



The

Scoop



Viking School

March 2019

Adam Madsen
Principal

Kelly Arial
Assistant Principal

Trudy Josephson
Learning Coach

MaryAnn Newby
Admin Assistant

Deb Snider
Admin Assistant/EA

Laurie Maxwell
Learning Commons
Facilitator

Teaching Staff:

Zoe Anderson

Jana Arndt

Miranda Corrigan

Lana Golka

Stephen Hrabec

Emily Kennedy

Leann Ogradnick

Shellaine Rogers

Shelby Roth

Richard Samson

Lori Sarafinchan

Marlene Taylor

Wendy Wilkie

Support Staff:

Veronica Hafso

Joleen Hoffman

Trish Hollar

Suzanne Jakubec

Colleen Loveseth

Debbie Shaver

Gwen Williams

From the Principal's Desk

March is here and it feels like it is finally warming up!

Report cards for K-6 students will be coming out on March 18th with Parent-Teacher interviews to follow on March 21st from 3:30 to 8:30 pm (with supper break from 6 – 6:30 pm). **New this year: Parents will now be able to book Parent-Teacher Interview times online.**

A Google Doc has been created that will allow parents to reserve meeting times with teachers on March 21st. Meeting times are divided into 15 minute intervals and parents can book one 15-minute time slot per student per class. The Google Doc will be available starting at 9am on Monday March 18th (**links will be posted on our website and Facebook**). We will also accept telephone bookings starting at 9am on Monday March 18th. Information on student progress and attendance is also available on the Parent Portal.

Teacher's Convention and our Educational Assistant Conference will take place on March 7th and 8th. Schools will be closed for those two days.

For our senior high students, the last day for Grade 10, 11 and 12s to transfer between -1 and -2 courses is March 19th.

On February 7th school administrators, school council representatives, school board trustees, a selection of high school students (SAVVY members) and Battle River School division representatives gathered in Camrose for the Battle River School Division (BRSD) planning day. Suzanne Jakubec (school council), Mrs. Arial and I attended the event on behalf of Viking School. The event was very engaging and offered insight into a large variety of programs and initiatives in Battler River School Division including: Transportation, Human Resources, Technology, and Finance. Thank you to our representatives for representing Viking School and the community of Viking!

The DeSimone Farms Fruit fundraiser campaign is now complete. Delivery will take place in late-March/early-April.



.....Continued on page 2

VSPEC Meeting

March 13th at 5:30 pm

Home Ec Room—Everyone welcome

**PARENT TEACHER INTERVIEWS
ELEMENTARY AND SECONDARY—MARCH 21st.**

See page 7 for appointment booking instructions

WE “C.A.R.E.” EVERYWHERE





No School

Teacher's Convention- March 7th & 8th

School Closed - March 22nd –March 31st

Continued...

Funds raised will split between our sports program (subsidizing provincial competition participation, sports awards, etc.) and curriculum at the secondary level (subsidizing field trips and bussing, bringing in guest speakers and performers, and purchasing technology, etc.).

Our students will be treated to a few special presentations in the month of March: On March 13th our Grade 9 students will participate in the PARTY program. Author Kevin Miller will be visiting our elementary students on March 15th. Internet Safety presentations from Saffron will take place on March 20th. On March 21st the CN Police will provide a presentation to our students.

March marks the beginning of planning for the next school year, 2019/2020. Our projected student count will remain similar, but we will need to wait for the provincial budget to be announced before we have an idea of what programming and staffing will look like at Viking School next year.

Please join us for the next School Council meeting on Wednesday March 13th at 5:30 pm in the Home Ec room.

Mr. & Madson.



Pictured above are charcoal portraits skillfully drawn by Art 30 students, Jasleen Kaur, Lyndy Nauenburg and Kole Hollar. The portraits are displayed in the showcase outside the gym.



Students enjoy the comfort of reading in the Learning Commons Area

Note From Student Council....

School Spirit Day

March 21st- Jersey Day



Boston Pizza Fundraiser

A big thank you to everyone that has been sending in their original receipts! Keep up the good work!



The students at Viking School are happily utilizing the revitalized Library. The newly created Learning Commons Area is welcoming as well as comfortable.

LEARNING
IS
FUN



The Kindergarten Class proudly placed the first hearts on the 2019 Tree Of Caring



Thank you for supporting this project!



NO SCHOOL- Spring Break
March 22nd-March 31st
Students back on April 1st





Valhalla Music Club From Viking School Performs at Shuter Tribute 2019

On March 2, 2019 a group of students from Viking School's Valhalla Music Club performed as part of the Shuter Tribute event in Camrose.

The Shuter Tribute group hosts the event every two years in memory of their friend Gregg Shute who was killed in a car crash in May 2009. The events consists of musical performances and live and silent auctions. Funds raised are used to support and grow the local music community in Camrose and area. Over the years, the Shuter Tribute group has made donations to the schools in Ryley, Daysland, Round Hill and Viking. This is the third time that Valhalla has performed as part of the event!

The Valhalla Music Club has been operating at Viking School since the 2014/2015 school year and is organized by Mr. Madsen and Mr. Samson. This year the club has about 10 members. The goal of the club is to give musically inclined students at Viking School the opportunity to network, play and perform with other musicians in the school.

The Shuter Tribute group has had a huge role in supporting the Valhalla Music club as well as other musical programs in our area. In 2015 our club received the donation of a bass guitar, guitar bag and stand, and over \$6000 of equipment to the club including: keyboard, speakers, mixing board, guitars, etc. In 2017 our club was provided with a donation of an electric/acoustic guitar and \$1800 of music equipment from Martha's Music in Camrose. This year, Valhalla received a donation of \$1000 towards music equipment from Martha's Music in Camrose!

Viking School and Valhalla Music Club would like to thank the Shuter Tribute Group for all of their support and the great work that they do in local communities!

Performers from Valhalla at the event:

Phin Barber performed Rip Tide by Vance Joy

Victoria Reil and Maggie Smith performed Love Story by Taylor Swift.

Victoria Reil and Valentine Thibault performed Wake Me Up by Avicii

Valentine Thibault performed The Truth Untold by BTS

Luke Brooke, Kyle Harray and Ethan Hildebrand performed Ring of Fire by Johnny Cash.

Pictured above is the Shuter Tribute Organizing Committee with Mr. Madsen and Viking School Valhalla Music Club members—photo by Stacey Williams Barber



BRSD Career Counselling - March 2019

myBlueprint: The Importance of Volunteering

There are countless benefits students can reap from volunteering and giving back to their community.

While it may not always be easy or glamorous, volunteering can be one of the most rewarding and

uplifting experiences a student can have. It gives them the opportunity to try different kinds of work in various industries, helping them to decipher which careers they are interested in, all while helping those around them. Students can try out new skills and explore their abilities in a way that can be difficult in the traditional classroom. In addition, this extra-curricular experience gives students a competitive edge when entering the workforce.

Volunteering also has social benefits. Our society is becoming increasingly individualistic, but volunteering builds a sense of community and belonging. While volunteering provides an opportunity to make new friends, it can also be the first step in helping students expand their professional network. Students are exposed to a wide range of workers in a particular industry or sector that could be used as potential references in the future when job searching. Plus, studies have shown that the social interaction of volunteering can help combat mental health issues such as anxiety and depression.

Volunteers help to create healthier communities and brighten the lives of those around them while they develop their skills and build their confidence!

Want to learn more about how to volunteering using the myBlueprint Education Planner?

- 1) From **Occupations**, select **Job Search** and filter to **Volunteer**
- 2) Set a short-term goal with an action plan to get involved in the community under **Goals**
- 3) Add the goal to your **Who Am I? Portfolio** and reflect on the importance of volunteering (i.e., What are three benefits of volunteering?)
- 4) Go to **Resume** and document your experience with the dates that you volunteered, location, organization, and responsibilities
- 5) Take students to a local food bank, community centre, toy drive, hospital, etc. and have them reflect on their volunteer experiences by adding media (audio/video recordings) or journals to a **Volunteer Portfolio**

Post-Secondary Planning for the Fall of 2019

Reminder to families that students planning to attend post-secondary programs need to monitor their post-secondary emails and portals for application and residence requirements. Deadlines are strict and if items are not addressed, students may find their applications cancelled without notice. If you are uncertain, be sure to contact the institution directly or see your career counsellor for support with this process.

Scholarships!

Students can also be seeking ongoing scholarship opportunities.

There are various avenues for discovering scholarships, and the **High School Plan** website is a great place to get started! Check out the '**Funding Your Education**' tab for support!





k12729640 fotosearch ©

The Junior High Curling Team

The 2018/2019 team consisted of Kohl Zazulak, Kail Lefsrud, Summer McNeil and Hunter Sullivan. The team was coached by Mrs. Roth and Ms. Rogers.



The Senior High Curling Team won two of their three games and placed 3rd in the Jim Smith Memorial Bonspiel in Vermilion on February 22nd-23rd.

The team consists of Skip Travis Voltner, Third Hannah Gosior, 2nd Shelby Sarafinchan, and Lead Catelyn Kolenosky. The team is coached by Mrs. S. Roth and Ms. S. Rogers.

Well done!



Thank you to all of the students, and their families, for selling plants as part of an Elementary fundraiser. Pictured above are the top sellers for the 2019 sale. Logan and Luke Brooke, Keely Chomik and top sales person- Kailyn Zarski

Parent/Teacher Interviews March 21st Elementary and Secondary Parents

Visit the Google Doc link provided on the School Website and Facebook page or call the school office (780)336-3352 to pre-book your Parent/Teacher Interview Appointments. Bookings will be taken starting Monday, March 18th after 9:00 am.

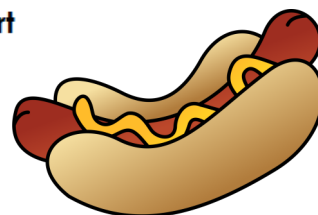
Viking School Parent Council: Hot Lunch Roster 2018-2019

"Hot Lunch" is a volunteer based program that offers families the opportunity to purchase lunch for their students on designated Tuesdays. **All profits raised** through the Hot Lunch program are **donated back to the school to benefit ALL students.**

Please find your child's name below, mark it on your calendar, and volunteer on your designated shift. If you are unable to attend, kindly find a replacement or switch with another parent. Confirmation of your attendance the Monday before your shift is greatly appreciated by calling Brandi Bird at 780-390-0707. THANKS in advance for taking your turn!

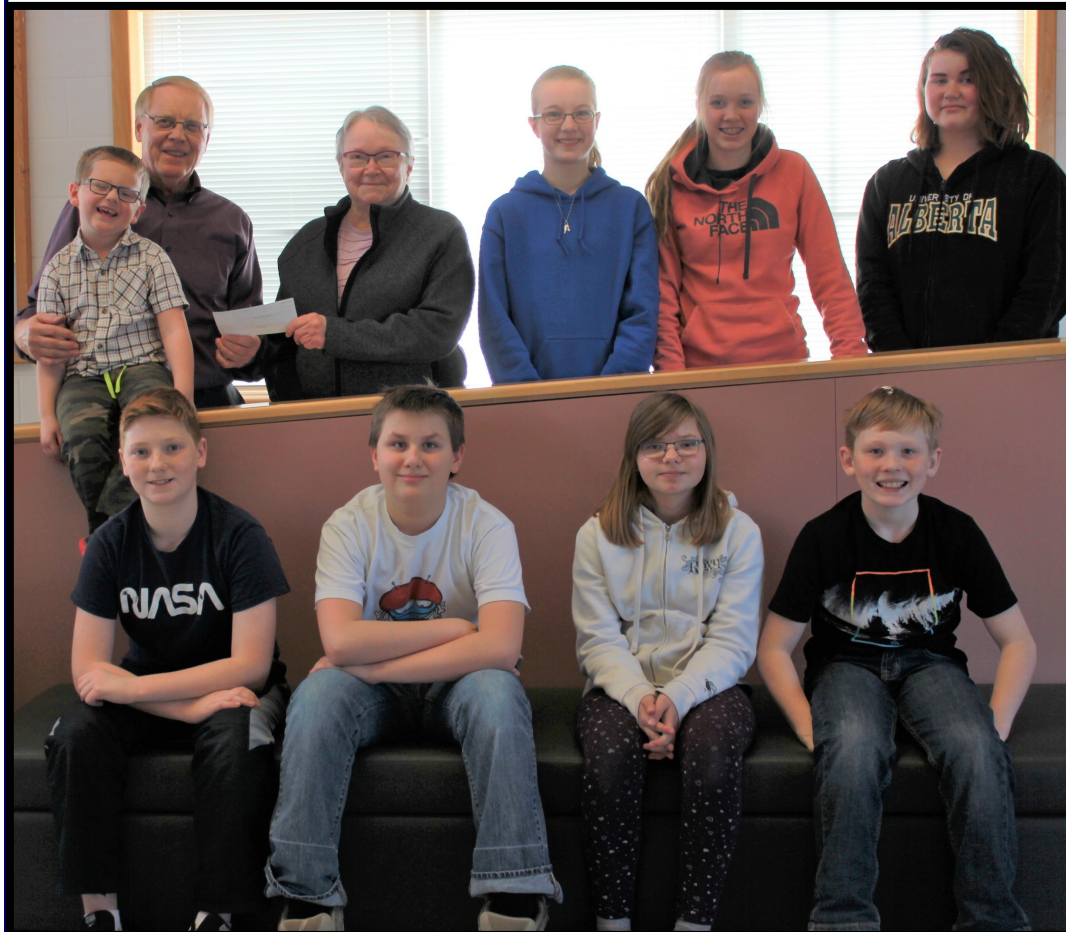
March: Viking Meats (Hot Dogs) - 10:30 a.m. shift start

5th	12th	19th
Lawes, Heather	Kaur, Prabhleen	Brandt, Jessica
Sullivan, Hunter	Lefsrud, Kelby	Chomik, Keely
Ruzicka, Halley	Kolenosky, Catelyn	Erickson, Sydney
Miskew, Jayne	Currie, Dawson	Harray, Ryan



In case of inclement weather (school closed or majority of buses not running), hot lunch will be postponed until the next school day. In the event of a postponement, please send a back up lunch. Thank you!

To see the Hot Lunch roster for the entire school year, please look on the Viking School website.



Mr. Philip Brick, and a group of Viking School students, gratefully accepted a donation from Mrs. Elehda Sevcik. Mrs Sevcik presented the cheque, on behalf of the Order of Royal Purple, to be used for the continuation of the Viking School Breakfast Program.





*Good Luck, Ladies!
from the Staff and Students of Viking School*

From March 14-17, 2019, the Irma Aces Midget Girls are hosting the Provincial A Female tournament in Viking and Irma. This team consists of girls from surrounding towns, including four girls from Viking, Emma Russnak #4, Halley Ruzicka #5, Kori Paterson #9 and Jaime Paterson #11.

The Aces have been working very hard this season in preparation for this very important tournament. It would mean a great deal if the students from Viking School would come out and cheer us girls on! We play Friday, March 15 at 9:00am. You can show your support with posters, wearing Aces colours (blue and yellow) or participate by cheering for the Aces!

ACES GAME SCHEDULE

Thursday, March 14th - 1:15pm game Hosted in Irma

Friday, March 15th - 9:00am game Hosted in Viking

Friday, March 15th - 5:30pm—6:15pm Opening Ceremonies Hosted in Viking

Friday, March 15th - 6:30pm game Hosted in Viking

Saturday, March 16th - 4:00pm game Hosted in Irma

Semi Finals on Sunday March 17th - 9:00am Hosted in Viking and Irma

Championship Final on Sunday March 17th - 3:00pm Hosted in Irma

Come on out and cheer on the Midget Girls !!

The Grade 4-9 students enjoyed a beautiful day on Rabbit Hill on February 27th.
Thank you to the parent volunteers who joined the group to help supervise.



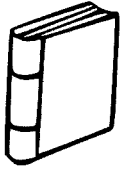
Elementary Students enjoy some time with their Junior High Mentors



WORK

TOGETHER





Every Student, Every Day, A Success

Meeting the Literacy Needs of all Students



B.A.S

Your child's grades 1-3 teacher uses a diagnostic reading assessment called the B.A.S (the Fountas and Pinnell Benchmark Assessment System). Typically, students are assessed with the B.A.S often twice annually, in Fall and Spring. However, a teacher may use this diagnostic tool more frequently in a given school year.

Completed one to one with students reading aloud to their teacher, this tool is used to determine strengths, areas of growth and skill level at a particular moment in time. The B.A.S is not a timed assessment and can be completed over multiple days.

Teachers use the information from this assessment to guide instruction and provide supports to help students improve reading, comprehension, and vocabulary skills.

Because a grade level is not the focus of this assessment, information is communicated to students and parents in terms of goal-setting, strategies, and student needs. Parents can gain insights through conversation with their child's teacher. Teachers will not share a specific grade level but conversations will focus on current strengths, areas of growth, and goal setting.

D.O.R.A.

Your child's grade 4 - 10 teacher uses a diagnostic reading assessment called the D.O.R.A (Diagnostic Online Reading Assessment). Typically, students are assessed with the D.O.R.A. twice annually, in Fall and Spring. However, a teacher may use this diagnostic tool up to four times in a given school year.

Completed online using a computer, laptop or tablet, this tool is used to determine student strengths, areas of growth and skill level at a particular moment in time. The D.O.R.A is not a timed assessment and can be completed over multiple days.

Teachers use the information from this assessment to guide instruction and provide supports to help students improve reading, comprehension, and vocabulary skills.

Because a grade level is not the focus of this assessment, information is communicated to students and parents in terms of goal-setting, strategies, and student needs. Parents can gain insights through conversation with their child's teacher. Teachers will not share a specific grade level but conversations will focus on current strengths, areas of growth, and goal setting.



Presented by the
CAMROSE ASSOCIATION FOR COMMUNITY LIVING FAMILY SUPPORT PROGRAM

SPECIALIZED BABYSITTER COURSE

For teens ages 12-18 to expand skills and
knowledge to babysit children with
special health and developmental concerns

**Friday, April 12/19
8:30-4:30pm
at CAFCL-
4604-57st
Lunch & snacks
included**

REGISTRATION: \$20

Prerequisite- Red Cross Babysitter course
through the Camrose Aquatic Center
(next dates are March 16 & May 11)
If the prerequisite is an issue,
please contact us to discuss registration

Course content includes:

Overview of disabilities
Behavioural supports
Relational skills
Environmental, personal care &
communication strategies
Stocking your babysitter toolbox
A parent's perspective: testimonial

**To register:
call or go to CAFCL
780-672-0257
4604-57st, Camrose
-pay in person with cash or cheque or
over the phone by credit card-**

**Questions?
Email Shariss Piro -
spiro@cafcl.org
or call 780-678-6965**

**Participants receive
a certificate at the
end of the course**





Young Farm Workers Agriculture Safety Workshop

**Join us for demonstrations and hands-on training sessions with
safety experts.**

Explore safety topics that matter to you, your farm, and employees.

Vernon, AZ

Location: Lakeland College

Date: April 17, 2019

Time: 9am-4pm

**Sessions include: Equine Safety, Cattle Safety, Chemical Safety, Fire
Safety, ATVs, Utilities on the Farm, Anhydrous Ammonia Safety and
Livestock Emergency Response.**

Workshop open to students in grades 10-12.

Register at agricultureforlife.ca/young-farm-worker-safety-workshop/

Questions: alind@agricultureforlife.ca





Art for the Heart: A Child-Grief Support Group

This 5-week program is for children ages 7-12 who are grieving a loss. Children will engage various art forms as a way to explore their grief.

Facilitators: Art therapist Nikki Featherstone and Grief & Bereavement Coordinator Bill Harder

Location: Mirror Lake Center, Lower-level (5415-49 ave), Camrose

Time: Thursdays, 3:45-4:45pm

Dates: To Be Announced

Parents and guardians are welcome to participate with their children. An intake conversation will be scheduled to meet the facilitators and to answer questions about the program.

(There are no fees to participate in this program)

To Register: Call or email Bill at 780.608.0636
camrosehospice@gmail.com



Hospice Society
OF CAMROSE AND DISTRICT

Why Practice Self-Care?

Self-care can help to prevent burnout, help our relationships and can make us more effective.

Excessive stress can lead to mental and physical exhaustion. By engaging in self-care practices we can reset our minds and bodies, maintain healthy relationships with ourselves and others, and become more productive and resilient.

Self-Care Tips

Self-care practices are usually things we enjoy doing. Practicing self-care does not have to be time consuming or difficult!

Try these activities out:

- Take a walk
- Cuddle with a pet
- Listen to music
- Spend time with friends and family
- Take 5 deep breaths
- Write down 3 things you are grateful for

Self-kindness is taking actions and reactions we would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Give yourself the bare essentials
- Pay attention to your internal dialogue
- Feel your feelings
- Reframe challenges
- Find solutions
- Lower your expectations
- Start now

5 Tips to Be Kind to Yourself

Try adding these ideas to your self-kindness practice:

1. Forgive yourself
2. Magnify your strengths
3. Participate in self-care techniques
4. Make some positive affirmations and review daily
5. Make a list of ways to encourage yourself

MORE RESOURCES

UCalgary.ca search "*self-care starter kit*"

AHS.ca search "*ways to wellness*"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Camrose Family Resource Centre - A Parent Link Centre

In partnership with the Camrose and Area Early Childhood Development Coalition is excited to offer this introductory workshop!

Kids **Have Stress Too!**

Created by the Psychology Foundation of Canada to help parents and educators learn to recognize stress in children, as well as strategies to help children develop the coping skills they require to manage stress in their lives.



Date: March 12th 2019

Location: Tofield, Bardo Lutheran Church (4737 57 Ave)

Time: 6:00 pm—8:30 pm

Light Supper Provided

Childcare Available if Needed

To Register Please Contact: Daneille at (780) 672 0141



Parents Will:

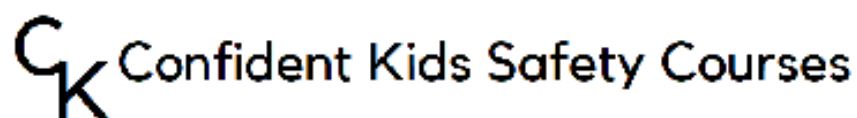
- Use real life examples to discuss how to implement the KHST strategies
- Explore the ways to use the KHST program at home

Educators Will:

- Learn strategies for use in an early learning environment
- Explore ways to share information with parents/caregivers

DID YOU KNOW?

*Stress can affect children's physical, emotional, social and intellectual well-being!
Children experience everyday stress in a different way than adults!
Extreme stress can have a negative effect on brain development in very young children!*



Home Alone Course

April 4, 2019

Time: 2:45-5pm

Is your child ready to stay home on their own??

Children ages 9 and up will gain skills that will make their experience more comfortable and give them confidence. This course empowers kids to think clearly through unexpected situations and navigate the new challenges of being alone with confidence.

The **Home Alone Workshop** covers topics such as establishing a routine, feeling scared, strangers, severe weather, and handling emergencies.

PLEASE NOTE:

- ♦ Your child must be 9 years of age or older to attend the course
- ♦ The fee to attend this course is \$50 per child

To register your child,
please contact
Viking/Beaver FCSS at:
780-336-4024

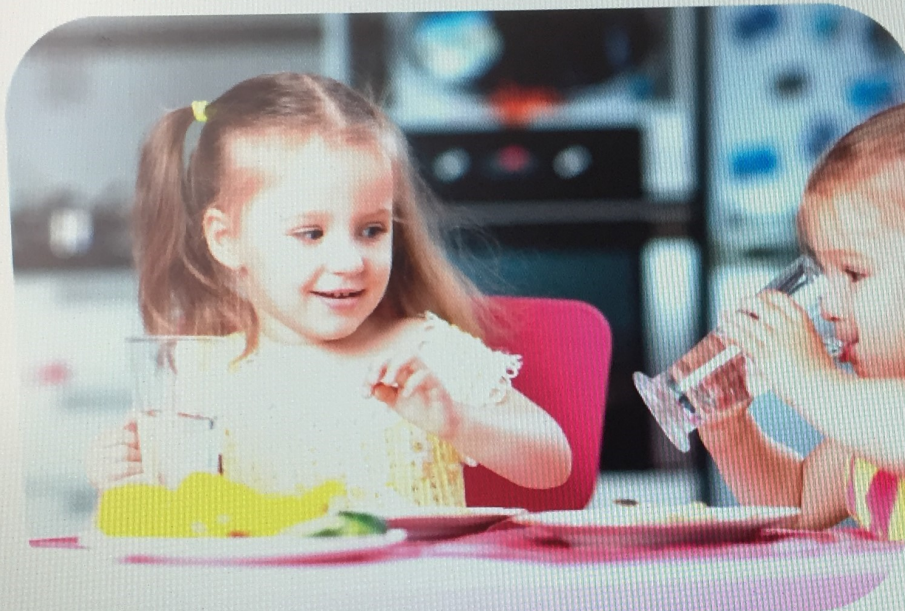
The course will be held at the Viking/Beaver FCSS Office

4924—53 Avenue
Viking AB
Telephone: 780-336-4024
vikingprogram@vbfcss.ca

Registration deadline is March 29



Goodbye Mealtime Struggles!



FREE introductory workshop for parents of children 6 months to 5 years*

Join an interactive discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD).

- Explore the various reasons behind mealtime struggles
- Leave with strategies that best fit your child and family to help make mealtimes happy times

Upcoming workshops:

March 11, 2019

6:00-8:00pm

Tofield - Bardo Lutheran Church

For more information and to register call:

The Camrose Family Resource Centre

780-672-0141



*Suitable for parents of children who do not have complex medical/feeding concerns or extensive feeding intervention

 **Alberta Health Services**
Nutrition & Food Services

 **parentLINKcentre**

**BULLYING
STOPS
HERE!**
TOGETHER WE CAN MAKE A DIFFERENCE

**A smile is
always
in style** 



Camrose Family
ParentLINKcentre
Resource Centre

Parents of Children 0-12!



Have a particular behaviour problem that is making family life more difficult?



Triple P can help!

Primary Care Triple P gives guidance that is tailored to help you with specific and common issues

FREE

Private and quick way to target the exact parenting problem or issue

You (and your partner if you wish) will meet with a Triple P provider 3 or 4 times.

You could have more sessions or fewer sessions, depending on what you want and need.

Each session usually takes between 15-30 minutes

Child Care
Available if needed



For more information or to book a time, contact Daneille

(780) 672 0141 or d.ostafichuk@camrosefrc.com

General Topics

- Balancing Work and Family
- Being a Parent
- Coping with Stress
- Supporting Your Partner
- Feeling Depressed after the Birth of your Baby
- Home Safety
- Preparing your Child for a New Baby

Infant Topics

- Crying
- Promoting Development
- Separation Anxiety
- Sleep Patterns

Toddler Topics

- Bedtime problems
- Disobedience I
- Hurting Others
- Independent Eating
- Sharing
- Tantrums
- Language
- Toilet Training
- Wandering
- Whining

Preschooler Topics

- Disobedience II
- Fighting and Aggression
- Going Shopping
- Having Visitors
- Interrupting
- Mealtime Problems
- Nightmares and Night Terrors
- Separation Problems
- Tidying Up
- Travelling in the Car

Primary Schoolers Topics

- Bedwetting
- Behaviour at School
- Being Bullied
- Swearing
- Chores
- Creativity
- Fears
- Homework
- Lying
- Self Esteem
- Sport
- Stealing

The Iron Creek Flying Club (COPA Flight 157) presents:

COPA for Kids 2019

Saturday, April 27th

8 a.m. to 1 p.m.

at the Flagstaff Regional Airport

44271 Rge Rd 131 (between Killam and Sedgewick)



Free flights for kids 8 to 17!
Signed parental/guardian approval required.

Pre-register at:

icflyingclub@gmail.com

Rain date: Sunday, April 28th.

Follow the Iron Creek Flying Club on Facebook.

