



The

Scoop



Viking School

November, 2019

Adam Madsen
Principal

Kelly Arial
Assistant Principal

MaryAnn Newby
Admin Assistant

Deb Snider
Admin Assistant/EA

Laurie Maxwell
Learning Commons
Facilitator

Veronica Hafso
Learning Commons
Facilitator

Teaching Staff:

Zoe Anderson
Jana Arndt
Lana Golka
Stephen Hrabec
Trudy Josephison
Emily Kennedy
Leann Ogrodnick
Shellaine Rogers
Shelby Roth
Richard Samson
Lori Sarafinchan
Marlene Taylor
Wendy Wilkie

Support Staff:

Joleen Hoffman
Suzanne Jakubec
Colleen Loveseth
Deb Shaver
Hanna Snider
Gwen Ulliac



From the Principal's Desk

Halloween is over and November has arrived!

Viking School is continuing to use the School Messenger attendance call-out system. Calls are initiated at 9:25 am and 3:05 pm each day for all students with an unverified absence. Parents are requested to inform the school through call or voicemail if a student will be absent. A general reason may be provided (sick, medical, parent request, etc.), but specific details are not required.

Viking School hosted its annual awards ceremonies for secondary students on October 11th, recognizing the accomplishments of students during the 2018/2019 school year. Thank you to all parents, staff, students and community members who attended the event and shared in the celebration of student successes. I would also like to thank all of our community members and organizations that sponsored awards and scholarships. The students and staff of Viking School appreciate all the time, effort and

money that you all have put into making our awards ceremonies such a success.

The Grade 6 class hosted their annual Halloween Carnival again this year on October 29th. Students in Grades K-3 were treated to carnival games and activities and donations were collected for the food bank. Thank you to Mrs. Josephison for all of her hard work in coordinating this event.

Our Remembrance Day ceremony this year will take place on Friday November 8th starting at 10:30 am in the gym. Everyone is welcome to attend.

Report cards were distributed on Monday November 4th. Any parents who did not receive a copy are asked to contact the school office. Parent teacher interviews will take place on Thursday November 7th from 3:30-8:30 pm with a dinner break from 6:00-6:30pm. Parents may begin booking interview times starting at 9:00 am on Tuesday November 5th by calling the main office or signing up in the Google

VSPC Meeting

Wednesday, November 20th at 5:30 pm

Home Ec. Room—Everyone Welcome

School Remembrance Day Service –Friday, Nov 8th @10:30AM

No School November 11th-15th (resume on the 18th)

Parent Teacher Interviews—November 7th

Elementary interview appointments can be booked starting Nov 5th at 9:00am on the Google form or by calling 780-336-3352



WE “C.A.R.E.” EVERYWHERE

Monday, November 4th– Report Cards were sent out !!

Interviews will be Nov 7th from 3:30-8:30. Teachers will be doing interviews in their rooms

Continued...

Doc using the link: <https://docs.google.com/document/d/1eNkU6QUufB2dDO0OtPZ0drwsUASIZGP2MYiBFA-jjRk/edit?usp=sharing>

Winter weather has arrived and as such I would like to remind everyone that it is important for students to dress appropriately for the conditions. Please ensure that your child comes to school with their winter coats, toques, gloves/mittens and winter footwear when needed for the weather conditions.

The protocol for bus transportation during inclement weather will remain the same as last year. On days of inclement weather, bus drivers will make a decision about whether or not it is safe to operate their bus on their route for that day. In the event that one or more buses does not operate, this information will be passed along to the Battle River School Division transportation department and an automated phone fan-out will be initiated for affected routes. In addition information will be **updated on the Battle River School Division website** with respect to bus operation. On days when buses do not operate the plan at Viking School will be as follows: Regular classes for secondary students will be cancelled and a study hall will be set up with rotating teacher supervision. This will allow students a quiet place to work and teachers of various subject areas will be in the room throughout the day to provide academic support. The shop, home ec. room and gymnasium will not operate on these days. For elementary students, classes will be combined as necessary and follow an alternate schedule for the day.

“Take our kids to work” day will take place on Wednesday November 6th and involves grade 9 stu-

dents who will spend the day with their parents at work. We hope you enjoy your day!

Flu season is also now upon us and we ask that you do not send your child to school if they are exhibiting flu-like symptoms. If children are in attendance at school it is our expectation that they are well enough to participate in all regular school day activities including physical education. Students who are not well enough to attend school will not be able to attend extracurricular activities, as it is important for them to rest and recover.

Please come and join us for our next school council meeting on Wednesday November the 20th at 5:30 pm in the Home Economics room.

Just a reminder that there will be no school for students from the 11th to 15th of November. School resumes on Monday, November 18th.

Mr. P Madsen



The Grade 3 /4 class enjoying a nice fall “Hawaiian” day.



Don't FORGET!



PICTURE RETAKES November 8th

REMINDER TO PARENTS

Please always **CHECK IN** at the **OFFICE** when you stop by the school.

Community Remembrance Day Service
will be held in the Viking Community Hall
on November 11th at 10:30am
Doors open at 10:00 Everyone welcome.



November 8th
School Spirit Day

Red/White/Black Day

Maplewood Parent Portal

Parents can login to the Maplewood Parent Portal to see current student marks and attendance. The link to login is on the Viking School webpage under the “Quick Links” tab. Logins are available for each parent. If you have forgot your password, please select the “request a password change” on the login screen through the Viking School webpage. If you do not remember your username, please send an email to vksgenvm@brsd.ab.ca and one will be sent to you.

maplewood
connectEd

Language Matters

✓ Use positive & respectful language:

Instead of:	Try:
She's bipolar	Person with bipolar disorder
Schizophrenic	Person with schizophrenia
The mentally ill	People with mental illness
Committed suicide	Died by suicide

✓ Avoid labels such as:

x Challenged	x Psycho
x Crazy	x Special
x Demented	x Sufferer
x Normal/Not normal	x Schizo

Knowledge Matters

✓ Challenge the mental illness MYTHS:

- x Mental illnesses aren't real illnesses.
- x Mental illness will never affect me.
- x Mental illness is an excuse for poor behaviour.
- x Bad parenting causes mental illnesses.
- x People with mental illness are dangerous.
- x People don't recover from mental illnesses.
- x People who experience mental illness are weak & can't handle stress.
- x Kids can't have a mental illness like depression.

Family Smart™ shares how young people want adults to talk to them about their mental health:

"I hate feeling like this all the time."

Desired response: "It must be really hard. Can I do anything to make you feel better?"

"Everyone else seems to be able to handle things. Why can't I?"

Desired response: "I'm sure you're doing your best. Sometimes people face challenges that make life tougher. Would you like to talk more about this with me or someone else?"

Family Smart™ shares ideas on how we can use language to build caring, connected relationships:

"I can't deal with these feelings. I am so worried all of the time." *Desired response:*

"Maybe we can sit together and come up with ways to overcome some of the things that you are worried about."

"Don't say hurtful or judgmental things. They make me feel worse about myself."

Desired response: "I'm sorry I hurt you or made you feel judged. I'm going to do my best to listen and not judge."

MORE RESOURCES

www.FamilySmart.ca

www.CMHA.ca

<http://community.bmhc.ca/>

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




MyHealthAlberta.ca

Addiction Services Help Line
1-888-332-2322

Mental Health Help Line
1-877-303-2642

811

Health Link
Health Advice 24/7



Alberta Health
Services

Teachers VS Students Dodgeball



Halloween Carnival put on for students in Grade K - 3 by Grade 6 students at Viking School on October 29h

Each grade 6 student prepared a simple carnival game, magic trick, card trick or other interesting activity. The carnival fulfilled an outcome of the grade 6 Social Studies curriculum in which students study how to "Take Action to Make a Difference" in your community. Students who attended the carnival brought a food bank item for the Viking Food Bank or a cash donation. This was a great way to make a difference to those in need in our community.



Halloween Fun



Viking School Parents:

IS THERE
SOMETHING YOU WOULD
LIKE TO KNOW MORE

DO YOU HAVE
A CONCERN?

Viking School Parent Concern Protocol

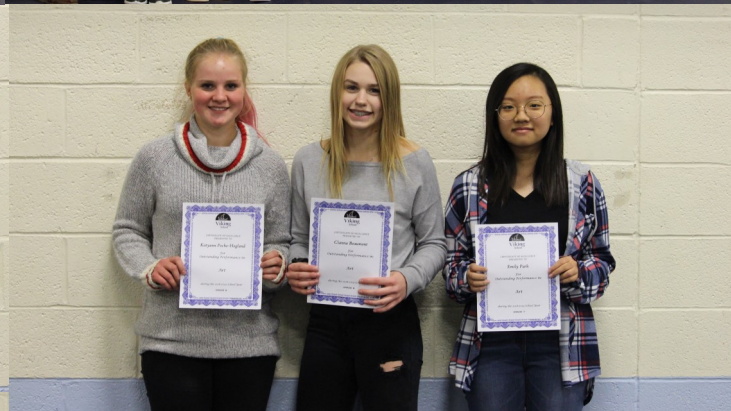
Viking School always welcomes feedback from our parent community.

As a parent or guardian, if you have a concern related to the school, the following protocol and recommendations should be followed to ensure a timely and productive resolution:

1. Communicate with the teacher that is most directly involved.
 - a. Ideally, contact the teacher within 24 hours of an incident/concern.
 - b. Speaking directly with the teacher will ensure direct and specific discussion about your concern, in hopes of achieving a timely and satisfactory resolution.
2. If, after step 1, the concern has not been resolved the next step would be to meet with school administration.
 - a. Depending on the resolution at step 1, it may be necessary to allow some time for staff to address the initial concern before meeting with school administration.
 - b. Be mindful that school administration may need time to investigate an incident (the initial meeting may need to focus solely on information gathering before a resolution can be reached)
3. If after step 1, and step 2 the concern has not been resolved, the next step would be to contact BRSD Division Principal Tracy Beattie. School Administration can provide her contact information.

It is our belief that most concerns can be resolved effectively by speaking with those most directly involved. If parents / guardians “skip over” the important first step in this protocol, they will be encouraged to speak to the teacher before either the school or division administration will consider taking any action.

Thank you for working together with us to ensure that concerns can be addressed appropriately and in a timely way, in order to maintain positive relationships and support the success of all students here in Viking School.



Viking School Awards

Awards for Junior High for the past school year 2018-2019 were held on the afternoon of Oct 10 .

The Senior High awards were held on Oct 11 in the evening.

Congratulations to all the students on their achievements and thank you to all of our sponsors and presenters for attending and continuing to support our students.



Viking School 2019 Elementary Christmas Concert December 17th VIKING SCHOOL

Afternoon Performance at 1:00 PM and
Evening Performance at 6:30 PM
Mark your calendar now!



Viking School Mini-Slammers



Viking School Parent Council: Hot Lunch Roster 2019-2020

"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 **Melanie Zarski at 780-385-8454.** THANKS in advance for taking your turn!

October: Viking AG Foods (Hot Dogs) - 10:30 a.m. shift start

8th	15th	22nd	29th
Peyton Bird	Claire Hollar	Kailyn Zarski	Jaxson Weisgerber
Breece Erickson	Sheridan Kolenosky	Avery Erickson	Sterling Cumming
Amanda Broadhead	Emma Lawes	Kaelen Hakes	Jordan Crawford
Isaac Anderson	Rosa-Lynne Radford	Darby Naslund	Jenna Davis-Hogg

November: Food With Flair (Taco Salad) - 11:10 a.m. shift start

5th	19th	26th
Emily Amudson	Jorja Anderson	Jessica Brandt
Emery Fornal	Dawson Currie	Tanner Brooke
Kaitlin Haeberle	Cole Happy	Jessie Lentz
Taylen Place	Kaci Bauersachs	Jade Pollington

December: Simply on Main (Stew/Soup) - 11:00 a.m. shift start

3rd	10th	17th
Summer McNeill	Julie Anderson	Luke Brooke
Alex Klein	Cianna Beaumont	Keely Chomik
Lanaya Carrington	Amanda Petruk	Travis Voltner
Ryan Harray	Aiden Kittle	Andrew Bae

January: Burger Queen (Pizza) - 11:00 a.m. shift start

7th	14th	21st	28th
Maddy Bird	Ethan Girczyc	Erik Anderson	Jamie Paterson
Brenna Fornal	Hannah Gosier	Dylan Haydon	Halle Labreche
Grayson LeBlanc	Barrett Tkaczyk	Austin Hogstead	Sadie Mizera
Nathen Erickson	Frances Cantel	Bailey Haeberle	Chandell Karl

February: Subway (Subs) - 11:10 a.m. shift start

4th	11th	18th	25th
Phineas Barber	Maggie Smith	Ava Squair	Ian Hill
Tyson Crocker	Conley Dockstader	Savannah Mackay	Hunter Morken
Zachary Darling	Dyson Gibler	Gracie Lang	Willy Funk
Maddie Oliver	Brayden Grisdale	Kevin Kennedy	Stanley McGill

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

3rd	10th	17th	31st
Rusty Bexson Nicci Potgieter Landon Hanson Dorian Ropchan	Ally Arndt Yohan Bomomeo Jeff Mytz Stetson Shepley	Cooper Quattek Ella Hamay Kaybree Hudson Sofia Rofelletti	Austin Gabrielle Olivia Nordstrom Ryi Wakefield Taylor Roulston

April: Carena Kitchen (Wraps) - 11:10 a.m. shift start

7th	14th	21st	28th
Mason Danylak Kora Leftrud Macy Morken Lawrence Simpson	Cash Littau Kolt Morken Nash Squair Jacky Frawley	Cindel Moody Lyndy Nauenberg Kieran Hay Cole Hoffman	Emma Russnak Sway Hennig Tanner Quinton Nicolas Ramos

May: Viking Chinese Restaurant (Chinese) - 11:10 a.m. shift start

5th	12th	19th	26th
Xavier Arndt Cecilia Tkaczyk Brooke West Willow Kynoch	Cohen Buttner Amber Dubeau Katie Newby Connor Hummel	Jaxon Parr Ethan Hildebrand Shelby Sarafinchan Lucius Garrett	Victoria Reil Denise Schmaus Tyler Watts Abe Wiebe

June: La Piazza (TBA) - 11:10 a.m. shift start

2nd	9th
Colton Skori Joshua Stewart Kerry Simot Brooklyn Holland	Lacey Loades Jericho Ferguson Ryan Park Axel Erickson

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!



The ECS class enjoyed a visit to the Viking Fire Hall this month. The kids had a great time and enjoyed the visit very much.

Thanks to the Viking Fire Dept.!

MLA Ms. Jackie Lovely took time to take a photo with our Viking School JR Boys Volleyball team in Bashaw this weekend.



Positive Peer Influence

Peer pressure is often thought of as a bad thing, but peers often have the power to create a positive influence!

Peers can help each other become more independent by encouraging healthy choices!

Adults have the opportunity to help young people choose the type of peer influence they want in their lives and what kind of friend they want to be to others.

Tips for Encouraging Positive Peer Influence

In your home and family: Identify people, stories or images that exemplify the positive power of peers.

In your neighborhood and community: Talk with young people in your neighborhood about the qualities you admire in each of them.

In your school or youth program: Pair off students and participants. Have them take turns discussing a time when they positively influenced a friend or peer.

Tips to Encourage Your Child to Keep Responsible Friendships

- Talk with your child about his or her friends. Ask questions to find out what they're like.
- Don't jump to conclusions based on what friends look like.
- Get to know your child's friends and their families.
- Avoid criticizing friendships that seem negative to you, but be honest when you are concerned about a relationship.

As they get older, teens become less influenced by their peers on major values and choices

- Be proactive about your family's values and expectations regarding risky behaviours, such as alcohol and tobacco use.
- Respect your teen's privacy while also being available if they need help.
- Help your teen practice what to do in difficult social situations and have a strategy in mind that can help deal with pressures.

MORE RESOURCES

www.search-institute.org

<https://keepconnected.searchinstitute.org/understanding-ages-and-stages/ages-15-18/>

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




MyHealthAlberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

 811 Health Link
Health Advice 24/7

 Alberta Health
Services


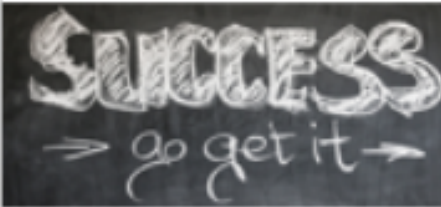


Career Counselling

November 2019 Newsletter

Time to Choose...a Post-Secondary Education Program

This updated section of ALIS' [Time to Choose](#) is a wealth of resources to help you find a post-secondary program that meets your career goals. You can find the link under the Post-Secondary tab in the [High School Plus](#) site.

Post-Secondary Events	Micro-Credentials	You Need References
<p>BRSD high school students have been invited to one of two ELAA post-secondary events hosted by Daysland School and Ecole Camrose Composite High School.</p> <p>This event will give students the opportunity to speak to representatives from many post-secondary institutions in Alberta, which may include, NAIT, Lakeland College, Red Deer College, U of A, Lethbridge University, U of C, Olds College, King's University, SAIT, Concordia University, Prairie College, Keyano College, Norquest College, Bow Valley College, etc.</p> <p>Monday, November 18, 2019</p> <p>SAVE THE DATE</p> <p>Daysland School 9:00 - 10:30 ECCHS 12:30 - 2:30</p>	<p>Micro-credentials are also known as 'badges'.</p> <p> Micro-credentialing is a way to recognize skills acquired through a variety of learning experiences and are often online.</p> <p>Many employers are seeking this in today's labour market.</p> <p>Students can begin to earn micro-credentials while still in high school through various opportunities: CTS safety modules, Green Certificate, Dual Credit, WHMIS, and First Aid to name a few!</p> <p>Check out <i>High School Plus</i> under the Post-Secondary tab to learn more about how to earn 'badges'.</p>	<p>Maybe not now but it won't be long! Some applications for jobs, awards, scholarships or post-secondary programs require naming people who may be asked about you - your character, skills, experiences, work ethic, etc.</p> <p></p> <p>You may also need to ask a person who knows you well for a letter of reference. This letter is only as good as the information they have. Help them out by completing a <i>Referee Information Sheet</i>, found in the <i>High School Plus</i> site under Funding Your Education.</p>

It is report card time! Check Maplewood for course progress and investigate possibilities to complete or redo assignments/projects/tests to improve your mark.

Your BRSD Career Counsellors, Lynda Kope & Carla Praticante

careercounselling@brsd.ab.ca

The Grad Class of 2020 would like to sincerely thank the community for supporting their recent fundraiser through the purchase of wreaths, and Nutters trays.. Your generosity is greatly appreciated

THANK YOU!!



Dear Parent/Guardian:

It is getting colder outside and the snow is starting to fall! Please remember to have your children dressed appropriately for the conditions with the expectation that they will continue to go outside for fresh air, exercise and play time at recesses.

Thank you for your cooperation



BOOK FAIR

The Viking School Learning Commons will be presenting the Scholastic "Arctic Adventure" Book Fair from Nov. 20 - 26, 2019.

Preview pamphlets will be sent out one week prior to the Book Fair. Please send back the entry form on the back of the pamphlet for your child's chance to win \$25.00 worth of books from this year's fair. Students will be viewing books during their library classes and purchases will begin on Thursday, Nov. 21st. Students will be allowed to purchase items during specific library classes.

I am looking for some adult volunteers to assist me with the Book Fair. If you or someone you know would be interested in helping, please contact me at the school @ (780) 336-3352.

Thank you very much for your past support. Last year's Book Fair allowed me to put \$600 worth of new books in our library.

Mrs. L. Maxwell





Grade 3/4



Waste in our World Unit



Dylan Haydon and Tanner Brooke Compete at Cross Country Provincials

On Saturday, October 18th Dylan Haydon and Tanner Brooke trekked through the difficult terrain at Bow Island. The boys enjoyed near perfect running weather and tough competition. Dylan capped off his season with a 46th place finish in the Intermediate Boys category. Tanner finished 98th in the Junior Boys category. There were 144 athletes that competed in each race. I would also like to recognize Jessica Brandt for qualifying for the Provincial competition after finishing 16th in the Senior Girls category at the Zone competition. Jessica was unable to attend provincials due to volleyball. Congratulations to all cross country athletes for a terrific season.



Donation to Breakfast Program

Thank you very much to the Town of Viking for their generous donation to our breakfast program. Mayor Jason Ritchie presented the cheque on behalf of the town.



VIKING SCHOOL FUNDRAISER

Just a reminder that Viking School is collecting Boston Pizza receipts. Please turn the original receipts into the bucket in the school office, or other buckets located around the community. Boston Pizza will generously give 5% back to our school to benefit our students. It is that easy!



Viking Vixens Junior High Volleyball Team Division 2 League Champions

On Wednesday, October 30th the Viking Vixens Junior High Volleyball Team treated their coaches, parents, fans, and Viking School staff with an outstanding performance on their way to victory against Ryley in the semi-final and Hay Lakes in the final to become the 2019 Division 2 League Champions. With the victory, the girls will be off to Regionals at Bawlf on Tuesday, November 5th. Thank you to all of the volunteers who helped host the event. Good luck girls. Go Vixens!

Meanwhile, the junior boys team lost a hard fought battle against a strong Round Hill team in their semi-final.



Back Row: Taylor Roulston, Kirstin Haeberle, Jalissa Davis-Hogg, Kail Lefsrud, Summer McNeill, Nicci Potgieter, Ashley Klein, Breanne Wakefield, Maddy Bird
Middle Row: Coach Kerri Davis, Jasmine Kaur, Sheridan Kolenosky, Kailyn Zarski, Sydney Erickson, Rayne Arndt, Abbylynn Morken, Coach Kyla Lefsrud
Front Row: Lanaya Carrington, Cianna Beaumont, Caley Haydon, Skylar Morken



Support Services Offered at Viking School

Career Counselor: Mrs. Lynda Kope

Mrs. Kope provides assistance to our students with investigating high school pathway possibilities using tools such as *myBlueprint* and *myPass*. Additionally, using the website *High School Plus*, she provides guidance in planning for post-secondary opportunities including prerequisites and applications, transitions from school to work, and researching scholarships.

Family School Liaison Worker (FSLW): Mrs. Georgina White

Mrs. White provides a variety of services including individual counseling, small group counseling and programming sessions as well as targeted programming to support classrooms. Mrs. White assists with education and counselling to children, youth and parents to help them positively manage challenging issues and events. She also offers support services to students, families and/or groups focusing on safety, mental well being and the healthy development of children. In addition Mrs. White provides referrals to appropriate community agencies to support students and families as needed.

Mental Health Capacity Building (MHCB) Wellness Coach: Ms. Sarah Squires

The MHCB Wellness Coach provides addiction and mental health promotion and prevention to children, youth and families in Battle River School Division. MHCB facilitates classroom programming as well as small targeted groups that focus on increasing knowledge, building skills and fostering abilities that enable others to better their own mental health and wellness. Currently in Viking School, Ms.Squires is delivering a program that focuses on developing empathy, valuing diversity and cultivating a culture of inclusivity in our classrooms and school community.



Share your ideas, help shape the future

Have you received an email from the Board of Trustees?

The BRSD Board is inviting all parents to share their ideas and thoughts on what's important for student learning. On October 25 they sent a message to all BRSD parents, which included a link to an anonymous online input opportunity called Thoughtexchange.

Parents are invited to answer the question "*what are the things students need most in order to receive a quality education?*"

You can share as many comments, thoughts and ideas as you wish. You will also be able to see what others have posted, so if someone else has shared a thought you really agree with, you can support it too.

If you did not receive the email from the Board or have deleted it by accident, you can find the link [here](#) or through our BRSD Facebook page.

Staff and high school students are also being invited to share their thoughts.

The survey will be open until November 15.

Results will be shared by the end of January and the Board will use the information you provide to help them in making decisions for the future.

- *The Battle River School Division Board of Trustees*