

Sangudo Community School

○ 28

○ APRIL

○ 2023

Message from the Principal

Another busy month has come and gone here at SCS. Our newly elected Student Council organized and put on a great Easter Egg Hunt for all SCS students. Special thanks to our Parent Association for supplying special treats for all students. Our Parent Association also supplied all staff and students with a delicious Easter Dinner. Thank-you so much to all the volunteers who help promote a sense of community and belonging within our school.

I would like to congratulate all of our students who participated in the GCAA Badminton finals in Whitecourt on April 24. Thanks to Mrs. Reid and Mrs. Erickson for volunteering their time to help coach these athletes. We also had some of our students in junior high join the MHS Team Handball teams and attended the Provincial tournament in Sherwood Park on April 21 and 22.

Our Grade 9 students visited MHS on April 25th to participate in the Party Program. They all learned some valuable lessons and were excellent ambassadors for our school.

A few of the upcoming events for May include: junior high students attending Skills Canada at the Edmonton Expo Centre, students in grades 4 - 9 will be participating the Pembina Eco Buffer, volunteer tea and dessert theatre. As well, track and field will be starting for all P.E. classes and this will prepare students to compete at the end of May in the GCAA track meet.

It will be a busy last couple of months at SCS. If you have any questions always remember to stop by in person or contact me through email or phone.

Acting Principal
Mike Tavaroli

We're on the Web!

sangudoschool.ca



Northern Gateway
Public Schools

SCS Badminton Team

The Badminton Team had a great time up in Whitecourt on April 11th for the Day of Badminton and again on April 24th for the GCAA tournament. We are so proud of how hard the players worked to improve this season. We brought home Gold Medals and Silver Medals in the Junior Girls Doubles, congratulations to Nova Cole, Peyton Harapchuk, Emma Lovich and Cheyanne Lawrence. Julian Wegewitz made it to the semi finals in the Senior Boys Singles.

Great job everyone!





Sangudo Community School is now accepting Kindergarten Registration for the 2023-2024 School Year

If your child will be 5 by December 31, 2023

Kindergarten Registration forms available online at the Sangudo
Community School website or NGPS website

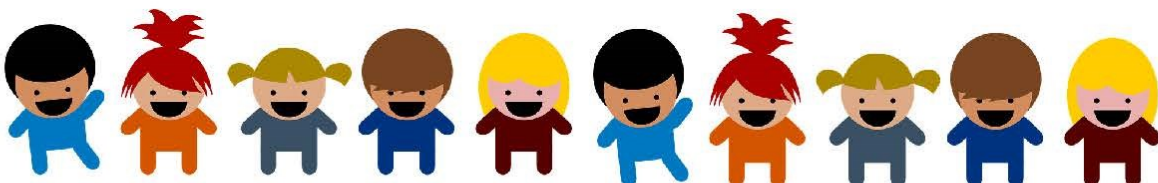
Forms can also be picked up at the office

Please contact the school as soon as possible if you intend to
register your student with Sangudo Community School

780-785-3431

***** A copy of your child's birth certificate is required.**

**As well, proof of residence for example utility bill with your
legal home address (blue sign or street address)**



BEING THE CALM

If there is anything that all parents have in common is an insatiable desire to protect our children. It is an instinct unlike no other. Just a quick scroll through the news or social media instills an unfathomable fear of impending risk to our children and with that fear is a deep knowing that there is literally nothing we would not do to protect them.

When frightening things happen in the world, or even in our community, we are often torn about what to say and how much information to share to reassure our children that they are safe.

Honesty is **ALWAYS** best. Stick to the **facts** and what we know to be true. Consider the **age** and **maturity** level of the child. Not every child can handle all the details of every scary or stressful situation.

In 24 years of crisis and trauma work with families, the most common needs I hear children express:

Am I safe?

Can I trust the adults in my life?

When can things go back to normal?

How we discuss frightening situations with our children can impact their beliefs about the world we live in. Will we focus on fear and all the bad things that COULD happen? Or will we focus on the good people who are working at keeping the world safe? As the safe adults in our children's lives, our message should be: scary things may happen in this world but together, as family, school, community, we are strong enough to handle it.

WHAT CAN WE DO TO CREATE CALM FOR OUR CHILDREN?

We can point out the good we see everyday, particularly amidst a crisis: look for the **heroes** and the **helpers**; look for **kindness**, **bravery** and **courage**.

We can remind our children that most people are **good** and **kind** and have no intention of hurting them.

- ◆ We can monitor the amount of negative news and social media we ingest as a family.
- ◆ We can take time to self-reflect about our own feelings and behaviors. We are the models for our children and they will follow our lead.
- ◆ We must ask ourselves: are we adding to the stress or are we creating calm?

- ◆ We can ensure that our words match our behaviors. Are we saying to our children that everything is okay and not worry, yet they watch us cry or act angry? If our children do hear our voice tremble or see tears, it's important we are comfortable with our emotions and concerns, then explain our feelings AND reassure them we love them and will support them always.
- ◆ We can be sure to keep the focus on our children's feelings and not to make stressful situations about **US**.
- ◆ Most importantly, as parents, our children need to know that we are **always available** to them, **check in with them often** and **answer** their questions honestly and appropriately.

If you find your feelings of anxiety and fear do not go away, access professional and community resources. Kids's Help Phone www.kidshelpphone.ca/resources-around-me or call 1-800-668-6868, Mental Help Line 1-877-303-2642 or crisis support www.alberta.ca/individual-family-crisis.



This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to encourage success in school. Tammy advocates for students and provides a link between the student and other supports within the community. Tammy has been a social worker for over 24 years and is a mother to 4 children.



PowerSchool Parents and Students have access to real-time student information via the PowerSchool Mobile app, creating better communication, collaboration, and success within a child's learning experience.





May 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5	6
	Gr 9 Information Meeting at MHS 7:00 pm	Hats On For Mental Health Gr 6 to 9 Field Trip	Flower Fundraiser Delivery	Anything But A Backpack Day Hot Lunch		
7	8	9	10	11	12	13
	Picture Orders Due	School Council Meeting, 5:00 PM PASS Meeting 6:00	Volunteer Tea	Sangudo Day No 18 Classes Grade 5&6 Day of Badminton	Day in Lieu of PTI No Classes	
14	15	16	17	18	19	20
Mothers Day	Gr 9 PAT - ELA Part A	Victoria Day No Classes		Dessert Theatre		
21	22	23	24	25	26	27
	PD Day - No Classes	GCAA Track Meet				
28	29	30	31			

