



COUGAR NEWS



October 16, 2023

No. 2

Clavet School

ADMINISTRATOR'S MESSAGE

October

Thanksgiving is a great time to get together with family and highlight the many things for which we are thankful. Leading up to the Thanksgiving Day holiday, many of our teachers asked their students what they are thankful for. As a school we are definitely thankful that we are almost finished the construction project that has consumed a lot of our time and energy over the last couple of years. There is still some work to do to shorten the eaves on the east section of the school, but it is unlikely that this will interfere with our daily activities. We are very happy with the new spaces that the construction has allowed us to use for instruction.

We are also thankful that we have been able to resume some of our traditional activities at the school. This includes hosting events in our school like the upcoming senior boys volleyball tournament this weekend; the senior girls volleyball tournament next weekend; the Fall Supper next week; the Craft Sale November 25th, and the musical at the beginning of December. We are also looking forward to resuming our tradition of the Christmas banquet for the grade 7-12 students on December 22nd.

We are thankful for the relationship that we have with our parents. We know that we are best able to support student learning when we have teachers and parents working together to achieve common goals. We look forward to the opportunity to connect with parents at our upcoming interviews on October 25th and 26th. Our strong preference is to be able to meet in person for these conversations. In order to support families, we will once again be arranging babysitting services in the library so that parents can attend their interviews without having to worry about younger siblings. If you are unable to attend in person, we are again planning on offering the options of interviews by phone, and interviews by video conference. Please note that in order to support video conferences, parents will need to have access to the video conference platform being used by their child's teacher (typically Microsoft Teams). To best support these options, parents will need to book their interviews on Edsby (new this year!) before the end of the day on Monday, October 23rd. You should have received a message on Edsby inviting you to book your interviews and providing instructions on how to do so using Edsby. Please note that parents will not be able to book interviews after Monday, October 23rd. If you have any questions about interviews, please call the school for clarification.

We are looking forward to seeing you at the school over the next few weeks. Enjoy the fall.

Brian Matisz

Principal

Clavet school

306-933-1022

306-227-4895 (Cell)



REMINDERS



Parents K-12 Absentee Reminder— You can now use Edsby for attendance for your students or you can call the office.



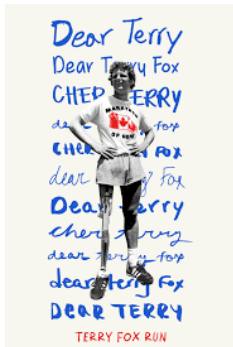
SCHOOL PICTURES: Are Monday, October 16th. Retakes are November 24th

Parent – Teacher Interviews

will be on Wednesday Oct 25th from 5:30- 8:00 pm and Thursday Oct 26th from 3:30–6:00 pm. We are using Edsby to book interviews this year. Please check your messages for instructions

DATES TO NOTE

OCT. 16	PICTURE DAY
OCT. 25	GR K-9 PARENT/TEACHER INTERVIEWS 5:30-8:00
OCT. 26	GR K-9 PARENT/TEACHER INTERVIEWS 3:30-6:00
OCT. 27	DAY IN LIEU – NO CLASSES
NOV.10	PREPARATION TIME – NO CLASSES
NOV. 11	REMEMBRANCE DAY
NOV. 13	SCHOOL HOLIDAY – NO CLASSES



Terry Fox Walk

The Clavet Cougars participated in the Terry Fox Walk once again. They raised **\$4734.81** which is more than double our goal! Thank you to everyone who donated and walked around Wind River with us and a special thank you to the Grade 12s for leading the Cougar Pack! Good Job Cougars!

Halloween Tuesday, October 31st

Halloween costume guidelines:

- 1.No full face masks
- 2.No weapons
- 3.No gore
- 4.And should be easily put on and taken off by the student with no adult support



COMMUNITY NEWS

**JOIN US
FOR A FREE
SKATING
LESSON!**



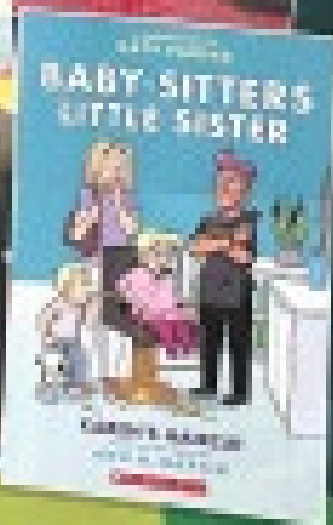
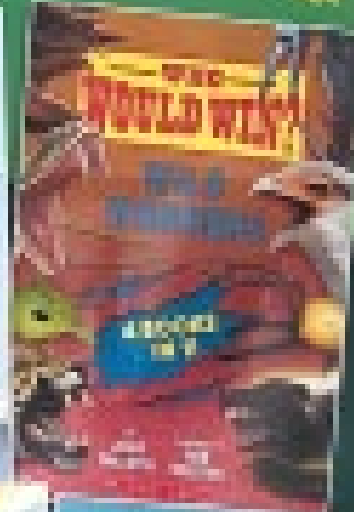
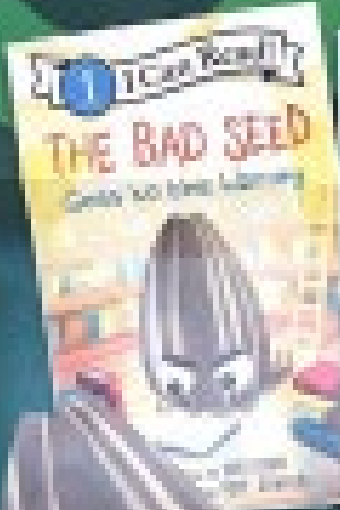
OPEN HOUSE

**Monday October 30th
5:45pm - 6:30pm**

Visit www.clavetskatingclub.com to register

SCHOLASTIC

BOOK FAIR



SEAFERY COMMONS

WEDNESDAY, Oct 25 @ 5-8pm

THURSDAY, Oct 26 @ 9am - 6pm

DATE/TIME | PAGE

Understanding and Managing Student Anxiety

Anxiety is a normal part of life, and it can sometimes serve as a motivator. However, excessive or unmanaged anxiety can interfere with a student's ability to learn, socialize, and enjoy their school experience. As the school's mental health counselor, I'm here to provide you with information, strategies, and resources to help students manage their anxiety effectively.



Common Triggers: Anxiety can be triggered by various factors, including academic pressures, social interactions, family dynamics, and extracurricular activities. Identifying these triggers is the first step in addressing the issue.

1. **Physical and Emotional Symptoms:** It's essential to recognize the signs of anxiety in students, which may include restlessness, irritability, sleep disturbances, muscle tension, excessive worrying, and avoidance behaviors. Students may experience physical symptoms such as increased heart and breathing rate, sweating, feeling dizzy or lightheaded, digestive system irregularities, difficulty or slurred speech etc. They may experience other symptoms as well that are unique to the student.

Managing Student Anxiety:

1. **Open Communication:** Encourage your child to talk about their feelings. Active listening and a non-judgmental approach can help them feel understood and supported.
2. **Healthy Lifestyle Choices:** Ensure your child gets enough sleep, maintains a balanced diet, and engages in regular physical activity. These practices can significantly reduce anxiety.
3. **Mindfulness and Relaxation Techniques:** Teach your child mindfulness exercises, deep breathing, or progressive muscle relaxation to help them manage anxious moments.
4. **Time Management:** Help your child develop effective time management skills to reduce academic stress. Creating a schedule, setting achievable goals, and breaking tasks into manageable steps can be beneficial.
5. **Professional Support:** If anxiety persists and significantly affects your child's well-being, consider seeking the assistance of a mental health professional, such as our school counselor or an external therapist.

Resources and Support at School: Our school is committed to providing a supportive environment for all students. Please be aware of the following resources available:

1. **Counseling Services:** I am here to provide short term one-on-one counseling to students who may need support in managing anxiety. I can make referrals to outside organizations for continued support. Parents are also encouraged to reach out for guidance.
2. **Education:** Mental health is included in the school curriculum. We have also organized seminars for students to address anxiety-related topics and offer practical strategies.
3. **Supportive Staff:** Our teachers, school staff, and administrators are trained to recognize signs of anxiety in students and can offer initial support.

Remember that anxiety is a common experience, and with the right support and strategies, your child can learn to manage it effectively.

Thank you for your partnership in ensuring the well-being of our students. Together, we can create a safe and nurturing environment for their growth and development.

Take care,
Nicole Tkachuk - Clavet School Counselor