\*Order by June 13, 2023 and you will be entered into both draws. Two winners per draw.*

Winners will be announced on our School Start Facebook and Instagram pages.

### 3 WAYS TO ORDER:

-  **ONLINE:** You can place your order online at <https://schoolstart.ca/>.  
Our site is best compatible with Firefox or Chrome.
-  **PHONE:** You can call our customer service centre at 1-800-580-1888 to place your order over the phone.
-  **EMAIL:** You can print and fill out the order form and return to our office via email to: [info@schoolstart.ca](mailto:info@schoolstart.ca).

### HOME DELIVERY:

The supplies will be packaged and delivered directly to your house. If you have a P.O. Box, please use your 011 address. Because the kit (s) are delivered to your home, you will have the ability to:

- ✓ Pre-label your child's supplies
- ✓ Add supplies to your order for home use or for your child in another school

*Thank you for your support!*

# sâkîpakâwîpîsim

## Leaf Budding Moon

Pronounced- Sah-ghee-pug-ah-wee-pee-sim



The leaf-budding moon is one of my favorites! The earth continues to wake up and become lush and green. We notice the buds on the trees appear and then transform into bright leaves that adorn the trees with color. The berries and flowers are starting to form, and we hear the playful chirps of birds playing outside. Bees are also very busy at work during this moon. Bees are extremely important because they pollinate plants and food crops! Bees teach us that all living things big and small play an important role in taking care of the Earth.

### Fun Facts About Bees

- 1) One honey bee makes less than 1 tsp of honey in its lifetime.
- 2) Bees are very efficient creatures. They use the hexagon shape in the hive to optimize storage and have no wasted space.
- 3) Bees have 5 eyes! There are 2 large eyes, and three smaller ones on the top of the head.



The challenge this month is to research how we can protect the bees!

Miyo Okâwîmâw-kîsikanisik

Happy Mother's Day!

Created By: Indigenous School Counsellor Katie Holubowich

# RCMP-GRC



ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA



## REDWATER OPEN HOUSE



**MAY 14, 2023**

**11:00AM-3:00PM**

**4811 58 ST, REDWATER, AB T0A 2W0**

This National Police Week the Redwater RCMP will be hosting a community BBQ and open house.

Please join us for some free food and the chance to meet the officers who keep our community safe.

There will be displays for:

Air Services

Collision Reconstruction

Forensic Identification

RCMP Safety Bear!

and more

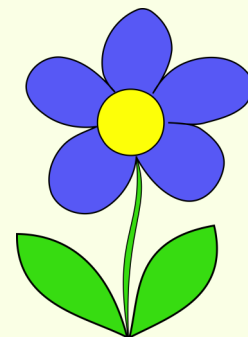
We look forward to seeing you!



Royal Canadian Mounted Police Gendarmerie royale du Canada



# May 2023



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	K2 5	6
	Cereal, Fruit  Spring Photos	Yogurt, Fruit  Spring Photos	Cheese, Crackers, Fruit  Hats on for Mental Health Day!	Veggies and Dip	Yogurt Tube, Fruit  Volunteer Tea  Moustache Day	
7	8	9	10	11	K1 12	13
	Cereal, Fruit	Popcorn, Fruit	Veggies and Dip	Muffins, Fruit 3W field trip	Cheese String, Fruit Jersey Day	
14	15	16	17	18	19	20
	Cereal, Fruit	Smoothie and Granola Bar	Yogurt, Fruit, Granola Bar	Cereal, Fruit	<b>PD Day No School</b>	
21	22	23	24	25	K1 26	27
	<b>Victoria Day No School</b>	Cereal, Fruit	Popcorn, Fruit	Cheese, Crackers, Fruit 4S and 4G field trip 1SL and 1G field trip	Egg Salad, Crackers Beach/Floatie Day Awards Assembly	
28	29	30	31			
	Cereal, Fruit	Yogurt, Fruit, Granola Bar	Muffins and Fruit			