



PART OF THE PACK

The Wolves' Howl

October 2017

Principal's Message

October has been an extremely busy month with soccer tournaments, concerts, FSA exams, fire safety week and book fair, just to name a few. With all these things going on, the month flew by.

With Halloween just around the corner, we would like to remind you that school lunches should be healthy, so please do not include candy in your children's lunches.

Starting in November, students will be starting to practice for the Christmas Concert, which will take place on December 20th. Please mark your calendar now for this major event.

Ms. L. Ehman



IMPORTANT DATES

Monday, October 30 – 1:00 – Elk River Trail Official Opening Ceremony

Tuesday, October 31 – Halloween – please come dressed in your costume

Friday, November 3 – Picture retake day

Monday, November 6 – PAC meeting at 6:00 pm – everyone welcome

Friday, November 10 – Remembrance Day Service @ 10:55 (high school)

Monday, November 13 – Holiday in lieu of Remembrance Day

Thursday, November 23 – Hot lunch day; Mrs. Pettifor's last day!

Friday, November 24 – No School

INTERVIEWS

On behalf of all the teachers, we would like to thank the parents who attended their child's interviews or open houses the past two days. Research states that students are more successful in school when their parents are involved in their education. We at FJM, believe that we are a team and welcome your questions and concerns in regards to your children. Our door is always open.



FACEBOOK

Facebook is a fabulous tool that we at Frank J Mitchell use to get information out to parents quickly as a reminder of upcoming events, in addition to both the monthly newsletter and correspondence from your classroom teachers. We welcome positive comments but we remind you that this is not a forum for discussion. If something you read on Facebook raises concerns, please contact the administration at the school so that we can address your concerns properly. Thank you for your cooperation.

FISHING CLUB

Mr. Cullins, Mr. Lund and Mrs. MacCormack will be starting a fishing club with students in the upper grades at school Fridays at noon. If anyone has any fishing rods, tackle boxes or tackle, that are not being used please consider donating them to the school for this worthwhile activity. Thank you in advance for your generosity and support.



BREAKFAST CLUB



FJM would like to thank Cummins for their generous donation to our breakfast club. It is with this type of community support that Mrs. Hutchinson and Mrs. Teslak are able to offer the breakfast program to students in the school. Thank you to all involved for getting our student's day off to a great start.

DEAR DAY



Monday, October 23 was National DEAR Day (drop everything and read).

At 2:30 all the classes stopped what they were doing in the classroom and read till the end of the school day. Reading....a great way to end any day!!!

ART STARTS

On Thursday, October 19 the school was entertained by a one-woman circus show. Sand, the clown, showed her skills at riding a unicycle, juggling, balancing and providing comedy to the entire school body. She was a very



engaging entertainer who involved the students by teaching them her skills along the way. It was a great performance and enjoyed by all.

HOJA

Thank you to the PAC for organizing the HOJA concert. HOJA is an acapela group with a strong message to get involved, practice and never give up on your dream. The students were thoroughly entertained by the group and sang and danced along. A huge thank you to Mr. Cullins and Mrs. Podrasky for being part of the show.



SOCCER



Wednesday, October 11, the boys' and girls' soccer teams travelled to Fernie for the Valley Tournament. During the day, the students experienced every season of weather but had a great time!! The

boys' team came in First Place and the girls' team tied for Second Place. Great job to all team members on a job well done and for representing Frank J Mitchell so well. We are proud of you all! A huge thank you to the coaches... Mr. Fischer, Mr. Domin, Mrs. Chardonnens, and the student coaches Kourtney Holberton and Kailee Campbell... for all their hard work coaching our students this season, we couldn't do it without you!!

BOOK FAIR

A huge thank you to the PAC for an amazing book fair. The students were able to purchase books of their choice while benefitting the classroom teachers with books for their reading programs. It was truly a Win-Win for all.

FIRE SAFETY WEEK

October 9-13 was Fire Safety Week! To help our students learn about the importance of fire safety, the



kindergarten students visited the Fire Hall in the morning learning about fire plans, stop, drop and roll and not to play with matches. All Kindergarten students were driven back to the school in the fire trucks.

In the afternoon, the fire department came to the school and presented to all the Grade 1 – 3/4 classes. They learned the skills necessary to save their lives and be fire smart. After the presentation, all the students went outside to inspect the fire trucks. This was a fun way to learn the skills around fire safety.

Thank you to Chief Dean and all the other fire fighters who shared their knowledge with our students.

PROFESSIONAL DEVELOPMENT

Throughout the school year, school staffs receive seven days of Professional Development. These days are extremely valuable to the staff as they learn new techniques for teaching and supporting the students in their care. Some of these days are organized by the School District in which we come together to work on District goals and some of these days are organized by the schools to work on school goals. No matter who organizes these days, they are all very worthwhile for teaching staff to learn how to better help your children.

The school's next Professional Development day is Monday, December 4th.

ROOTS OF EMPATHY PROGRAM

This year, I have the pleasure of facilitating the Roots of Empathy program in Ms. Jones' Kindergarten class.

Roots of Empathy is an evidence-based program that has shown significant effect in reducing levels of aggression and bullying among school children by raising social/emotional competence and increasing **empathy**. When children are empathetic, they include others because they understand what it feels like to be left out and become tolerant to one another's differences. Students develop self-regulation, resilience and well-being. This program allows children to learn about responsible and positive parenting at an early age.

The program reaches elementary school children from Kindergarten to Grade 8 and in Canada is delivered in English and French and reaches rural, urban and remote communities including Aboriginal communities. The Roots of Empathy program is also delivered in New Zealand, the United States, Isle of Man, the Republic of Ireland, Northern Ireland and Scotland and has reached over 800,000 students since 1996.

At the heart of the program, are an infant and parent from the community who visit the classroom for each theme. In this experiential learning, the baby is the "Teacher" and the children learn as the baby grows and changes and learns. The students witness the interaction between mother and child.



There are 27 classroom sessions and nine themes. These themes are:

- Meeting the Baby
- Crying
- Caring and Planning for Baby
- Emotions
- Sleep
- Safety
- Communicating
- Who Am I
- Goodbye and Good Wishes

I would like to thank "Baby Chloe" and her mom, Sarah Pavlis, for participating in the program this year. We are SO EXCITED when they come to visit and we are learning so much from them!

We invited you to view the Roots of Empathy bulletin board located at the front entrance of the school. The bulletin board will highlight the milestones reached by "Baby Chloe" during her first year.

On October 4, 2017, Roots of Empathy was recognized as one of 100 innovative education projects across the world by HundrED, a global education non-profit organization.

ROOTS OF EMPATHY'S MISSION IS TO BUILD CARING, PEACEFUL, AND CIVIL SOCIETIES THROUGH THE DEVELOPMENT OF EMPATHY IN CHILDREN AND ADULTS.

Susan Teslak, YCW

Frank J. Mitchell Elementary Parent Advisory Committee

The **PAC** is a group of parents committed to bettering all students' experience at Frank J Mitchell Elementary School.

LAST YEAR ALONE, through regular fundraising efforts, parents have provided theatre productions, an internet safety presentation, a graduation bursary, the Purple Pirate, field trips, classroom supplies, sports equipment, kidney tables for all classrooms, the book cart, treats and prizes for events, books for the library and classrooms, kindergarten t-shirts, magnets, the agendas and more!

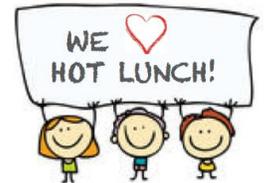


The next PAC meeting is Monday, November 6th.
Free childcare provided.
Free goodies and coffee provided.



The **FALL BOOK FAIR** was a **HUGE SUCCESS!** Bringing in a profit of \$6,600! Thank you to everyone who purchased books and volunteered. All profits are going back into classrooms to benefit students! See you at the next book fair in the spring!

Next hot lunch day is **Thursday, November 23rd**. Watch for paperwork to come home in the backpack.



GET READY TO DO SOME SHOPPING! We will be sending home multiple options for some fabulous fundraisers for the holiday season. Watch the backpacks.



To better represent your child's class, we ask there be two parent volunteers from each room who come to **PAC** meetings. You can then bring any issues/highlights from your child's classroom right to the meeting and liaison back to the teacher!
 Make sure your child's class is represented!

A successful fundraising year will not happen without the much appreciated volunteering of parents and staff! We can always use a few more hands; please join us at the next meeting to see what you can do to get involved!!
 Bring your concerns, questions and participate!!