



Winfield School News

Cultivating Excellence

December 3, 2018

Principal's Message

Thank you to all of the parents and guardians who attended Parent Teacher Interviews (PTI) in November. PTI is a time that allows parents, teachers, and students the time to celebrate successes and discuss possible future goals. As well, PTI strengthens the home and school communication that is so critical to student success.

Many thanks to the parents who so thoughtfully provided delicious meals on the PTI evenings! We really appreciated the fact that this meant that we had one less thing to do but many of you now had something extra to do. We thoroughly enjoyed the tasty dishes!

With the busy Christmas season fast approaching, I hope that you are able to relax and enjoy the time with your families.

Have a Merry Christmas and a Happy New Year!

Michele Ruff, Principal



Santa's Anonymous

Christmas is a time for family gatherings and gifts. However, some families may need extra support with food and gifts to celebrate Christmas. We have a box in the office for new unwrapped gifts or you can make a financial contribution if you wish. The box will be in the office area until December 14.

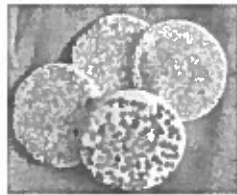
If your family is in need of a Christmas hamper, please contact Kandice Wynia at (780) 682-3856 or Lesley Addiaro at Buck Mountain Central.

Christmas Concert

The students have been hard at work practicing for the Christmas concert. This year's performance is called: **Santa's Holiday Playlist**. Many thanks to Mrs. Harden and her "elves" (Mrs. Bohning, Ms. Spiller and Mrs. Robinson) for all of their hard work behind the scenes!



On Thursday, December 20th the doors will open at 6:30 p.m. with the performance starting at 7:00.



On December 20th, at the Christmas Concert, parent council will also be hosting a bake sale. Please bring your money to buy delicious baking to support our students!

The Kit Kat Corner

Written by: Kiera Beriault and Keara Grover


Hello parents and students. The school held a Remembrance Day ceremony in the gym. Some students laid wreaths and some read poems that were very well thought out. The Grade 5/6 class also sang a song. Everyone took time to honour the fallen soldiers, the ones who served, and the ones who are still serving.

Picture retakes were this month and so were report cards. Teachers and parents were busy with interviews. Movie night was postponed for a week due to bad weather. The turnout for the movie *Incredibles 2* a week later was *incredible*.

Everyone looked comfy on Pajama Day. This is always a popular Theme Day with students and teachers. Thank you to everyone who is selling the 50/50 tickets to help support our school, and thank you to Parent Council for the hot lunches every Wednesday. November has been a very fun-filled month for Winfield Elementary School.



December 2018

 Sunday	 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Hot Lunch- Corn Chowder	6	7 PD Day-no school for students	8
9	10	11	12 Hot Lunch- Pendryl Pizza	13	14	15
16	17 Farm Safety Presentation	18	19 X-Mas Theme Day Dress rehearsal @ 1:00	20 ECS Classes Christmas Concert at 7:00 p.m./Bake sale	21 Last Day of Classes	22
23 Christma s	24 Holidays---	25 -----	26 -----	27 -----	28 -----	29 ----->
30 Christma s	31 Holidays to	1 January 6, 2019	2 -----	3 -----	4 -----	5 ----->

Today I'm grateful for my kids



WANTING THEIR WAY = BEING PERSISTENT



CLINGING TO ME = BEING AFFECTIONATE
AND CONNECTED



DEMANDING THINGS = BEING ASSERTIVE



NOT SITTING STILL = BEING ENERGETIC
AND JOYFUL



WHINING ALL DAY = COMMUNICATING
THEIR NEEDS



BEING LOUD = BEING EXPRESSIVE
AND CONFIDENT

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that you will love them...and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can make them feel seen and appreciated.



2 ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it. Pause and take a breath.
 - When frustration arises, use the helpful practice S.T.O.P.
- S- Stop what you are doing
T- Take a few deep breaths
O- Observe your thoughts and feelings as they are
P- Proceed with whatever you were doing before



3 KNOW THE "90-SECOND RULE"

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, it's gone in under 2 minutes!
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. "Mommy is feeling very tired and grumpy right now."



4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. It even changes the brain!
- Each time you're about to say, "I have to" to, replace it with "I get to."
- "I have to take my daughter to baller" versus " I get to take my daughter to baller".
- "I have to put him to bed" versus "I get to put him to bed."



5 APPLY GROWTH MINDSET TO YOUR PARENTING

- No one is born knowing how to parent. When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the feeling of your brain growing.



