

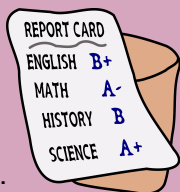


February 2024

We hope that all parents/guardians have had the opportunity to login to read your child's report card. Please see the login tips for reminders of how to login to PowerSchool. Printed report cards were also sent home, so please check your child's backpack. 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.

Report Cards

A paper copy of your child(ren)'s report card for the first semester was sent home on Tuesday January 30.



The report cards are available online and can be accessed by:

1. Log into www.powerschool.crps.ca
2. Click on **View Report Cards** on the navigation menu.
3. Then click on the link to to open the report card.

Literacy Week Highlights

Students engaged in various word work games, listened to stories by Knowledge Keepers 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 the green screen, with fun photos and games in our library. 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.



IMPORTANT DATES:

- Fri Feb 9 - noon dismissal
- **Feb 19 to 23 - NO SCHOOL**
- Wed Feb 21 at 7pm Public Board Meeting at Canmore Board Office
- Wed Feb 28 - Wear Pink
- Wed Feb 28 at 3:15pm - Parent Council Meeting
- Fri Mar 1 - noon dismissal

Feb 28 is 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!



Clubs Happening At Exshaw School

Students are loving having open gym at first recess. Thank you to Mrs. Weller for rotating each class each day into the gym at first recess. Music Club and Drama Club are being offered by Ms. Forbes at lunch recess which is wonderful. Ms. Keon and Ms. Forbes are coaching basketball for our Jr. High students. Jr. High students are learning the fundamentals of basketball and working very hard. We will continue to listen to student voice and see what types of clubs we can provide to support our students.

Family Wellness Resources

<https://stoneyhealth.com/>

[Bullying Awareness for Parents](#)

seethesigns.ca

[Adolescent Sleep Infographic](#)

[Family Connection Centre](#)

[Schools Healthier Together - Parent Resources](#)

[Alberta Health Services: Healthy Together](#)

Video Gaming and Digital Citizenship

[EMentalHealth](#) This link provides some excellent information on how video games are impacting our youth. We are noticing an impact on student behaviours at school, as a result of online gaming at home. Please be sure to monitor, who your child is playing with online and set some limits for how long they are playing.

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



But... **1 in 4** children are **NOT getting enough** sleep.



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



Let's talk about **sleep quality**, shall we?

1 in 3 children have trouble
going to sleep or staying asleep.

1 in 5 children have difficulty
staying awake during waking hours.

1 in 10 children do not
find their sleep refreshing.

Hot Lunch Vendors

A huge thank you to all of these amazing vendors for providing meals for the hot lunch program!



IRON GOAT



isn't yes,
Jody Keon (principal)

Please follow our Exshaw School Facebook page, Twitter feed and website for updates:

