



Uncie's Update

January

2019

Highlights

- Jan 15 - Hot Lunch
- Jan 16 - Pajama Day
- Jan 17 - Bus to Swim
- Jan 22 - Hot Lunch
- Jan 23 - PT Interview Bookings Open
- Jan 24 - Gr. 6 – Field Trip to the Alberta Legislature
- Jan 24 - Bus to Swim
- Jan 25 - Movie Night – 6:30 pm doors Open 7:00 pm movie
- Jan 29 - Hot Lunch
- Jan 29 - PAC Meeting 6:15 pm
- Jan 31 - Bus to Swim
- Feb 1 - Kindergarten Registration Opens
- Feb 1 - Snow Valley Field Trip Gr. 4-6



Principal's Message

Welcome back to all students, families and staff, and a Happy New Year to everyone in 2019!

Our Christmas Concert was a fabulous way to end the calendar year, and the spirit of giving with our overflowing boxes of donations for the Strathcona Christmas Bureau was once again overwhelming.

Thanks again to our parents, grandparents and extended families for helping us meet the Fire Code Safety Regulations and distributing audiences between the morning and evening concerts! It worked great with approximately 300 attendees in the morning, and 420 in the evening.

At this time of year we look forward to providing our students with physical activities that will encourage lifelong activities, such as downhill skiing for grades 4 – 6 students, and cross country skiing at Strathcona Wilderness Centre for the grades 1 – 3 students. The Bus to Swim program has begun its second term in January, and our Running Club will begin preparations for the Running Rooms Games held at the Butterdome!

Alberta Education will be mailing out their annual Accountability Pillar survey in the month of January for grades 4, 5, and 6 parents, and then in February those students will be surveyed online at school. Please participate in these surveys as they give us good feedback and inform our practice at Uncas School!

Scheduling will be open on January 23rd for our second round of Parent/Teacher/Student interviews via schoolinterviews.ca. Specific 'how to' instructions will be on our website.



From The Library

I hope everyone had a great holiday, full of good times and good books!

Our book fair is coming next month, so mark your calendars! The fair will be open from February 4th-6th, with late open hours during Parent/Teacher interviews.

Our school library is moving towards become a space for hands on learning, creating, and problem solving. One of the ways we are doing this is by creating maker space activities, which give children the chance to develop creative solutions to problems. Leading up to Christmas, we did such an activity by creating Christmas trees that needed to stand up on their own and pens to keep Santa's reindeer from getting loose!

To continue to create these activities, our library is seeking donations of crafting material and recyclables to use in future maker space activities. One specific material we need for a future activity is corrugated boxes. If you happen to have such material and are willing to donate, then contact the library at lucie.gamache@eips.ca or by contacting the school.

Thanks and happy reading!!

Miss L. Gamache

Uncas Out of School Care

Uncas Out of School Care now provides 11 month child care. The Centre is open on all regular school days and school closure days.

Starting in 2019 the centre will operate only in August during the summer break. The centre will be closed for the month of July.

The program also provides full time care for Kindergarten children from 7:00 a.m. to 6:00 p.m. including non-school days.

For more information please call Anna at 780-297-0023 or email to a.m.groszek@gmail.com

News from the Counsellor Happy New Year!

With the dawn of technology, it can be overwhelming to determine where to start when searching for current and valid health information.

Myhealth.alberta.ca is an excellent site to obtain information for various health topics such as:

- ✓ Developmental Timeline Tool: Stages and milestones for children and teens
- ✓ Health A to Z: Common health topics by age
- ✓ Information regarding medications, disabilities, health by gender; including men and women's health
- ✓ Extensive links to various topics such as: healthy eating, asthma or depression in children and teens, drug information, family violence, Alzheimer's awareness, heart disease, cholesterol, etc.

For further information, please visit: <https://myhealth.alberta.ca>



Starting January, 16th, Strathcona County is offering free drop-in skill building session for parents and caregivers. Each week a different parenting topic will be explored with the focus on strengthening parent-child connections and building skills/strategies to use at home. Topics include anxiety, stress, and moving through family restructuring.

More information is included in our newsletter and registration can be done at <http://www.strathcona.ca/parentsupport> or by calling: 780-464-4044.

Last, I wish everyone at Uncas a wonderful year ahead. Please do not hesitate to call, email, or stop by my office.

Dianna Graziano
School Counsellor

Skill Building for Parents Drop in group

Learning and practice strategies with other parents around various parenting challenges. Build on your strengths and learn new skills to support you, your children and your family and continue to enhance your connections.

Topics offered:

- Anxiety & stress
- Boundaries and setting limits
- Connecting with your child
- Emotional regulation
- Healthy Relationships
- Navigating change

When: Tuesday's starting
January 15, 2019

Time: 6:00 p.m. to 7:30 p.m.

Where: Family and Community Services, 200, 501 Festival Ave. Community Centre

For: Parents and caregivers of school aged children. **Cost:** Free

Drop in and new participants are always welcome.

Parent Information Sessions

Create the tomorrow you want and build resiliency by learning new skills, using tools and strategies, and making supportive connections. These session will provide information on various parenting challenges and give opportunities to practice new skills within a group setting.

Anxiety

Date: Wednesday, January 16, 2019

Time: 6:00 p.m. to 7:30 p.m.

Location: Family & Community Services, 200, 501 Festival Ave

For: Parenting & caregivers of school aged children

Cost: Free

Stress

Date: Wednesday, February 13, 2019

Time: 6:00 p.m. to 7:30 p.m.

Location: Family & Community Services, 200, 501 Festival Ave

For: Parenting & caregivers of school aged children

Cost: Free

Moving Through Family Restructuring

Date: Wednesday, March 20, 2019

Time: 6:00 p.m. to 7:30 p.m.

Location: Family & Community Services, 200, 501 Festival Ave

For: Parenting & caregivers of school aged children

Cost: Free

Register at:

www.strathcona.ca/parentsupport or call 780-464-4044



Healthy Children

January 2019 Parent Newsletter



Is Tooth Decay a Disease?

Tooth decay is the most common chronic disease of children. In fact, it is more common than obesity, asthma, and diabetes. The impact of tooth decay can have life-long effects. Tooth decay can cause pain and infection, as well as limit a child's ability to eat, grow, learn, play and attend school.

The good news is that tooth decay is preventable! To help your child prevent tooth decay:

- Eat more fruits and vegetables, and limit foods and drinks with added sugars.
 - Drink tap water with fluoride, where available.
 - Visit a dental professional regularly.
 - Ask your dental professional about fluoride treatments and dental sealants to help protect your child's teeth.
- Brush two times a day with a fluoride toothpaste and floss daily.

➤ For more information about oral health and oral health services, visit www.ahs.ca/oralhealth. For information about dental care for low income Albertans look under the Related Resources tab.

Articles

Is Tooth Decay a Disease?

Relaxation and Your Child

Bacteria are becoming more resistant to the drugs we treat the disease with (antibiotics). Vaccination decreases the impact of this by preventing people from becoming infected with those resistant germs. Vaccination also means we don't have to treat people as often with antibiotics. For more information visit <http://www.who.int/bulletin/volumes/86/2/C7-010383/en/>



To find an electronic copy of this newsletter visit www.ahs.ca/csh

Inclement Weather

With the winter season well underway, we want to remind parents to dress children appropriately for the weather when getting ready for school or the bus. The weather often changes unexpectedly throughout the day, so please select suitable outerwear and ensure your child is prepared for changing conditions.

If inclement weather conditions occur, Elk Island Public Schools (EIPS) will advise parents of any bus cancellations using various communications tools including: automated-telephone messages, alerts posted on www.eips.ca and school websites, Twitter, Facebook, local radio stations, and on Versatrans My Stop.

Decisions regarding bus cancellations are guided by EIPS administrative procedures that states: "school bus service may be suspended when...Environment Canada reports a temperature of -40 C." Other reasons for suspending or delaying school bus services include adverse weather and poor road condition.

When school bus services are suspended, schools will remain open to students. EIPS believes parents have the right and responsibility to make choices for their children based on their beliefs and perceptions of safety during times of inclement weather.

For more information, contact EIPS Student Transportation at 780-417-8151.



Kindergarten Registration Starts Soon!

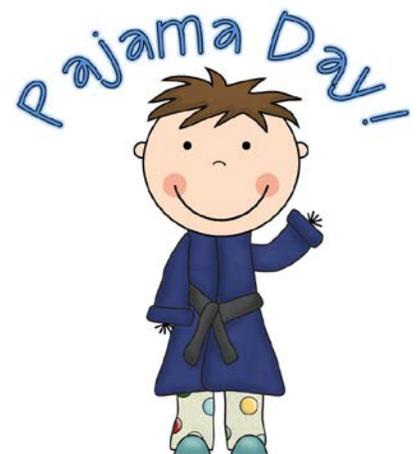
Is your child turning five on or before Dec. 31, 2019? If so, it's almost time to register for kindergarten.

Kindergarten registration opens for the 2019-20 school year on **Feb. 1, 2019**. Details are available at www.eips.ca/registration/kindergarten.

To help families prepare, Elk Island Public Schools has put together an online toolkit—available at www.eips.ca/kindergarten—to make the transition as smooth as possible. The kit includes information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Additional information regarding kindergarten can be found on our school website at www.uncas.ca

Kindergarten



Wednesday, January 16

Another way to stay connected: Follow EIPS on Twitter and Facebook

With 42 schools and close to 17,150 students there's a wealth of events, activities and stories taking place across the Division every day. You can find these stories and more by following Elk Island Public Schools on both [Facebook](#) and [Twitter](#). Each use the combination of news articles, videos and photograph that showcases the latest news, updates, events and alerts taking place across the Division.



Plus, if you're a member of an EIPS school community and want to share in the storytelling, simply tag the Division using the hashtag #EIPS.

Stay in the loop, follow EIPS on [Facebook](#) and [Twitter](#)



NOTE: The Division Facebook and Twitter accounts are managed by EIPS Communications Services. The account is updated and monitored intermittently during regular office hours from 8:30 a.m. to 4:30 p.m., Monday to Friday. The Division welcomes feedback and ideas from followers but does ask everyone interacting on the EIPS Facebook page to be respectful. Personal attacks and offensive language will not be allowed and may be deleted.

Returning Student Registration for 2019-20

Elk Island Public Schools (EIPS) will once again conduct an online returning student registration process to confirm student registrations for the 2019-20 school year. Families of all returning students will need to complete this process to confirm the school their

children will attend for the 2019-20 school year, and to request to attend a non-designated school, if applicable. Returning student registration will take place at the same time as all registrations for the 2019-20 school year: **Feb. 1-28, 2019.**

Access to the Returning Student Registration Form is provided through the PowerSchool Parent Portal. If you don't have a PowerSchool Parent Portal account, you will need to set one up **before Feb. 1, 2019.**

To create a PowerSchool Parent Portal account:

Go to:

1. <https://powerschool.eips.ca/public/>
2. Click the button labelled, "Create Account."
3. Enter the parent or guardian information. Each account must have a unique email address and username—only one parent account is required regardless of the number of children you have attending EIPS schools.
4. Create a username and password of your choice—you'll need both the username and password to log in to your PowerSchool Parent Portal.
5. You must have an Access ID and Access Password for each student that is added to your account. **Contact your child's school to obtain this information.**
6. Press "Enter."

If you have any problems setting up the PowerSchool Parent Portal account, contact your child's school for further assistance.

**EIPS 2019-20 Division Calendar:
Now available!**

The official 2019-20 EIPS calendar is now available online. The calendar includes important dates during the 2019-20 school such as school-closure days; breaks; the first and last day of classes; professional learning days; and early dismissal days.

Highlights from the 2019-20 EIPS calendar include:

- September 3 First day of classes (after long weekend)
- November 11-15
November break
- December 23 to January 3
Christmas break
- January 31
Second semester begins
- February 6-7
Teacher's convention
- March 30 to April 3
Spring break
- June 26
Last day of classes
- June 29
Schools close for the
Summer break

To view the 2019-20 calendar, visit www.eips.ca. Also available online: the current school calendar and the 2020-21 calendar.

**Did you know you can sync the
Division calendar to your own
personal calendar?**

You can. Simply, visit www.eips.ca/calendar and click on "subscribe to calendar." It's that easy.

**Movie Night
Small Foot**

Friday, January 25, 2019

Doors open at 6:30 p.m.

Movie starts at 7:00 p.m.

