



# AVONDALE SCHOOL

## MONTHLY NEWSLETTER



Avondale School Newsletter

May 2018

### SCHOOL COUNCIL

Next Meeting will take place:

**Date:** May 2nd

**Time:** 6:30pm

**Where:** Avondale School

- ⇒ Snacks will be provided
- ⇒ Babysitting will be provided

**Everyone is Welcome!**



*Our Spring Fling Dance was a success!*



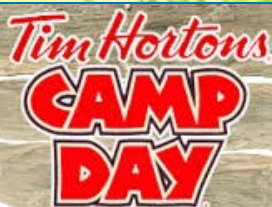
*Thank you to all who came out!*



## Arbor Day



**Thursday, May 3rd**  
**Plant a tree!**



Good luck to our Grade 5 class as they embark on this adventure!



Welcome to Avondale!

### Important Dates:

- May 2 School Council Meeting
- May 3 Arbor Day
- May 10 Gr. 6 LA P.A.T. - Part A
- May 15-18 Tim Hortons Camp - Gr. 5
- May 18 PLD - No School for Students
- May 21 Victoria Day - No School
- May 24 Welcome to Kindergarten Information Evening - for new 18/19 ECS Students & Parents
- May 31 School Spirit Day - Western
- May 31 Pancake Breakfast



**Congrats to our Grade 6 D.A.R.E. Graduates!**  
**We are very proud of you!**



**Free Soccer Clinics!**

The Grande Prairie Soccer Association is having free soccer coaching clinics and clinics for ages 6-9 on

April 28, 2018.

For more information, please contact

Nora-Lee Gilkyson at:

[noraleegpsa@telus.net](mailto:noraleegpsa@telus.net)

**A Big Thank You to Nathan Randall who has been in to work with our Grade 5 and 6 students a couple of times this year. Coach Nathan is involved with Underground Basketball Training:**

**What is Underground Basketball Training?**

Underground basketball training was founded in 2016 in Calgary AB Canada. It was put in place to help young youth, teenagers and adults develop their basketball skill to the highest level as possible. Underground basketball is a very specific and detailed program that really works on athlete's weakness more than strength's in a repetitive and intense way. Underground basketball believes communication with athletes on and off the court is a crucial ingredient for success. Keeping a real family oriented culture is more important than the game of basketball itself.

For more information please visit the following link: <http://www.undergroundbasketball.ca/>



**Minor Outdoor Soccer 2018**  
**Sign up now at [gpsa.ca](http://gpsa.ca)**

<b>U5 Mixed</b>	<b>(2013/2014) - Saturdays</b>	<b>\$115</b>
<b>U7 Boys</b>	<b>(2011/2012) - Saturdays</b>	<b>\$115</b>
<b>U7 Girls</b>	<b>(2011/2012) - Saturdays</b>	<b>\$115</b>
<b>U9 Boys</b>	<b>(2009/2010) - Tues/Thurs</b>	<b>\$150</b>
<b>U9 Girls</b>	<b>(2009/2010) - Mon/Wed</b>	<b>\$150</b>
<b>U11 Boys</b>	<b>(2007/2008) - Tues/Thurs</b>	<b>\$150</b>
<b>U11 Girls</b>	<b>(2007/2008) - Mon/Wed</b>	<b>\$150</b>
<b>U13 Boys</b>	<b>(2005/2006) - Tues/Thurs</b>	<b>\$175</b>
<b>U13 Girls</b>	<b>(2005/2006) - Tues/Thurs</b>	<b>\$175</b>
<b>U16 Boys</b>	<b>(2002-2004) - Tues/Thurs</b>	<b>\$175</b>
<b>U16 Girls</b>	<b>(2002-2004) - Tues/Thurs</b>	<b>\$175</b>

**SCHOOL SPIRIT**  
**Dress Western Thursday, May 31st**



**FREE!**

# EDUCATIONAL PROGRAMMING



For program descriptions and to register your class or group for a program, visit:

[cityofgp.com/CulturePrograms](http://cityofgp.com/CulturePrograms)

*Through active engagement and creative opportunities, students learn about the Peace Region's history and culture. Program themes and activities can supplement Alberta Education Programs of Study in Social Studies, Science and Art and can be adapted to suit a variety of ages.*

*Programs are approximately 1.5 hours in length and accommodate up to 30 participants.*

## Grande Prairie Museum

Pioneer Experience - Social Studies and Science  
Rock Stars and Rock Hounds - Science  
Secrets of the Past - Social Studies  
Snapshots in Time - Social Studies and Art

## Heritage Discovery Centre

Aboriginal Awareness - Social Studies  
Discovering Dinosaurs - Science  
The Fur Trade - Social Studies

For scheduled community programs and events, visit our event calendar at [cityofgp.com/Culture](http://cityofgp.com/Culture)

## Professional Learning Fridays

As part of our Professional Learning Fridays, teaching staff and several Educational Assistants have been working with the book "Calm, Alert, and Learning" by Stuart Shanker. The book teaches strategies for self-regulation. Following is an excerpt from the book on transitions in the home.

- If there is going to be a major transition, talk about why it is happening and encourage the child to share his or her feelings about it.
- Give as much notice as possible when there will be a change in routine, such as visitors arriving or when an anticipated activity has to be cancelled.

Provide an age-appropriate "countdown" to let the child know how much time her or she has to enjoy an activity; this should lessen the upset experienced when it is time to stop and switch to another activity (e.g., when it is time to stop playing and get ready for bed). Shankar, 2013, p. 13



# Hats On! FOR MENTAL HEALTH

May 2, 2018  
visit [canwetalk.ca](http://canwetalk.ca)



## Hats On for Mental Health May 2, 2018

Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Participating schools will relax their hat rules and encourage students and teachers to build understanding by wearing hats to school. Please go [here](#) for more information.

Avondale School

Please like us on Facebook!



hello  
sunshine!



# The Breakfast Club Youth Program

**Free 1 day workshop for preteens**

**Next Workshops**  
**May 12**  
 Fall dates TBD

friendships **stress** feelings  
 art/crafts **dealing with anger**  
 bullying **communication** lunch  
 discussions **problem solving**  
 games

Preteens include grades 4 to 6.  
 Several weekly follow up sessions  
 take place after the workshop



**Anyone can refer a youth**

Phone: 780.539.7142  
 Online: [www.sp-rc.ca/programs/breakfast-club](http://www.sp-rc.ca/programs/breakfast-club)  
 Email: [bclub@sp-rc.ca](mailto:bclub@sp-rc.ca)  
 Text: 780.402.1579  
 for updates, see [www.facebook.com/BreakfastClubGP](http://www.facebook.com/BreakfastClubGP)



The Breakfast Club is available at no cost to participants thanks to: City of Grande Prairie Community Social Development/FCSS, County of Grande Prairie No.1 FCSS, Green View FCSS, Alberta Health Services, Child and Family Services, grants, donations, & fundraising. The name is inspired by the movie, "The Breakfast Club," by John Hughes.

LOOKING FOR SOMETHING?



Please check the

Lost and Found

located outside the gym doors.



Talk With Our Kids About Money

Resources can be found HERE

for financial literacy.



GRANDE PRAIRIE CENTRE FOR NEWCOMERS

# Summer Day Camps



**FREE for Immigrant & Newcomer Children**

Location: To Be Announced | Ages: 6 - 12  
 Time: Monday to Friday, 9 am to 3 pm

**WEEKDAYS FROM  
 JULY 9 TO AUGUST 17 2018**

Join us for 6 weeks of summer fun!  
 Each week will have a different theme  
 (i.e. Sports, Art, & Science)

TO REGISTER CALL OR EMAIL  
 GP Centre for Newcomers:  
 Telephone: 780-538-4452 | Email: [info@gpcn.ca](mailto:info@gpcn.ca)

Funded by: Immigration, Refugees and Citizenship Canada | Financed par: Immigration, Réfugiés et Citoyenneté Canada



# The Breakfast Club Youth Program

- stressed out?
- conflict with family or friends?
- not fitting in?
- dealing with low self-esteem or emotional struggles?

**Free weekend retreats for teens**

Ongoing Support & Friendship  
 Night activities include:

- Movie Nights
- Art Nights
- Jumpyard
- Paintball
- Archery
- Bonfires
- Mini Golf
- And lots more!

**Retreat Dates:  
 April 27-29**

(Fall Dates TBD)



**Anyone can refer a teen**

Phone: 780.539.7142  
 Online: [www.sp-rc.ca](http://www.sp-rc.ca)  
 Email: [bclub@sp-rc.ca](mailto:bclub@sp-rc.ca)  
 Text: 780.402.1579

for updates, see [www.facebook.com/BreakfastClubGP](http://www.facebook.com/BreakfastClubGP)

The Breakfast Club is available at no cost to participants thanks to: City of Grande Prairie Community Social Development/FCSS, County of Grande Prairie No.1 FCSS, Green View FCSS, Alberta Health Services, Child and Family Services, grants, donations, & fundraising. The name is inspired by the movie, "The Breakfast Club," by John Hughes.

