



The

Scoop



Viking School

April 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 Ogrodnick
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

The month of April is now here and we have left the cold winter behind.

Report cards for students in Kindergarten – Grade 6 were sent home on March 18th with Parent-Teacher interviews taking place on March 21st. This round of interviews, booking was done using an online Google Doc for Elementary and Secondary teachers. This booking format was quite successful and will continue for future Parent-Teacher interview sessions.

Report cards for students in Grade 7 – 12 will be sent home on Monday, April 15th. Ongoing information on student progress and attendance is available on the Parent Portal.

Near the end of March our students were treated to two special presentations. Saf-ron Centre Public Educator, Roohi, presented to our Grade 2-12 student on Internet Safety on March 20th. On March 21st Constable Solowan of the CN Police presented to students in Kindergarten to Grade 12.

Viking School will be the host site for an election forum on Wednesday, April 10th from 6:30 – 8:30 pm. In addition Viking School will be utilized as a polling site for the Provincial Election on Tuesday, April 16th.

The Grade 9 -12 ski trip to Jasper did not take place this year due to not meeting the minimum number of required participants.

Badminton season is now underway at Viking School with competitions and playoffs taking place during the month of April.

Track and Field season is fast approaching and practices will be starting in late April or early May.

Thursday, April 4th is a staff meeting/early dismissal day and we will miss period 4 (and part of 3) to accommodate the shorter day.

Please join us for the next School Council meeting on Wednesday, April 10th at 5:30 pm in the Home Ec. Room.

M. A. Madsen

YSPC Meeting

Wednesday, April 10th at 5:30 pm

Home Ec Room—Everyone welcome

Viking Graduation Ceremony will be held on May 31, 2019

WE “C.A.R.E.” EVERYWHERE





No School Friday, April 12th
No School April 19th- 22nd Happy Easter



STUDENTS STUDY LOCAL GOVERNMENT

On April 3rd the Grade 6 students and teacher, Mrs. Trudy Josephson, visited the Town of Viking Office and Council Chambers. The students were met by Town Councilors and Town Employees for a discussion on Municipal government.

Thank you to the Council Members and Employees for sharing their time and knowledge as well as answering the questions the students had about the operation of the Town of Viking.

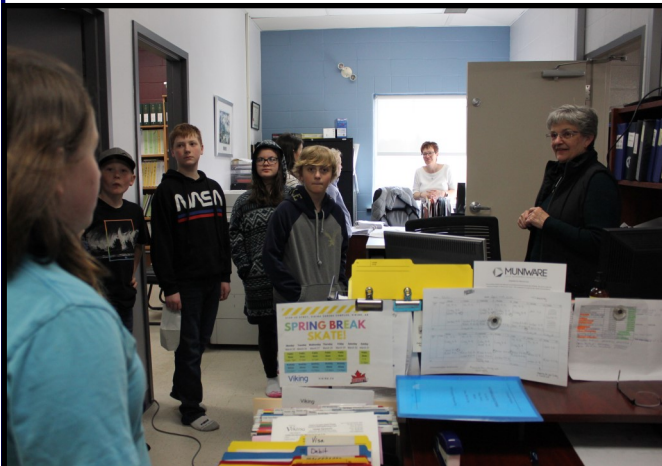


Mrs Shelby Roth and her husband, Logan, have welcomed their new daughter. Jillian Elise Roth arrived safely on March 27, 2019. Born at the Viking Healthcare Centre, weighing 7lbs 9 oz.

CONGRATULATIONS !!!



Grade 6 visits Town Office



Viking School Student Council Fundraiser and Community Food Bank Drive

What: Pancake breakfast with pancakes, scrambled eggs, sausages, and fresh fruit

When: Saturday, May 11, 2019

Where: Viking Alliance Church

How Much: \$10/plate or \$5.00/plate for every person who brings a food bank item

For Who: Money will go to support both the Viking School Student Council and the Food Bank.



Grade Two and Four Swimming

May 13, 16, 22, 24, 27 and 30.

Thanks to Viking Ag Society,

Viking Royal Purple and In Lieu of

Christmas cards – Viking Legion

for their donations, as well as all other organizations that have helped out in the past.



Wear a special hat to school on May 1, 2019, to raise awareness of the importance of good mental health.



Derrick Hennig helps Mrs. Loveseth with morning bus supervision by greeting all the students as they arrive and making sure that they are safe.



Willy Funk gets off the bus, arriving safely at school.

Please respect the bus schedule times by keeping the area clear of traffic.

Learning is fun, and delicious! Willy and Miguel practice the art of sandwich making.



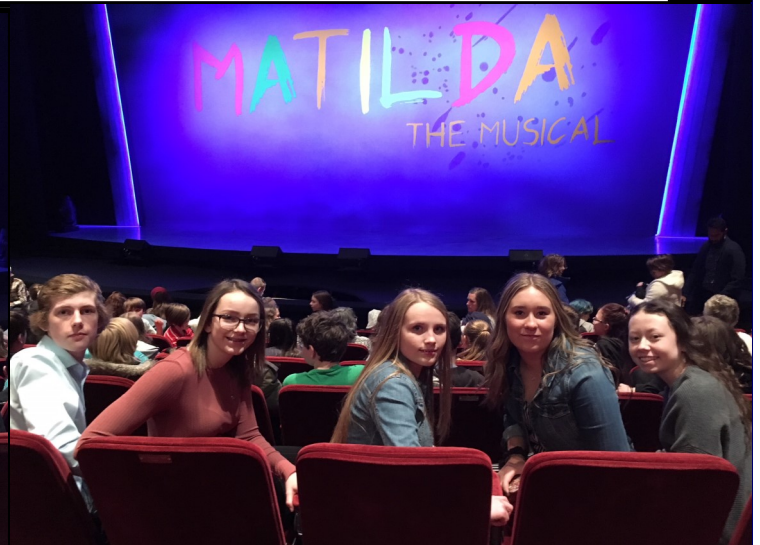
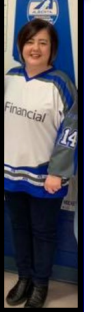
Miguel, Derrick, Willy and Jacob celebrate the 1st day of spring by doing a science experiment and making ice cream.





Thank You

The Grade 9 Class would like to thank Mrs. Tracy Roeleveld from ATB, who came into their Health classes to teach them about banking and finances. Topics learned were about choosing a bank account, spending money, saving money, credit cards and fraud and about topics such as Phishing and Malware. We learned about the difference between simple and compound interest. In all, we learned about making choices and information that is important now and in the future.



On March 6th the grade 9 students, with Ms. Rogers and Mr. Samson, were fortunate to attend the Citadel's musical performance of *Matilda*.

Thank you to the Viking School Parent Council for the assistance with the cost of transportation.



P.A.R.T.Y. Program

On Wednesday, March 13 the Grade 9 class attended the P.A.R.T.Y program at the Misericordia Hospital in Edmonton. The P.A.R.T.Y program is designed to Prevent Alcohol and Risk-Related Trauma in Youth. We started off the day in the auditorium watching a presentation about what could happen when you don't wear seatbelts and also when you drink and drive. We then watched a presentation from a police officer about drinking and driving.

The sexual assault center of Edmonton or SACE, had a speaker come and talk about the definition of rape. We learned about date rape drugs, but were surprised to learn that alcohol is actually the most common date rape drug. We learned that it is never the victim's fault in an assault. The speaker also clarified what consent is and how a person could use blackmail, manipulation and threats to coerce someone into doing things that they wouldn't normally.

We then broke into small groups and rotated through many different stations. At one station we had the chance to wear fatal vision goggles, otherwise known as "drunk goggles". We manipulated a plastic brain and spinal column and had the chance to manipulate a wheelchair through a doorway.

At lunch, we could not use our fingers on either of our hands as we wore braces and had our hands taped up. We wore a neck collar and also wore glasses that impaired our vision in some way. It was difficult to eat our lunch, but we did experience some of what it would be like to be permanently injured.

After lunch we watched as the nurse wheeled in a fake body on a stretcher and showed us all of the steps that would be taken when an accident victim is wheeled into the emergency room at a hospital. It was an emotional time as she explained how difficult it is to speak to family members when a person is very critical or has already died.

We then listened to Vanessa, a lady who was driving her sister home from a wedding when they hit loose gravel and flipped her car. Vanessa broke her C-1, C-2 and C-3 vertebrae. She was initially a quadriplegic but then beat all the odds. Vanessa began to get feeling back into her hands and eventually could get sensation back into her feet. Vanessa is considered a miracle. She can walk with the assistance of canes. She has a very positive attitude and said that even when you do everything right, accidents still happen.

In all, we learned to try to make smart decisions. Some of these decisions include wearing the proper gear for an activity to reduce the chance of being seriously injured. We learned to not text or be otherwise distracted when driving. We learned not to drive if we have been drinking or are otherwise impaired.

This day was a very good learning opportunity for all of us. We would like to thank Mr. Paul Hoffman and Mrs. Tracy Naslund for being the parent assistants for the day and Mr. Samson and Mrs. Snider for going as our supervisors.





Travel Club 2019

On Thursday, March 21, 2019 a group of Viking School Travel Club students left Edmonton International Airport for a twelve day European adventure. Erik Anderson, Bailey Haeberle, Gracie Lang, Jayne Miskew, Samuel Otto, Jaime Patterson, Kirsten Ritchie, Emma Russnak, Halley Ruzicka, Ms. Wilkie, and Mr. Samson landed in Barcelona, Spain and continued their trip through the French Riviera, Monaco, the Vatican and finished on the island of Capri in Italy. Students will arrived back in Edmonton late on April 1st filled with incredible memories of their trip of a life time.



Continued on next page

2000 year old Roman Aqueduct-Nimes



Vatican



Pompeii—Mt Vesuvius



Montjuic Hill—Barcelona



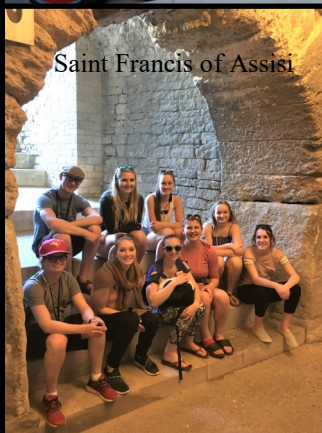
Barcelona Look Out



Barcelona—Gothic Church



Saint Francis of Assisi



Gaudi's Sagrada Familia
Barcelona



Florence



Viking Legion #81 Supports School Activities

Donations from the "In Lieu of Christmas Card Fund" have been made to Viking School, as well as several other community organizations. Thank you to the Legion Members for their generous gifts.



Grade 2 and 4 Swimming Lessons

left to right-Rosa-Lynne Radford, Johnathan Tkaczyk, Dorothy White (In Lieu Of Christmas Card Chairperson), Lincoln Hollar, Jandro Potgieter, Elehda Sevcik (Legion President)



Grade 6 Ranch Camp

left to right Back row- Luke Brooke, Dorothy White (In Lieu of Christmas Card Chairperson), Tanner Quinton, Hunter Morken, Elehda Sevcik (Legion President),
left to right front row- Kailyn Zarski, Leland Dubeau



Miguel, Willy and Derrick are looking forward to story time and are excited to hear about the adventures "Mr.Bump" will have.



Students enjoying working in the warm sun



Thank you to Mr. Lyle Albrecht, BRSD Board Trustee, for presenting to the grade 6 students about School Boards. This information is part of the grade 6 study of local government unit.

***Before you cast a ballot
on April 16,
join us for a
conversation with
Camrose Constituency
candidates.***

What is important to you?

Jobs? Health Care?

Education? The Environment?

Sustaining Rural Communities?

***Find out the views and plans of each party
— make an informed decision!***

Hosted by:



**BR Local #32
The Alberta
Teachers' Association**



*Forums in several locations - attend
the one that fits your schedule:*

Wednesday, April 3

7:30 pm.

Camrose

(Lougheed Performing Arts Centre
4501-50 Street)

co-sponsored with

Camrose Chamber of Commerce

Thursday, April 4

6:30 p.m.

Bashaw School

Monday, April 8

6:30 p.m.

Killam Public School

Wednesday, April 10

6:30 p.m.

Viking School

Everyone is welcome!

Your voice. Your vote. Your future.

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!

April: La Piazza (Spaghetti/Lasagna) - 11:25 a.m. shift start

2nd	9th	16th	23rd
Quattek, Cooper Sorenson, Rowan Mytz, Leighton Smith, Carizanna	Roulston, Taylor Labreche, Halle Grisdale, Braydon Watts, Tyler	Zarski, Madison Garrett, Karma Lang, Barrett Hollar, Kole	Weisgerber, Jaxson Funk Jacob Rotelletti, Isabella Nordstrom, Olivia
30th			
Tessman, Teagan White, Tegan Carrington, Mikayla Snider, Owen			

May: Viking Chinese Restaurant (Chinese) - 11:25 a.m. shift start

7th	14th	21st	28th
Dockstader, Conley Sarafinchan, Shelby Hay-Land, Kieran Skori, Colton	Holland, Brooklynn Wakefield, Breanne Patterson, Jaime Rusnak, Emma	Phillips, Leighton Gabrielle, Austin Rausser, Connor Boadway, Jennifer	Guenter, George Stewart, Joshua Ritchie, Kirsten Knoch, Willow

June: Carena Kitchen (Wraps) - 11:25 a.m. shift start

4th	11th
Ridden, Jax Hill, Ian Ash, Kristen Hanson, Landon	Poche-Hegland, Katy Loades, Lacey Kittle, Aiden Bird, Aly

In case of inclement weather (where a majority of buses are not running), the hot lunch program will be postponed and students will need to bring their own lunch. Please check the school website and Facebook page for the new hot lunch date. Thank you!






Career Counselling

April Newsletter

Positive Uncertainty

Encourage your student to remain focused and flexible! By knowing what they want, but not being too sure, they can test their hypothesis as they learn and grow while remaining open to making adjustments or changes.

Essential Skills	Applying for a job?	Scholarships
<ul style="list-style-type: none"> • Numeracy • Writing • Oral Communication • Thinking • Working with Others • Document Use • Continuous Learning • Digital • Reading Text <p><i>Did you know that 74% of employers find Essential Skills relevant to their business?</i> (ABC Life Literacy, 2013)</p>	<p>Remember that applications need to be tailor-made for each job application.</p> <p>In your resume, avoid a list of job tasks and job descriptions. Instead, focus on showing the employer your skills through examples and action words..</p> <p>Check out myBlueprint for the resume and cover letter tools!</p> 	<p>Local Scholarships</p> <p>Check out the <i>Funding Your Education</i> tab on the High School Plus Google Site</p> <p>Rutherford Scholarship</p> <p>Check your <i>myBlueprint High School Planning Tool</i> to determine your requirements and eligibility.</p> <p>The Rutherford Scholarship application was previously made available in early June, however Alberta Scholarships and Awards has shifted the next application to open August 1, 2019.</p>

Do you have your NEW [MyAlberta Digital ID](#) account for...

- ➡ ApplyAlberta (post-secondary applications)
- ⇒ Alberta Student Aid (student loans, Rutherford Scholarship, etc.)
- ⇒ Apprenticeship Programs including RAP (MyTradesecrets)
- ⇒ Other AB Gov't services (health records, road tests, fine payments, licence and registration renewal reminders, fishing licence, camping reservations, etc.)



Your BRSD Career Counsellors, Lynda Kope & Carla Praticante

careercounselling@brsd.ab.ca

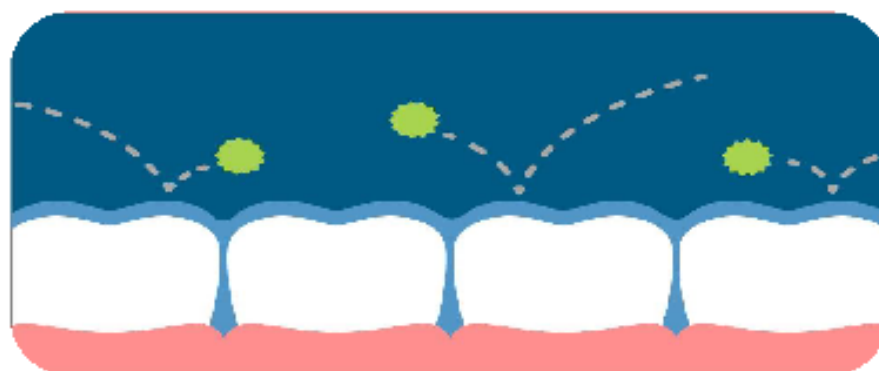
April is dental health month!

April 2019



Oral health matters

Good oral health is an important part of your overall health and quality of life. Oral health affects nutrition, speech, growth, development, ability to learn and even self-esteem.



Snacking to help your smile

Snacks are important in providing a balanced diet for your child's growth and development. Smart snacking can help your child's smile, too!

- Food and drinks with added sugar should be eaten with meals rather than as a snack
- Choose cheese as a high protein snack to help fight cavities
- Sipping on pop, juice and sport drinks can cause cavities. Drinking water is best.



Did you know? Chewing sugar-free gum with xylitol can help fight cavities when you can't brush.

Don't rush your brush

Brush your teeth with fluoride toothpaste twice a day for two minutes to:

- Clean off the sticky plaque that is continuously forming
- Stop gingivitis (puffy, red, bleeding gums) by brushing along the gum line
- Prevent cavities (flossing prevents cavities between the teeth)
- Make your mouth feel fresh



Helpful hints to brush for 2 minutes:

- Brush to your favourite song
- Count to 10 every two teeth
- Use a stop watch or timer to time your brushing

For more information, contact: Vegreville CHC - Oral Health Program - 780-632-3331

 **Alberta Health
Services**
Public Health
Central Zone