



February 2023

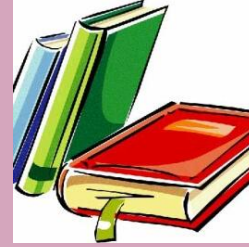
It is hard to believe that February is upon us! We hope that all parents/guardians have had the opportunity to login to Powerschool to view your child's report card. Please see the login tips for reminders of how to login. We have Valentine's Day celebrations on February 14 and should your child(ren) wish to participate in sharing cards we ask that all students in the class be included.

IMPORTANT DATES:

- **Fri Feb 10 - Half Day**
- **Wed Feb 17 @ 7pm - Public Board Meeting at Banff Elementary**
- **Feb 20 to 24 - No School**
- **Wed Mar 1 - Elders Attendance Meeting & Assembly**
- **Fri Mar 3 - Half Day**

Literacy Week Highlights

Students engaged in various word work games, listened to stories by Knowledge Keepers and Elders, and joined their families in a school lunch before returning to their homerooms to share literacy projects they have been working on this past week. The M.D. of Bighorn Library's Rose Reid and Jen Smith were also in attendance, showcasing upcoming literacy themes. Bonny Books also set up a free book display to help celebrate the occasion. Since 2005, Bonny has generously donated over 86,000 books to the school. Thank you to all families who joined us for lunch and literacy activities.



Pink Shirt Day

Pink Shirt Day design was inspired by moments of kindness, empathy and understanding that can mean so much to children impacted by bullying. For bullied kids, it can be hard to know where to turn. But a helping and supportive hand can make a world of difference!



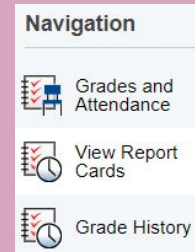
Kindergarten Open House

There will be a Kindergarten open house on Thursday March 9 at 6:30pm for anyone interested in attending kindergarten at Exshaw School for the 2023-24 school year. Childcare will be available.

Report Cards

Did you know that Exshaw School has gone paperless? We do not send home report cards. The report cards can be accessed online by following these steps:

1. Log into Parent Portal at <https://powerschool.crps.ca/public/>
2. Click on **View Report Cards** on the Navigation menu on the left-hand side. This link will only appear once the report cards have been posted.



3. Then click on the link to open the report card and right-click to print.

Please call the school (403-673-3656) if you have any trouble accessing the report card on Parent Portal.

Anxiety strategies

Anxiety is the most common mental health problem in our world today in children, youth and adults. It is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless, tense and have a rapid heartbeat. It can be a normal reaction to stress. There are many strategies that can be used for managing anxiety when it presents itself.

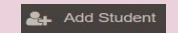
Here are 3 strategies:

1. **Slow breathing** - when you're anxious, your breathing becomes faster and shallower. To slow down your breathing, count to three as you breathe in slowly through your nose, then count to six as you breathe out slowly through your mouth. It's important to exhale longer than inhaling as it relaxes your nervous system and signals the body to become calmer.
2. **Maintain a healthy lifestyle** - keep active, eat well, do activities you enjoy, spend time outdoors in nature and spend time with family and friends who make you feel good about yourself.
3. **Challenge your self-talk** - what you think affects how you feel. Find new and positive ways to look at a situation. Ask yourself the follow questions when you have a negative thought: "Is this true? Is this kind? Is this necessary?" Being kind to yourself will reduce your anxiety.

2023-24 Registrations

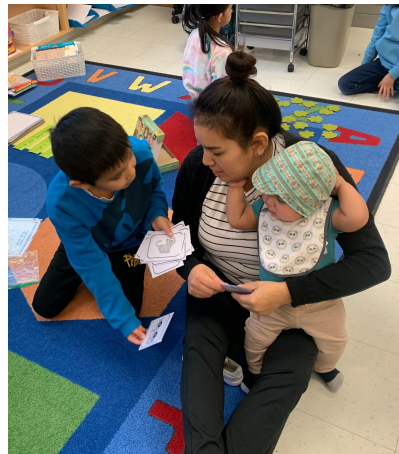
We encourage any families interested in attending Exshaw School for the 2023-24 school year to submit a registration.

1. If you do not have an account, go to <https://www.crps.ca/registration> and click the button to create a new account.
2. Then sign-in to <https://powerschool.crps.ca/public/>
3. Click on **ScholEngage** at the bottom of the left-hand menu.
4. Click on **Add Student** from the left-hand menu.
5. Then click on the student's name, followed by opening the registration form for the correct year.
6. Fill out the information on the form and upload any ID documents.



The principal will review all registrations and will contact families by phone to discuss the registration.

Please call the school (403-673-3656) if you have any questions.



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