



Manning Elementary School

LEARNING TOGETHER, SUCCEEDING TOGETHER...

January 31, 2022

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**Learning Together, Succeeding Together
Supporting Each Other with Joy!**

**Brought to you by the
Grades 1 & 6 Classes**



#603 – 3rd Street S.E. Box 779, Manning, Alberta T0H 2M0
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Skating

By Brock and Emma



Brock likes skating because he wants to be a hockey player when he grows up and be famous! He enjoys skating with his family.

Brock goes skating with his grade one class. Brock likes Jack because he is nice and he gave them treats last time they skated. The grade one class has gone skating twice this year!! Sometimes they make an obstacle course with pylons! They went skating in the afternoon for one hour.



Skating

By Arianna and Rachel



Arianna loves to skate with all of her friends. She thinks skating fast is the best. Arianna likes walking with Molly to the arena. Ariana's favorite song to listen to while skating is Baby Shark! Arianna loves to play tag with all her classmates while skating. Sometimes they will race on the ice! When walking to the arena she wears a coat, snow pants, mittens, toque and snow boots.



Skating

By Brody and Blake



Brody is in grade 1 and he says that when he went skating it was fun. Brody walked with his class to the arena in Manning. He was there for at least 30 minutes. The grade 1 class went skating in December and again in January. They all had fun!



Baby Pictures

By Kensington and Tess

These baby pictures are really funny! They are pictures of the staff when they were very little. They are right beside the office in the glass cabinet. There are 18 pictures in all. They are there because it is a challenge to see who can guess all of

the staff when they were babies!



There are paper and pencils for whoever wants to guess next. If you get them all right, you will be entered to win a prize! I think the number 3 picture is the funniest and number 17 is the second funniest! I think number 8 is definitely the cutest! Go to the cabinet to guess the staff!

Movies and Floats

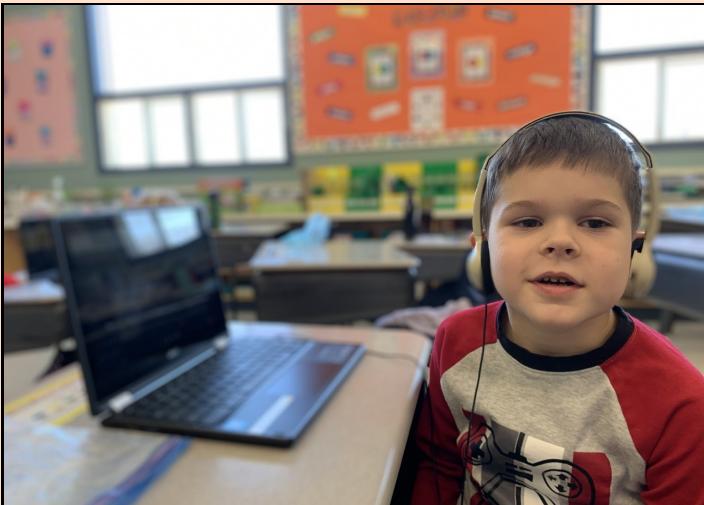
By Molly and Marshall



We had chips, pop, floats and watched a movie about the North Pole in grade one. We had lots of fun! We watched the movie in our classrooms. Grade six watched Elf in the gym because they are the senior class. Grade one colored and had fun. Molly's favorite pop was orange Crush and she had seconds of pink Crush and more chips. Thank you STAT for donating the supplies for the delicious floats!

Buddy Meets

By Kirby and Caitlyn



"It's the goodest thing ever when we have a Google Meet!" Kirby stated. We talk about other things like fidgets. Kirby is good at doing buddy meets. He likes going on his computer and seeing his buddy, Caitlyn! He would rather have a Google Meet with Caitlyn than see her in person. Sometimes we play 20 questions. We usually have one Google Meet a month.

Snow Play, Hills, and Forts

By Josie and Khezley



Snow is fun to play in. You can dig tunnels, have snowball fights... only at our house, you can build a snowman, and the best, you can build snow forts! At recess Josie plays in the snow with Molly and Kenny and at home



Josie plays in the snow with her sister and her dog. Josie goes to Sophia's house on the cabin hill to go sledding and snowboarding with her family.



Toques

By Hayden and Ashtyn



Silvertip Oilfield, Hayden's dad's company, donated the toques for Manning Elementary School students and staff. Toques were donated to the school on January 18. The toques were made for students so they don't have cold brains. The toques were red, and they look very good. Thank you Silvertip for the toques!

Toques

By Quincy and Amber

Everybody in our school got Silvertip Oilfield toques, which were red. Students and staff members loved their toques. Thanks Silvertip!





Lego Club

By Brandt



Lego club is fun because I like building stuff. I built a hockey bus with Burke. Lego club is 30 minutes long but I wish it was longer. Grades 1 and 2 have been to Lego club for the month of January. In February grades 3 and 4 will have a turn.

Lego Club

By Sadie, Hudson, and Zack

At lunchtime grade one and grade two students go to Lego club for the month of January to build houses and cars and buildings. At Lego club they all get the Legos in the spot they are supposed to be at. They don't bring water bottles to Lego club, because they are little kids and they like to spend their time playing, not cleaning up. Sadie built a house with Maddix.



Hot Lunch and Food for Thought

By Syler, Seth, and Samantha



Syler likes the hot lunches!



Syler loves the pancakes, smoothies and the cereal for FFT breakfast. Syler's favorite hot lunch was the cheese pizza from Esso and the turkey dinner from SilverTip Oilfield. The whole school usually has two hot lunches a month. Thanks Esso and Silvertip Oilfield.

Upcoming Olympics!

By Beckett and Kayton



Beckett's favorite sport in the Winter Olympics is hockey. He loves hockey because it's the best! This year the 2022 Olympics is going to happen in Beijing. Beijing is in China. The Winter Olympics are going to happen from February 4 until February 20. Beckett was excited to watch McDavid at the Olympics but unfortunately due to Covid he can not attend. The reason Beckett likes the Olympics is because Team Canada has the best hockey team!

Food Hamper Items

By Burke, Owen, and Zander



Grade one challenged grade four to get 1/10 of the items. Each class tried to collect as many items as they could. When grade one beat grade four they got three bags of chips for treats. Grade four gave grade one a treat because they won! The food hamper collection happened at Christmas time. It happened at school. Grade six had a challenge with grade 5 to collect more items and grade six won.



Thank you!

Mugs & Dough
for the gift certificates for our Bingo Game!

Kathy Asmussen
for the donation of books!

AnnaLee Bjornson
for the donation of crochet hooks for the grade 5 class!

Superintendent's Message

Safe and Caring Learning Environments and Celebrating Pink Shirt Day

At Peace River School Division (PRSD) we pride ourselves in our ability to create and foster safe and caring learning environments for our students. There are many people who play a role in this process, and I would like to take this opportunity to celebrate their efforts and thank all the students, staff, parents, local partners, and community members who contribute to creating a culture of kindness and respect in our schools.

We share in the success of our work in this regard with our school communities as our latest survey results show that 87.5% of our students, staff, and parents feel that PRSD schools provide safe and caring learning environments for students. On top of that, our 3-year high school completion rate had a significant jump from 67.8% to 77.6% which tells us that students feel confident, respected, supported and safe in our schools throughout the completion of their education.

The work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships, anti-racism and personal well-being. Examples of such programs and initiatives include the work of our school-based Youth Education Support Workers, Success Coaches, Divisional Social Workers, PRSD Anti-Racism Committee, student leadership groups, mentorship programs, behaviour support programs, wellness programs, the focus on citizenship division-wide, daily learning incorporated into the curriculum and the meaningful support that comes from community involvement and various agencies.

Pink Shirt Day is one day per year where we wear pink in a united stand to support healthy relationships, wellness, and diversity. Providing safe and caring learning environments for students is incredibly important to us. We understand that for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for.

Thank you so much for your involvement and support. We invite you to join us on February 23, 2022, for Pink Shirt Day when PRSD students and staff will wear pink in support of healthy relationships, wellness, and diversity.

Adam Murray
Superintendent of Schools
Peace River School Division



Healthy Children



January 2022 Family Newsletter



Handle with care: Ways to support your child's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help kids adapt and stay well, there are still challenges. Some children continue to learn remotely. Others have gone a long time without play dates, after-school activities, or visits with extended family. In the face of so much disruption, it's natural to worry about how your kids are holding up.

When it comes to mental health, the day-to-day ways that you care for your child matter. Your support nurtures their well-being and helps

them cope with life's ups-and-downs. You play a key role in noticing problems and responding to them. As the pandemic carries on, here are some tips to help you care for your child's mental health.

Check in

Every day, take a few moments to check in with your child. Ask them about their activities and interests, and how they've been doing. Encourage them to talk about their thoughts, feelings, and emotions.

schools.healthiertogether.ca

Healthy Children

Checking in with your child can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them find a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your child that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your child to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

Surround them with calm, warmth and safety

As much as you can, provide a positive home environment that nurtures your child's healthy growth and development. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Create predictable routines and set clear boundaries
- Help develop their social emotional skills, like how to handle challenging emotions, set goals, and solve problems
- Involve them in decisions that affect them
- Support and model healthy habits, like eating well, staying active, and getting enough sleep

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- Unplug from technology as a family, especially at mealtimes, bed time, and during play
- Go outside together—unwind, move your bodies, and spend time in nature

Help them learn about stress

Teach your child that stress is a natural response to challenging situations. Help them figure out what stress looks like and feels like for them—for example, they might feel nervous, shaky, or nauseous. Stress looks different for everyone. Recognizing it is the first step in handling it.

Help your child explore different ways to cope with stress. Role model the techniques that work well for you, and give them an opportunity to learn and practice what works for them. Here are some techniques you can try together:

- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, art, or music
- Going outside, even for just a few minutes
- Breathing exercises like starfish breathing or box breathing – learn how with this 5-minute video: [Stress explained: Elementary edition](#)

For more information about mental health, visit:

- [Stress in children and teenagers](#)
- [Your child's mental health](#)

Healthy Children

Be proactive about mental health

You know your child best. Ask yourself how they are doing at home, at school, and with friends. Watch for changes in the way they think, feel, or act. Keep an eye out for physical signs of distress, like headaches or tummy aches, sleeping problems, or lack of energy.

If your child is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your child's teacher may be able to help. Ask them about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.

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- You can visit ahs.ca/helpintoughtimes for a directory of services, phone numbers, and virtual supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your child can contact Kids Help Phone any time, to talk about anything:
 - By phone: **1-800-668-6868**
 - By text: Text **CONNECT** to **686868**
 - Through Facebook Messenger:
Visit [KidsHelpPhone.ca/Messenger](https://www.KidsHelpPhone.ca/Messenger)

If your child is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911**.



SUPPORTIVE CONVERSATIONS BETWEEN PARENTS & YOUTH - ALCOHOL, DRUGS & GAMBLING

THURSDAY, FEBRUARY 10, 2022

12:00 PM - 1:30PM

**Manning Adult Learning Centre
#202 112 2nd Avenue, Manning, AB**

A presentation with Q & A period to follow.

Presentation by **Susan Long**, Area Supervisor
AHS Peace River Addiction Services

Why teens experiment with alcohol and drugs.

When does experimenting become a problem?

- Typical teen behaviors
- Continuum of risk
- Early warning signs
- Troublesome signs

What your teen needs from you as a parent:

- Recognizing, responding to, and validating your teens feelings
- Understanding perspective taking
- Connection
- Effective communication
- Having difficult conversations
- Expressing empathy
- Barriers to effective connection

Please **RSVP** to Manning Health Promotion
Call or text **780-836-1078** or Email janine.gray@ahs.ca
Space is limited. Face coverings are required.



PEACE RIVER ADDICTION SERVICES

***Providing Support for
Our Community***

Addiction Services Team

**Susan Long
Karissa Chowdhury
Trevor Lusby**

**Office hours:
Monday – Friday
8:00 AM – 4:30 PM**

**Addiction & Mental
Health Building
10015 – 98 St,
Peace River, AB
T8S 1T4**

**Available to all Albertans:
adults, youth,
family and friends**

**AHS Website:
www.ahs.ca**

**For more information or
to schedule an
appointment with an
Addictions Counsellor call**

780-624-6151

**Outpatient services are
voluntary, confidential,
and free of charge.**