



The

Scoop



Viking School

January 2020

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
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Trudy Josiphison
Emily Kennedy
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Lori Sarafinchan
Marlene Taylor
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Support Staff:

Joleen Hoffman
Brianne Hoinen
Suzanne Jakubec
Colleen Loveseth
Debbie Shaver
Stefanie McNeill
Gwen Ulliac

From the Principal's Desk

Happy New Year Everyone and Welcome to 2020!!!

With January comes Diploma Exams. The first diploma exam will be the Soc 30-1/30-2 Exam on Tuesday January 14th (We also have a few students completing the Eng 30 Diploma Exams on Monday January 13th). The full exam schedule is available in this newsletter. The last day of classes before exams for Grade 10-12 students will be Tuesday January 21st. Elementary and junior high students have regular classes throughout the month of January. Schools will be closed on Friday January 31st which is a division-wide day off for semester break. Semester 2 begins on Monday February 3rd.

We are in the season of bus route delays and cancellations and I would like to remind everyone of the notification system this: If there is a change to the bus schedule, it will appear in an ALERT banner at the very top of the school and BRSD website. If there is no banner visible, all routes are running as scheduled. Every family affected by a bus route delay or cancellation also receives an automated phone message from the School Messenger system.

In the case of cancellation of bus routes on the day of a Diploma Exam, students **ARE NOT** automatically exempt from writing

the exam. Students who are unable to attend that day would need to apply to Alberta Education: Special Cases to receive a deferral or exemption (in **most** cases Diploma Exams are deferred to the next writing period (April) instead of exempt). There would be flexibility to accommodate students who were late for an exam in such circumstances. For bus route cancellations on days of **other exams**, Viking School will make arrangements to accommodate students who are unable to attend.

Thank you to our K-6 students and staff who put on two wonderful Christmas Concert performances on December 17th! The Gym was full and the performance was great! Thank you to all of our K-6 teachers for their hard work in preparing their students for the performance. A special thank you to Cherie Carrington for providing musical accompaniment.

Basketball season has resumed. I would like to thank all of the staff and community members who volunteer their time to act as coaches, managers and mentors with our basketball teams. Good luck to all of our teams! January also marks the beginning of survey season. The Alberta Education Accountability Pillar Survey will be sent out to Grade 4, 7 and 10 parents this month and will be completed by teachers and students in February:

... Continued on page 2

Please remember to dress for the weather



VSPC Meeting
Wednesday, January 15th at 5:30 pm
Society For the Friends of Viking School Meeting -6:45pm
Home Ec Room—Everyone welcome

WE “C.A.R.E.” EVERYWHERE

No School on January 17th for Staff Collaboration Day or January 31st for Semester Break

Continued...

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey.

- *In January, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education.*
- *In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.*

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

Please come and join us at our next School Parent Council meeting which is on January 15th at 5:30 pm in the Home Economics room.

Mr. & Madsen

JUST A NOTE FROM STUDENT COUNCIL....

School Spirit Day

January 15 Crazy Hair
day

January 30—PJ Day



Battle River Online Students:

The deadline to submit any
Semester 1
Diploma Courses Jan 13th
All other Courses Jan 20th







Career Counselling

January 2020 Newsletter

Information and Communication Technologies

According to ICTC, five technologies that are transforming the digital economy include: virtual & augmented reality, 5G mobile, 3D printing, blockchain and artificial intelligence.

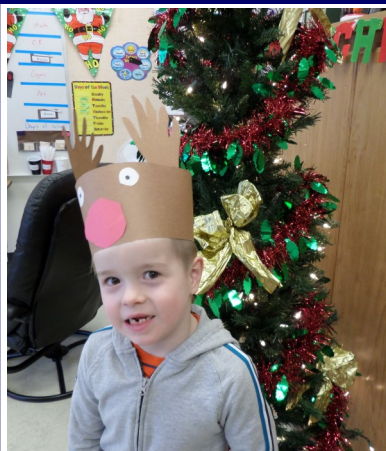
Source: CAREERING by CERiC, Winter 2019, pg. 22.

Post-Secondary	Co-op Programs	Funding Your Education
<p>Check out the post-secondary events coming up this winter in the calendar on the front page of your <i>High School Plus</i> site.</p> <p>Events such as Student for a Day, Preview Day, Open House and Info Sessions are an opportunity to explore possibilities and meet experts at the institution.</p> <p>Some post-secondary programs stop accepting applications for the Fall on March 1st. So if you are planning to apply, please keep this in mind. Applications are made within your <i>MyAlberta Digital ID</i> account (under <i>Key Resources</i> in the <i>High School Resources</i> tab of the <i>High School Plus</i> site (under your School's Quick Links).</p>	<p>Cooperative education/training programs are increasingly being offered by many colleges and universities. The goal of co-op placement is for the student to alternate between academic semesters and work terms (typically paid). The power of the co-op experience is for the student to learn about themselves, the world of work and the world as a whole!</p>  <p>Gaining hands-on experiences in relevant work is an excellent addition to one's resume and future opportunities. Check your program for these opportunities and learn how to qualify for this valuable experience.</p> <p>Resource: <i>Canadian Journal of Career Development</i>, pgs. 34-44</p>	<p>How much will an education cost? Tuition, books, school supplies, residence, food and life are all part of the cost of your education. Check out the <i>myBlueprint</i> Budget Tool (under Money in <i>myBlueprint</i>) to help you prepare for the expenses ahead.</p>  <p>Looking to find the costs for various institutions? Check on the post-secondary site and search for "Tuition". Most sites have a planning tool that will calculate the costs for various programs. Both Canadian and International students can access these tools to identify the approximate costs for creating your post-secondary budget.</p> <p>If you have questions, contact the institution directly or visit your career counsellor for support.</p>

Have you picked up your copy of the NEW High School Plus postcard? If not, grab your copy from the front office at your high school.

Your BRSD Career Counsellors, Lynda Kope & Carla Praticante

career counselling@brsd.ab.ca



Elf on the Shelf Fun

Viking students have been enjoying having Vixen visit them again this year!

Vixen the elf found herself tangled in some floss, apparently she misunderstood how to floss.



The Viking School Graduating Class of 2020 would like to sincerely thank everyone who has supported them through the purchasing of wreaths and nutters products as well as donations to the recent bottle drive. The generosity is very much appreciated. Funds raised will be used for the Graduation Ceremony that will take place on May 29, 2020.



Grade 9 PARTY Program

On Wednesday, December 11 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.

A speaker from the Sexual Assault Centre spoke to us. 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.

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, discussed what we think would impact us the most if we became disabled, tried to figure out what a bunch of medical equipment would be used for and made a poster giving advice on how to stay safe.

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, which was uncomfortable. 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 woman who was 16 and driving home from a wedding with her sister when she hit a bunch of loose gravel. She was badly injured and wasn't expected to live. She not only lived, but she is able to walk with a cane. She is now a motivational speaker and a body builder.

In all, we learned to try to make smart decisions. We learned the **Six Smart Choices** which are 1. Drive Sober, 2. Buckle Up, 3. Wear the gear, 4. Get Trained, 5. Look First and 6. Request Help. We learned to not text or be otherwise distracted when driving, and to ask our parents to not do it either. We learned not to drive if we have been drinking or high.

This day was a very good learning opportunity for all of us. We would like to thank Mr. Rob Roulston and Mrs. Debbie Snider for being the assistants for the day and Mr. Willey for driving the bus.



8 Tips To Deal With Exam Stress

Stressed out about exams? Stress can show itself in many ways. Some of the common signs are your heart racing, stomach cramps, trouble sleeping, losing your appetite or overeating. Here's some tips to help you chill out.

1. Start studying early

Start studying as soon as your teacher announces the exam. Even before that, read over your notes after each class to make sure you understand them. Put the notes in your own words. You can prepare even more by thinking of questions that your teacher might ask on an exam. Write the questions down and answer them after your class is finished. This will make studying easier.

2. Have a plan to manage your time

Cramming all night doesn't usually work. Plan your study time ahead so you'll feel confident for the exam. Plan to have enough time to study about 50 minutes at a time with five or 10-minute breaks. Have a snack, watch some TV or go for a walk. Study so you understand the material and not just to memorize it. Plan to study in a place where you can concentrate without distractions.

3. Practice, practice, practice

Ask your teacher for a practice test. If there isn't one, make your own. Answer the questions with friends and grade each other's work.

4. Be healthy

Studies show that taking the time to get some exercise and eating healthy improves performance on exams. So get out and get moving. When we're stressed we sometimes want to eat junk food but eating healthy will actually make you feel better. Also, get enough sleep - especially in the days before your exam. Good sleep helps you remember what you learned.

5. Chill out, try these relaxation techniques

Think about the stress you're feeling. Write down your stressful thoughts. Whenever a stressful thought pops into your head, replace it with a positive one. For example, replace "I'm going to fail this exam" with "I'm going to study early so I can ace this exam." Also, you may want to practice deep breathing. Take a few deep breaths, breathing from deep within your abdomen and not just your chest. Let them slowly out. This will get more air into your lungs and will help you relax.

6. Visualize success

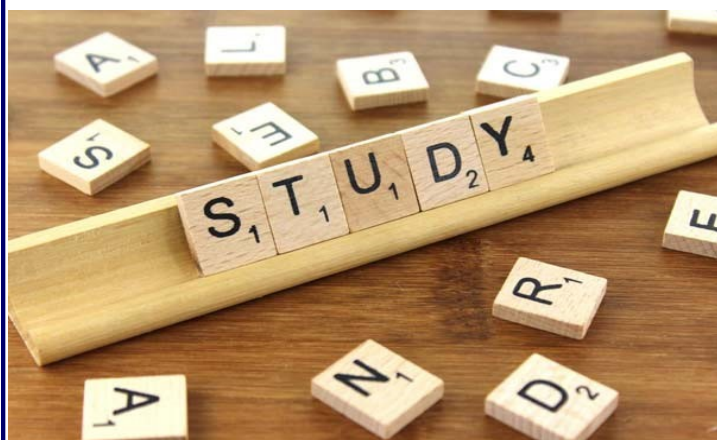
This one might seem a little out there, but sometimes it helps to imagine success. Think of yourself writing the exam and knowing the answers. Visualize the A+ on the paper after writing the exam. When you imagine yourself being successful, you're more likely to succeed. But don't just visualize studying - you actually have to do it!

7. Talk to someone

If you find that you're still stressed, talk to someone you trust, whether it's a parent, teacher, school counsellor or friend. They will help you put things in perspective.

8. Taking the exam

Scan each page of the exam before starting to make sure you have all the questions. This will also help you decide how much time you'll need to complete it. Read all the instructions on the exam. Do the questions you can answer first to make sure you get the marks for them. Pace yourself. Stay until the end of the exam in case you remember an answer. Go back, review your answers, and remember the relaxation techniques you learned. Breathe!





Elementary Plant Sale Fundraiser



Helens Vegetables and Flowers

Locally owned

Variety of Tomato Plants	\$6.00 each
10" hanging tomato tumbler	\$25.00 each
Variety of peppers	\$6.00/3pk
Variety of Vegetables	\$6.00/6pk
Variety of Herbs (dill, basil, etc)	\$6.00 each
12" Hanging Begonia	\$45.00 each
Supertunia—variety of colors	\$9.00 each
Geraniums - including Citronella	\$9.00 each
Begonia—red, pink, yellow , orange	\$9.00 each
Bacopa	\$9.00 each
Black Eyed Susans	\$10.00 each
Coleus	\$9.00 each
Grasses—Spikes	\$9.00 each
Assorted Succulents	\$9.00 each

To order plants, please contact an elementary student or Mrs. Golka at the school 780 336-3352.

Funds raised go directly towards elementary projects that benefit students.

Reminder to elementary parents that forms and money are due back to homeroom teachers on January 27th.

Deliver date approximately May 19, 2020

Share your ideas, help shape the future – question number two is coming!

Have you received a message 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 December 13 they sent a message to all BRSD parents, which included a link to an anonymous online input opportunity called Thoughtexchange.

In the first round of the online exchange participants were invited to answer the question "*what are the things students need most in order to receive a quality education?*"

More than 1100 people took part in the process, and shared over 1370 thoughts. They also rated the thoughts of others. We appreciate every one of the students, parents and staff who took time to contribute.

Several very clear themes emerged from the consultation, and the Board is committed to following them up. The second phase of consultation will be based on two of the themes that were identified. The two themes are:

- 1) Students need: Options and Opportunities
- 2) Students need: Classes that aren't too big or too small

In this second round, the question will be:

What are the best ways to balance class sizes and maximize options and opportunities for all students, while maintaining the financial viability of our school division?

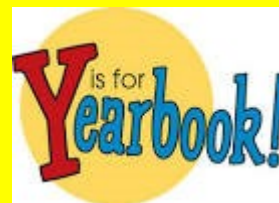
The consultation will be open from December 13 to January 10. If you did not receive the message from the Board or have deleted it by accident, you can find the link [here](#) or through our BRSD Facebook page.

The Board will use the information you provide to influence decisions for the future.

- The Battle River School Division Board of Trustees

Order your 2019-2020 Yearbooks!

\$25.00 each



Available to order online through the online payment program.



Reminder that Viking School is collecting meal receipts from Boston Pizza Restaurants. Please leave your receipts in the collection bucket in the school office. When the collection is turned in, Boston Pizza will give our school 5% of the total back for use to benefit students.

Board of Trustees Battle River School Division

BRSD Board votes to deplete reserves rather than reduce staff or increase fees to parents



Every Student, Every Day, A Success.

The Battle River School Division Board of Trustees was faced with difficult decisions on December 12, as they worked to approve a balanced budget for the 2019-2020 school year. As a group, the Board felt it was important to maintain service to students as much as possible, by

- Protecting school-based jobs;
- Avoiding charging new fees to parents.

The budget process for the current school year began last spring. Initially, the budget reflected a 1% reduction in revenue. Effective at the start of the school year, the budget included staffing changes in the Facilities, Finance and Technology departments, elimination of one Director of Learning position, removal of the Learning Coach role and discontinuation of division-wide positions supporting Literacy, Numeracy and First Nations, Metis and Inuit education.

Additional spending reductions became necessary because of three main factors:

- lower than anticipated enrollment;
- unexpected increase in costs of insurance;
- unexpected elimination of grants.

There is an overall deficit of \$4 million. Some of that deficit is being addressed by making further reductions. The budget that was approved December 12 includes :

- the reduction of two staff in the Facilities department;
- f.t.e. reductions in the Camrose Early Learning Program due to lower than expected enrollment;
- staffing adjustments at three schools where the September 30 enrollment was lower than originally projected;
- and reducing expenditures for items such as (but not limited to):
 - upgrading student / staff computers;
 - Professional Development;
 - Reading University.

For more information contact Diane Hutchinson, Director of Communications
Ph. 780-672-6131 ext. 5248; Cell 780-806-6632; dhutchinson@brsd.ab.ca

The Board of Trustees

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Assistant Supt, System Supports

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Imogene Walsh



5402-48A Avenue, Camrose, Alberta, T4V 0L3
780-672-6221; www.brsd.ab.ca

Board of Trustees Battle River School Division

While all of these changes do make an impact on the bottom line, the bulk of the deficit is being addressed by using \$4.1 million in reserve dollars. These are dollars that had been set aside to cover classroom technology replacements, as well as unexpected opportunities or repairs that may not have been anticipated.

Using these funds means that, at the end of the current school year, Battle River School Division will have basically depleted its bank account. Specific capital reserves, which are earmarked for such things as school bus purchases, will remain intact. But capital reserves can only be used for the purpose they were established and are not available to offset a deficit, without permission from the Minister of Education.

The Board is very clear that this is a one-year solution. They are comfortable with depleting the reserves in order to maintain programs, preserve jobs and avoid imposing fees on families.

But as they look ahead, the Board knows that, with no reserves available to cover a shortfall, Battle River School Division cannot continue to provide service in the same way. Changes will have to be made for September 2020.

Discussion about the 2020-2021 school year, and beyond, will begin in earnest at the BRSD Board of Trustees meeting on Thursday, January 23. As the Board said in November and repeated December 12, “everything is on the table” as we look to the future.

Bylaw and policy changes

As a result of the decisions made this fall, the Board of Trustees also began the process of changing its Bylaws to reflect their upcoming reduction to the number of Trustees (voted on October 24) and also revise Policy 22, which provides guidelines for reserves.

Share your thoughts, help shape the future — round two!

More than 1170 people took part in the first part of Battle River School Division's online public consultation process. The second phase of the consultation is open now, with the question *What are the best ways to balance class sizes and maximize options and opportunities for all students, while maintaining the financial viability of our school division?* Here's the link to the consultation:

<https://my.thoughtexchange.com/#534730602>

For more information contact Diane Hutchinson, Director of Communications
Ph. 780-672-6131 ext. 5248; Cell 780-806-6632; dhutchinson@brsd.ab.ca



The Board of Trustees

Board Chair: Norm Erickson

Vice Chair: Karen Belich

Beaver County

East: Lyle Albrecht

West: Zsuzsanna Hempelger

Camrose County

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City of Camrose

Norm Erickson

Val Sims

Administration

Superintendent:

Rita Marler

Assistant Supt. Learning:

Shan Jorgenson-Adam

Assistant Supt. Systems Support

Natasha Wilm

Assistant Supt. Business:

Imogene Walsh



5400-48A Avenue, Camrose, Alberta, T4V 0L3
780-672-6231; www.brsd.ab.ca

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!

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

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

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

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

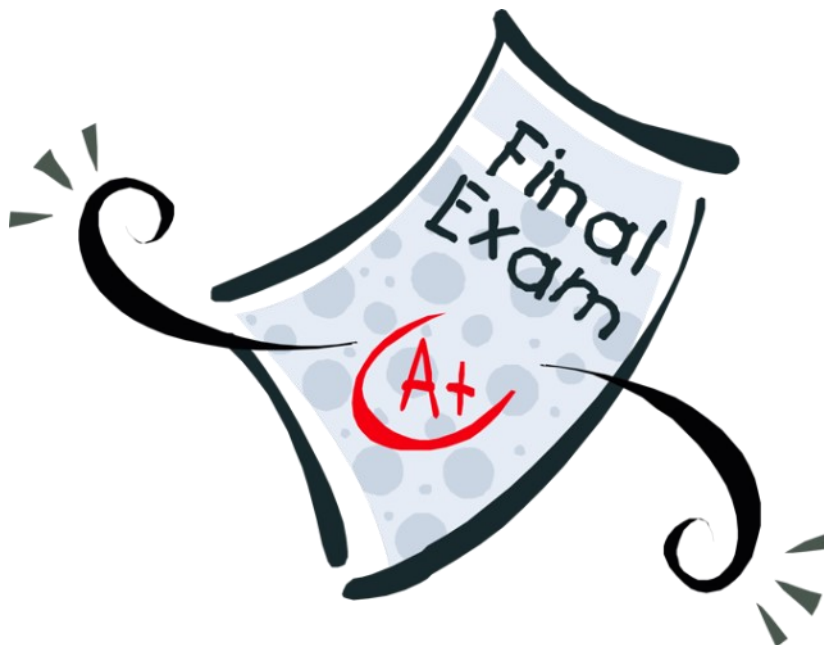
In case of inclement weather (where a majority of buses are not running), the hot lunch program will be postponed and students will need to bring their own lunch. Please check the school website and Facebook page for the new hot lunch date. Thank you!



Grade 1's practicing
for the Christmas
Concert

Secondary DIPLOMA/FINAL EXAM SCHEDULE JANUARY 2020

Monday, January 13 (Day 2)	9:00 – 12:00 9:00 – 12:00	English 30-1 Part A Diploma Exam (Computer Lab) English 30-2 Part A Diploma Exam (Computer Lab)	
Tuesday, January 14 (Day 3)	9:00 – 12:00 9:00 – 11:30 A.M.	Social 30-1 Part A Diploma Exam (Computer Lab) Social 30-2 Part A Diploma Exam (Computer Lab)	
Tuesday, January 21 (Day 3)		<i>Last Day of Classes Grade 10 – 12</i> English 10-1-2 Part A Exam (In Class) English 20-1-2 Part A Exam (In Class)	
Wednesday, January 22 (Day 4)	9:00 – 12:00 9:00 – 12:00	Math 30-1 Diploma Exam (Room 408) Math 30-2 Diploma Exam (Room 408)	
Thursday, January 23 (Day 1)	9:00 – 11:30 A.M. 9:00 – 11:30 A.M.	Chemistry 20 (Room 407) English 10-1-2 (Room 406) English 30-1 Part B Diploma Exam (Room 163) English 30-2 Part B Diploma Exam (Room 163)	
Friday, January 24 (Day 2)	9:00 – 12:00 9:00 – 12:00 9:00 – 11:30 A.M. 9:00 – 11:30 A.M.	Social 30-1 Part B Diploma Exam (Room 407) Social 30-2 Part B Diploma Exam (Room 407) English 20-1-2 (Room 406) Science 10 (Room 408)	
Monday, January 27 (Day 3)	9:00 – 12:00 9:00 – 11:30 A.M. 9:00 – 11:30 A.M.	Biology 30 Diploma Exam (Room 408) Biology 20 (Room 408) Math 10-C (Room 407)	
Tuesday, January 28 (Day 4)	9:00 – 12:00	Chemistry 30 Diploma Exam	
Wednesday, January 29 (Day 1)	9:00 – 12:00	Physics 30 Diploma Exam	
Thursday, January 30 (Day 2)	9:00 – 12:00	Science 30 Diploma Exam-	



Viking School Parents:



Is there something you would
like to know more about?



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 Brian Horbay. School Administration can provide his 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.



2019 Christmas Concert