



Duclos News



February 2017

www.duclosschool.ca T: 780-826-3992 Email: duclos@nlsd.ab.ca

“Developing Mind and Character in a Safe, Caring and Learning Environment”



Groundhog Day- February 2



February 2 brings the most-watched weather forecast of the year and the only one led by a rodent. Legend has it that on this morning, if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

Unplugged Family Literacy Event 2017

Bonnyville Community Learning Council Unplugged Family Literacy Event 2017 – Thursday, February 2, 2017, 6:30 – 8 pm in the Duclos School gym. There will be fun family activities to do, and tons of games, books, and prizes to be won!

Northern Lights Early Dismissal – at noon on Wednesday, February 15

Students bring lunch to eat from 11:36 am to 11:59 am.
Students get ready to dismiss at 12 noon sharp.
Plan to pick up your children at noon.
Buses leave shortly after noon to take students home.

2017 Ski Trips

Kinosoo Ridge Ski Trips are fast approaching! We have scheduled five days so everyone can enjoy a great ski day. If we need to cancel due to extreme cold weather, we will reschedule with Kinosoo.

February 8	February 9	Feb 10	February 22	February 23
2T	1S	1G	1ST	1P
3LG	2H	1SC	2A	2HA
4M	2N		3S	3W
	3M		3MA	4D
	4IS			4I

Thank You

Thank you to Mrs. Matichuk who once again donated many pairs of hand-knitted mittens for our students. We appreciate your kindness and generosity.

Upcoming Events

February 2

Hot Lunch – Happy Valley

Bonnyville Community Learning:
Unplugged Family Literacy
Event 2017: 6:30 pm to 8:00 pm

February 3

No School – Family Friday

February 9

Hot Lunch – Burger Baron

February 14

Valentine’s Day – Wear
Valentine Colours – Red & Pink!

February 15

Noon Early Dismissal

February 16 & 17

No School - ATA Conference

February 20

No School – Family Day

February 22

Anti-bullying Day – Wear Pink!

February 23

Hot Lunch – Express Pizza

March 2

Health and Wellness Night –
6:00 p.m. to 7:45 p.m.

Happy Valentine’s Day!

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Duclos School Council Meeting and Duclos – HEB Support Group Foundation (Duclos Sub Committee)

Wendy McInnes is the Duclos School Council Chair for 2016-2017 school year.



You can email Wendy at w.m.b.m@hotmail.com

Please email Wendy by February 21, 2017 with suggested school council agenda items to be considered for the next meeting.

The next meeting is on Tuesday, February 28, 2017 at 6:00 p.m. (**NEW time**).

Thank you!

We would like to thank the following parents for working Hot Lunch on January 9th: Lisa Temple, Susan Ostashewski and Crystal Walker. The proceeds will go towards Music! Your support enables us to purchase new items to enhance the Music program at Duclos School. Thank you ladies!

Good Behavior Award Winners from January – Congratulations!

Thanks to all students who receive Good Behaviour Awards every week. There are hundreds of positive behaviours on display on the Good Behaviour Tree on the wall beside the library. Stop by to see all the good things our students do.

Four lucky students were chosen for lunch at A&W with Mr. Cameron. Congratulations to:

1ST – Autumn McCurry
3MA – Tanner Gaugler



2HA – Maddison Engelhart
4IS – Grady Ross



My Parent Read the Newsletter Contest

Students - Ask your parents to read the newsletter, and fill out this entry. Please return this entry to Duclos School. Entries go into a draw and lucky winners choose a prize from the Treasure Box at the assembly. Good Luck! If you have an emailed newsletter, you can print and send in the entry, or send a note paper with:

Student's Name: _____

Classroom: _____

Parent's Signature: _____

Newsletter

If you would like an Emailed copy of the Newsletter, please follow these steps:

1. Visit: <http://duclosschool.ca/>
2. Scroll to bottom right of the front page of our website to find the **Newsletter** title.
3. Choose **School Updates** from the drop down menu.
4. Type in your email.
5. Hit the button that says **Subscribe**.
6. If you did not receive the Newsletter, please check your **Junk Mail or Spam** file.
7. This does not have to be repeated every year. You will continue to receive them until you **Unsubscribe**.

Reminders:

The Duclos Newsletter is available on our website too!

See **Quicklinks** on the Homepage. Or in **Documents** under Newsletter Folder. Or **View Archives** from the Homepage for all copies.

If you don't get a Newsletter and want one, please call us at (780)826-3992



Accountability Survey Information for Grade 4 Parents and Guardians:

In the next little while all grade 4 parents will be receiving in the mail an Accountability Survey from the Alberta government; perhaps it has already arrived.

The information you give through your responses is important to us. This information is used to help create a school plan that is reflective of what you have to say. Please take time to fill out your survey at home. Please send the survey back.

The survey from the Alberta government is designed to find out how satisfied parents, teachers and students are in the following areas:

1. Safe and Caring School Environment
2. Access to a Broad Program of Studies
3. Educational Quality
4. Student Preparation for the World of Work
5. Building of Citizenship in Students
6. Level of Parental Involvement in Child's Education
7. School Improvement Processes



Grade 4 students complete a survey in school called **Our School**. Duclos teachers also complete an online survey. The information we receive from the surveys is extremely important to our planning and school improvement.

Duclos appreciates that you take time to complete the survey. The information you provide in your responses is important to us. I encourage all parents to watch for this survey in the mail, complete the survey, and send it back.

Duclos Kindergarten - 2017-2018

New Kindergarten Registrations are welcome. We are happy to welcome you to the Duclos Kindergarten for 2017-2018. Please call or stop by for information and to register. You can register online at duclosschool.ca, click the registration link on our home page. We appreciate having students register early. Please note that to attend kindergarten in 2017-2018, children must be born before March 1, 2013.

Care to Learn Preschool

Care to Learn Preschool will accept New Registrations beginning on April 3, 2017. For more information please call our office and ask to be connected to Preschool.

Kindergarten Winter Fun Day



Kindergarten Winter Fun Day was held on January 27th. Thanks to the many family members who came to help and support our kindergarten students on the Winter Fun Day.

Tidbits

Ice, Snow, and Water!

Please be careful. With the sudden January thaw and rain, and with daily freezing and thawing, it is getting icy in many locations. Please be careful wherever you go around town, around your home, and around the school and parking areas. We want everyone and all the students to be safe and dry. There can be icy spots or big puddles on the playground. Please take care.

Do you have questions about Duclos School?

Please be sure to find our Duclos Student and Parent Handbook posted on our website.

You can find the 2016-2017 Handbook by clicking on Documents and find the Handbook link. You can also find a link on the front page of our website under **Quicklinks**.

Fact! School Cash Online

Did you know that parents at Duclos School pay school fees, hot lunch, milk program, and other purchases online using School Cash? Register now!

For your convenience please sign up for School Cash Online:
<https://nisd.schoolcashionline.com/>

School Valentine's Activities & Dress in Red Day is on Tuesday, February 14th.

Please watch for more information about Valentine's activities from your child's teacher.

Duclos Health and Wellness Night

Duclos School is very excited to invite you to the first annual Health and Wellness Night hosted by the PHIT team! Bring out your family to participate on **March 2nd** from 6:00-7:45. We will begin the night with an energizing group activity in the gym and then head off to different stations and booths promoting healthy living. You can look forward to several fun stations such as *Kid's Yoga, Zumba, Basketball, Baseball, Pack a Healthy Lunch, Handwashing and Oral care, Lacrosse*, and many more... see you there!

Tips for Healthy Living

How Exercise Helps Children and Teens: Children as young as preschool age benefit from exercise and fitness as much as adults do. Experts recommend that teens and children (starting at age 5) do moderate to vigorous activity at least 1 hour every day and 3 or more days a week, what they choose to do should:

- Make them breathe harder and make the heart beat much faster than normal.
- Make their muscles stronger. For example, they could play on playground equipment, play tug-of-war, do sit-ups, or use resistance bands.
- Make their bones stronger. For example, they could run, play hopscotch, jump rope, or play basketball or tennis.

It's okay for them to be active in smaller blocks of time that add up to 1 hour or more each day.

Source: myhealth.alberta.ca - You can check myhealth.alberta.ca for more health information for you and your family.

Why Read Every Day?

Parents (and kids) are busy! It is difficult to "fit in" all that needs to be done in a day. We are often faced choices about what stays and what goes in our schedules. So, why is it so critical to include 20 minutes of reading in your child's daily schedule?



Reading is "brain food"! There is a wealth of research supporting daily reading with your child especially prior to and during the period when he / she is learning to read. Our brains develop as we "feed" them with experiences. The experience of reading (whether you're the reader or the one being read to) activates and "exercises" many of the areas of the brain. The visual cortex works as your eyes track the words on the page and look at the illustrations. Your memory makes connections between what you already know about the topic of the story and its content. You integrate new information learned through reading further strengthening and growing your network of knowledge. Reading provides one of the most enriching and complex brain activities available in life.

Important Reminder to Parents:

- ❖ All children arriving late to school (after 8:40 a.m.) must check in at the office.
- ❖ All children leaving school early (before 3:20 p.m.) must check out at the office.
- ❖ All guests and visitors to the school are expected to check in and check out at the office.

This is about safety. The school is accountable. We are responsible for the well-being of all students every day. Thanks for your cooperation.

