

October 2021

Message from Administration

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September has brought us some beautiful fall weather, new learning and continued adjustments to protocols due to COVID-19. We would like to take this opportunity to celebrate our families, students and staff for their commitment to keeping each other safe and healthy. For the most up to date information regarding Parkland School Division's COVID response, please follow this [link](#).

September brought a welcome return to team sports. We'd like to thank our cross-country running and volleyball coaches for giving their time, and creating safe experiences for students. A big shout out to our community volunteers who assisted with Blueberry's Cross Country run!

Cross Country Running: Ms. Paton and Mrs. Charleson

Senior and Junior Girls: Mrs. Dawes

Senior Boys: Mrs. Kleparchuk and Ms. Masterson

Junior Boys: Mrs. Wolfater

Developmental (Junior B): Mrs. Dawes and Mr. Marcil

On September 21st we held our first school council meeting via googlemeet. We had a wonderful turnout with some new faces. Please help us welcome Heather Kopp as our new Council Chair and Kasey Quinn as our new Vice Chair. We look forward to working together to ensure all students have the best possible learning experience. We would also like to thank Carmen Thomas for chairing our fundraising committee and Malinda Ferris for continuing to lead our Playground project.

Throughout the week of September 30th, staff and students participated in learning focused on National Truth and Reconciliation Day. We encourage families to continue this important journey by accessing such resources as the ones [linked here](#) from the National Centre of Truth and Reconciliation.

As we move into October, please know we are open to hearing your feedback about how we can continue to improve. We are amazed by the dedication to learning exhibited by our students as we continue to navigate times of uncertainty. We wish you a restful and renewing Thanksgiving with your families.

Twyla Badry
Assistant Principal

Michelle Visscher
Principal

General Information

Parent-Teacher Conferences

We will be holding our first parent-teacher interviews of the year, beginning the week of October 13. All interviews will be held virtually to keep the visitors to Blueberry at a minimum.

Starting the morning of Wednesday October 6th, you will be able to book an appointment using the [instructions here](#). Please note we are using a different system than in previous years.

Once you have made your appointment, find specific instructions on how to participate in parent-teacher conferences via Google Meet by [clicking here](#). If you have questions about your child's progress at any time, please reach out to their homeroom teacher.

PD Day

Friday, October 8th is a Professional Development Day for staff. There will be no school for students on this day. This will make for an extra long Thanksgiving weekend, as there is also no school on October 11. Happy Thanksgiving!

Halloween

Just a couple of things to keep in mind to ensure a successful Halloween Day at school:

- If your child wishes to dress up on Friday, October 29, we ask that they come to school dressed in their costumes at the start of the day - there will not be time/space to get dressed at school.
- Costumes must be school appropriate - no blood, guts, gore or weapons.
- Full face masks should be kept at home for evening trick or treating. However, students are still expected to follow the PSD Mask Protocol.
- Props should be kept at home to minimize the need to sanitize these types of items.
- Please do not send any snacks for your child's class. We are unable to share food at this time.

Please note that we will not be able to hold a school-wide parade this year. Weather permitting, we will have a K-6 parade outdoors to showcase costumes. If the weather does not cooperate, students will be celebrating within their own classrooms. There will not be an indoor parade. There will be no Jr High Halloween dance this year. If you have any questions, please do not hesitate to ask.

Student Absences

To ensure the safety of all of our students at Blueberry School, it is imperative that we are aware when they are absent from school. We ask that parents phone the school and leave a message on the *attendance voicemail* (Option 1) or email prior to 8:30 am to avoid the automated call out cut off at 8:45 am. **Please include your child's full name, homeroom/teacher and reason for the absence.**

Phone: 780-963-3625 (Option 1)

Email: blueberry.absence@psd.ca

If your child is in grade 1-9, you can access activities for them to do while they are home on their Google Classroom.

Visiting Blueberry

As part of the guide provided by Alberta Health Services, we are required to limit access to the school of any non-essential visitors or volunteers including parents. This includes drop off in the mornings and pick up at the end of the day. If a pick up is needed mid-day, the parent can call the main office and the student will meet them there. The office will maintain records of contacts within the school by any visitors to the school. All visitors to the school are required to complete a COVID screening checklist upon entering, in addition to wearing a mask and sanitizing hands prior to entry. If you have questions about this please contact the office.

Zen Den and Counselling

Through a partnership with Aspire Psychology, we are again offering a program to support children experiencing difficulties with anxiety. Activities focus on anxiety reduction (e.g. relaxation exercises) and social skills development (e.g. role playing positive communication skills). The activities and skills are taught in an engaging and developmentally appropriate manner. Counselling will also be available to students. The demand for these supports is consistently high. If you believe your child would benefit from this program please contact your homeroom teacher, or Michelle Visscher for more information. Spots are limited and needs will be assessed by the administration team.

School Messenger

Often if we have a message that needs to be sent to the whole school or an entire homeroom, we use a messaging system. We have heard, however, that some email accounts are filtering these messages to spam. If you know of a family who is not receiving messages from the school (such as this newsletter), please ask them to check their spam or to let us know.

Strong Families Sessions

Nourishing Your ADHD Child's Full Potential

In this Strong Families session, registered psychologist Chantal Jackson will offer families of children living with Attention Deficit Hyperactivity Disorder (ADHD) the opportunity to explore all the potential their children possess, and how to navigate the intricacies of and obstacles associated with this kind of neurodiversity in order to help their children become the best possible version of themselves.

Date: **Saturday, October 2, 2021**

Time: 9am-12pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: Chantal Jackson, Registered Psychologist [Elements Health](#)

This workshop allows parents and caregivers of people with ADHD to explore the potential behind the struggles. In setting the stage for potential to shine, we will explore strategies for managing areas of difficulty, such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotion regulation and so on.

Participants are encouraged to prepare for the workshop by noting the areas of potential they see in their child, along with the obstacles that prevent these potentials from shining through.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-registration-173868524437>.

Social Skills

In this Strong Families session, registered psychologist Joel Pukalo will offer families valuable information about the role good

social and emotional skills play in helping children achieve success, both in school and in life. In addition, Joel will share practical tips participants can use to aid their children in developing these vital skills.

Date: **Wednesday, October 6, 2021**

Time: 6:30-8:30pm

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: Joel Pukalo, Registered Psychologist ([Family Life Psychology](#))

The more emotionally aware children become, the more capable they are of understanding and responding appropriately in social situations, which in turn enables them to strengthen their relationships with others. This session will equip participants with the tools they need to help children improve their social skills, enabling them to:

- Identify visual or other resources to help children learn more about emotions;
- Develop a routine that sets aside time for family members to review and discuss the emotions they experienced during the day;
- Turn difficult situations or sibling conflicts at home into learning experiences where children can identify and label their emotions and those of others;
- Plan social interactions with other adults or children, then debrief after the fact, discussing the emotions experienced by all involved; and
- Incorporate social and emotional literacy into daily life by talking about the emotions characters are likely experiencing in books or movies.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/social-skills-registration-172999344697>.

Athletics

Cross Country Running

Thurs, Oct. 7 @ Woodhaven

Thurs, Oct. 14 @ Living Waters

Volleyball

Please note that players should not enter schools prior to their coaches arriving. Please do not arrive more than 15 minutes prior to game time and come dressed in your uniform. Players must wear masks while in the hallways and when seated on the bench. There are no spectators permitted at indoor games at this time.

Senior Boys Volleyball Games

Tues, Oct. 5 vs Copperhaven

Thurs, Oct. 7 @ St. Thomas Aquinas

Tues, Oct. 12 vs Meridian Heights

Thurs, Oct. 14 @ Graminia

Oct. 26-Nov.1 County Championships

Junior Boys Volleyball Games

Mon, Oct. 4 vs Prescott

Wed, Oct. 13 @ Muir Lake

Wed, Oct. 20 vs Living Waters

Oct. 25-Nov.1 County Championships

Senior Girls Volleyball Games

Tues, Oct. 5 @ SPC

Thurs, Oct. 7 @ St. Thomas Aquinas

Tues, Oct. 12 vs Muir Lake

Thurs, Oct. 19 vs Prescott

Oct. 26-Nov.1 County Championships

Junior Girls Volleyball Games

Mon, Oct. 4 vs Muir Lake

Wed, Oct. 6 vs CFL

Wed, Oct. 13 vs Wabamun

Wed, Oct. 20 vs Duffield

Oct. 25-Nov.1 County Championships

Calendar

Check out our [school website](#) to see our school's [monthly calendar](#). Here you can filter by type of event and you can also add our calendar to your own iCal or Google Calendar. You can also check out our rotating Fridays.

School Council & Fundraising Foundation

School Council

Blueberry School Council elected a new executive this month. Welcome to:

- Chair - Heather Bader Kopp
- Vice Chair - Kasey Quinn
- Secretary - Vacant
- Treasurer - Jacklynn Cadeau

Our next meeting will be held virtually on October 19 at 6:30. We are still looking to fill some vacancies - please consider joining us by clicking [this link](#) at the time of the meeting.

Fundraising Committee

The Blueberry Fundraising Committee also held their AGM last month. Welcome to our new executive:

- Chair - Carmen Thomas
- Vice Chair - Jill Degroot
- Secretary - Shawna Kuhl
- Treasurer - Carmen Weber
- Members at Large - Suzanne Fellows, Tara Macaulay, Amanda Adams

Join us virtually for our next meeting on October 19 at 6:00, right before the school council meeting. Join with [this link](#).

Please take a moment to look at our [fundraising newsletter](#) to see our current and future fundraisers.

Hot Lunch

Welcome back students, parents and teachers. Hotlunch will be starting up in October but in a slightly different way than we are used to, due to COVID and some restrictions. To start off the year we will be ordering from restaurants. We will keep you up to date when things can go back to our "normal" ordering. Thank you for your patience and understanding.

Contact Info

Did you know that we have a Blueberry School Fundraising Facebook Page? Stay connected with us on social media: <https://www.facebook.com/BlueberrySchoolFundraisingCommittee>

Questions? Email: blueberryfundraisingcommittee@gmail.com

Photo Album

