

THE BEACON

September 2020



Principal's Message

Dear Parents, Students and Guardians...

Welcome to the 2020-2021 school year at Beacon Hill Public School.

I am very excited to return in my second year as the Principal of an amazing team of students, staff and community members that make Beacon Hill Public School the amazing school it is.

Almost all of our staff from last year have returned. New to the staff this year is Arpan Hari in ECDP! We all look forward to working together with parents and guardians as part of our educational team to help students complete a successful year at Beacon Hill Public School.

We all know that this year will be a different experience than in past years due to Covid-19 as we follow the health and safety measures set by the school division and the provincial government. But the warm, caring, learning environment you expect from Beacon Hill Public School is still here.

As we enter a new year, the school is already coming alive. Students are back and teachers are busy and engaged. Our custodians and maintenance department worked very hard to ensure your children have a clean and safe environment to return to. Sanitizing and cleaning happens on a regular basis. Our major school renovations are almost finished and the school looks great!

School staff and admin worked hard on a school based re-entry plan which is posted on the school website:

<https://beaconhill.fmpsdschools.ca/>

Continue to look for updated information on school re-entry as it is released by the school division. Some useful links to access regarding Covid 19 and School re-entry are:

<https://www.albertahealthservices.ca/topics/Page17212.aspx>

<https://www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx>

Our enrollment is 143 students; 18 students have either moved, are homeschooling or have enrolled in E-academy.

We look forward to our journey in the Leader in Me program. This year we are going to focus on developing student advisory lighthouse teams involving our students in more Leadership Activities, and will focus on activities geared towards Empowering Instruction, an approach to education that puts the focus on involving students in roles to lead their learning activities.

Our Parent Council and Parent Plus Association always need more members. Feel free to join us for our monthly meetings which for the time being will be virtual. Both councils are composed of the same dedicated few; whose members have families and also work. Parents can and do make a great difference and our students, your children, benefit from your efforts!

Thank you to all the families of Beacon Hill Public School for all of the support we receive throughout the year and as always.

Let's work together to make this a successful year for our students!

Graham Abbott

Principal

Beacon Hill School Schedule

8:10am: First Bell
8:15am: am Bell
10:00am to 10:15am: Div 2 Recess
10:15am to 10:30am: Div 1 Recess
10:30am: Recess End bell
11:36am to 12:24pm: Lunch - Lunch Recess
11:36am to 12:00pm: Div 2 Recess - Div 1 Lunch
12:00am to 12:24pm: Div 1 Recess - Div 2 Lunch
2:50pm: School End

ECDP and Kindergarten

8:15am to 11:01am
12:04pm to 2:50pm

Parent and Visitors to the School

Parents will be advised to stay outside or in their vehicles for daily pick up and drop off. Students are assigned specific doors for school entry and exit. Parents are reminded to drop off their children as near to the school start time of 8:10am as possible.

Parents who need to enter the building for a meeting or to see the office staff must book an appointment. Upon entering the school visitor/parent/guardian will be asked to sanitize, wear a mask, and complete an Alberta Health Daily Checklist (COVID-19 Screening). If you check yes on any of the questions, we have the right to deny entry. Only staff and students are permitted beyond the main doors without an appointment.

All safety protocols are posted in all entrances of the building.

Everyone entering the building must wear a mask. Visitors will be closely tracked for contact tracing purposes.

Visitors are required to follow the school policies and practice strict physical distancing and hand hygiene.

Visitor movement within the school will be limited as much as possible.

People who have business at the school or who are dropping off items must do so at the main office. The occupancy in the main office at any one time will be limited to two families to a maximum of six visitors.



Introducing our 2020-21 Staff

ECDP- Ms A. Hari

Kindergarten - Ms N. Petruk

Grade 1 - Mrs. K. Saunders

Grade 2 - Mrs U. Jeelani

Grade 3/4 - Ms L. MacKinnon

Grade 5 - Ms Torcolacci

Grade 5/6 - Ms K. Legge

School Counsellor - Mrs C. Blondin

LAC & Literacy Support - Mrs. J. Primmer

Educational Assistants - Mrs. Heptich, Mrs Wood, Mrs Solea, Ms. Kahn

Secretary - Mrs J. Saxton

Custodians - Mrs. Saballas & Mr. Rommel

Principal - Mr G. Abbott

LEADER IN ME

Welcome to Leader in Me. Each new school year brings opportunities for academic growth and growth in all areas of development. Although children must be knowledgeable when they graduate, they must also be healthy, engaged, responsible, and caring people. Leader in Me provides our school with the vision and language to lead the school in a way that addresses all areas of development. As each child discovers and develops his or her unique gifts and talents, they are given opportunities to lead. As leaders, they become active, engaged partners in their own education and their self-confidence, responsibility, and initiative grows. The children quickly understand the benefits of different gifts and talents; they learn to listen to new ideas, work together to achieve results, and motivate one another to be the best. Together, we will watch each and every child grow throughout the year.

This Year we will be focusing on student leadership activities and Empowering Instruction.



Extra Curricular Activities & Assemblies

All extracurricular activities, concerts, and assemblies are postponed until further notice due to Covid 19. We are looking at doing virtual assemblies starting in October.

Parents and Bullying

Bullying Defined

"A student is being bullied or victimized when he or she is exposed repeatedly and overtime to negative actions on the part of one or more students..."

"A repeated and chronic instance of aggression and intimidation that targets a specific individual is bullying."

Types of Bullying: Physical, Verbal, Social and Cyberbullying.

Why students bully: to have power or control over another; to bring someone down they are jealous of; to relieve boredom; to get revenge; to impress others and increase their status; and to get attention. Fact: many bullies have been bullied themselves or they come from families where there is violence or abuse.

How can you help?

Be proactive and listen to and support your child; monitor internet and cell phone use; teach your child to respect others and to be tolerant of those with different opinions, beliefs and backgrounds; encourage your child to be confident, to stand up tall, use body language that shows they are strong; and be a good listener and report any concerns to the school officials.

Beacon Hill School will participate in **Pink Shirt Day** activities to show that we are all working together to prevent bullying in our schools, in our communities and online. Our Lac and counsellor will be doing in class anti-bullying presentations with all classes in the month of October.

Classroom teachers remind students on a regular basis about proper playground and classroom etiquette and about "no hands on" with other students. The main office deals appropriately with incidents of misbehavior and the school promotes acceptable and positive behavior.



Bethel Daycare

Students attending Bethel Daycare in the morning will enter through their assigned door and supervised by daycare staff and follow all the assigned safety procedures as set by the school.

A safe physical distance should be maintained at all times.

Kindergarten students attending daycare will be picked up by Bethel Daycare staff and escorted to the Bethel Daycare rooms.

At 3:10pm, daycare students will head to the daycare rooms while maintaining a safe physical distance, to a predetermined meeting point.

Beacon Hill School Council

School Council meets once a month during the school year to discuss items concerning our school – working collaboratively with the Principal and Teachers to ensure that our students receive the highest quality of education. Opportunities are available for parents to have input at the school, district and provincial levels.

Some of the items that have been discussed in the past include:

- Suggestions for introduction of new programs – ie. Leader in Me
- Bus Transportation
- Input & Discussion into ACSA Resolutions
- Discussion of School Activities/Programming

At each monthly meeting, the Principal will always provide a report regarding the school's activities, programs and direction regarding education. A report is provided by the school's FNMI representative regarding programming and activities. Networks Representatives will provide a report regarding discussions that have occurred at a district level.

All parents and guardians are members of the school council, so please join us so that your voice can be heard.

Parent Council executive at beaconhillschoolcouncil@gmail.com

Welcome back Beacon Hill Bear Families!

While we do have a great number of changes for the 2020-2021 school year, some things will remain the same – like all parents/guardians being members of the School Council! This year, we will be having our monthly meetings online for the foreseeable future . We will be sharing the date and time each

month, and we encourage you all to attend from the comfort of your home or wherever you may be on the second Tuesday of each month at 6:30pm! School Council is a great way to meet other parents, network and have input into the shape of your child's education now and in the future. If you have any questions about School Council, please do not hesitate to reach out to myself via email at: wendy@hsventures.ca

2020/2021 School Council Meeting Dates – all meetings start at 6:30pm

September 22

October 13 – AGM & Elections – we are looking to fill the following executive positions: Chair, Vice-Chair, Secretary and Networks Rep.

November 17

December 8

January 12

February 9

March 9

April 13

May 11

June 8

I hope everyone has a great school year, and I look forward to seeing you at our monthly meetings!!

Wendy MacMillan

Outgoing School Council Chair

Parents Plus Advisory Association

Hello Parents!

Welcome to the 2020-2021 Beacon Hill School year! Your Parents Plus Advisory Association is very excited to see our kids back at school after a long unexpected break.

Your Parents Plus Association is a group of parents who meet once a month to discuss school ideas, functions and fund-raising opportunities. We provide direct and monetary support to our classrooms and staff by volunteering and fundraising. Through past fund-raising and casino events, your Parents Plus Advisory Association has been able to purchase in full or contribute to the purchase of many items for our school, including sports equipment & chrome

books for classrooms, and by volunteering our time we have been able to bring our students and families many fun filled events.

ALL PARENTS are ENCOURAGED to attend our monthly meetings. They are a great place for you as parents, to be involved in the happenings of your child's school!

We will be holding our first meeting for the 2020/21 school year on September 24, 2020 at 6:30pm via Zoom. We will have Mrs. Saxton send out a link to the meeting when we have it set up. We would love to see new faces! Our first meeting will be our AGM which will include a brief rundown of what we hope for the upcoming year, as well as elections for executive positions.

If you have ideas on how we can support our school, or have questions or comments for the Beacon Hill Parents Plus Advisory Association, please contact us at beaconhillfundraising@gmail.com or find us on our Facebook page!

Jina Clarke
for Beacon Hill Parents Plus Advisory Association

As always, if there are ever any questions or concerns please get in touch with us at beaconhillparentsplus@gmail.com.

United Way Theme Days

October marks the start of our annual United Way Campaign. To help spread awareness and provide financial assistance, we will be holding theme days for students and staff. These theme days are for all students, regardless of donation, as our main goal is to spread awareness of the work the United Way does within our community. If you choose to donate, we suggest a \$2 donation for each theme day, however, this is completely optional.



Orange Shirt Day

September 30th is Orange Shirt Day. Students and staff are encouraged to wear Orange to support reconciliation and to create awareness of the individual, family and community intergenerational impacts of Indian

Residential Schools through Orange Shirt Day activities, and to promote the concept of "Every Child Matters".



[Terry Fox Run](#)

Our Terry Fox Run was a big success this past year! Last year we set a school goal of raising \$150 and surpassed that by raising a grand total of \$450.00. Well done Beacon Hill Bears!

We will be doing a Terry Fox run again this year, on Friday September 25th. Classes will be doing separate walks at staggered times. We are asking that families either donate online or students can bring in a toonie. We have created a page where donations can be done online.

<https://secure.terryfox.ca/registrator/TeamFundraisingPage.aspx?Referrer=%26Referrer%3dhttps%253a%252f%252fsecure.terryfox.ca%252fregistrator%252fTeamFundraisingPage.aspx%253fTeamID%253d917371&TeamID=917189>

I would like to thank everyone in advance who is able to make a donation.



[APPLE SCHOOLS](#)

Welcome to our APPLE School Community

APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with 74 schools across British Columbia, northern Alberta, Manitoba, and Northwest Territories. It improves more than 20,000 students' lives

annually by supporting healthy eating, physical activity, and mental health habits.

WE ARE AN APPLE SCHOOL

What does an APPLE School look like? We empower students to make healthy choices and work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Student leadership opportunities with a health focus

APPLE Schools do not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness.

APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

GET INVOLVED

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca

4 Healthy Habits to Help Kids Fall Back into Routine

There's no denying that 2020 has been a year like no other. The COVID-19 pandemic has changed the way Alberta kids live –the way they learn, play, and interact. In many households, our day-to-day routines have shifted dramatically –in others, they've disappeared altogether.

Back-to-school season might look and feel a little different this year, but a healthy fall routine can help bring order, predictability, and a stable rhythm to our "new normal".

When your kids know what to expect, their sense of security and their confidence both improve. They feel calm and capable, and often have better behaviour.

So how can you help your child get back to a healthy groove this fall?

- **Check-in.** Make a point of asking your child how they are doing. Ask open-ended questions and show them you are interested in what they are saying by putting away any distractions.
- **Catch some Zs.** Establish a bed and wake-time and then stick to it! Aim to stay as close to it as possible, even on weekends. The amount of sleep your child gets can affect their mood, behaviour, ability to process information and school performance every day.
- **Make physical activity a priority for the entire family.**

This will influence how your child views the importance of physical activity. With the disruption of some organized sports, having the opportunity to get active at home might be exactly what your child needs.

- **Put mealtimes on your daily roster.**

Regularly scheduled healthy meals and snacks helps keep you and your child fueled for the day. The predictability around mealtimes might be something your child craves especially if they are adjusting to new norms.

Going back to school can be exciting affect their mood, behavior, ability to and challenging for children. Supporting them with a healthy back to school routine will help them make a smooth transition.

From AHS Sept 2020 Newsletter

For more information visit: alberta.ca/returntoschool & ahs.ca/covidschools



September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aug 31 Grade 1 First Day	1 Grade 2 First Day	2 Grade 3 & 4 First Day	3 Grade 5 & 6 First Day	4 PLF - Staff Only	5
6	7 Labour Day No School	8 ECDP & K First Day + All Students Attend	9	10	11	12
13	14	15	16	17	18 PLF - Staff Only	19
20	21	22	23	24 Parent Plus Meeting Online at 6:30PM	25 Terry Fox Run	26
27	28	29	30 Orange Shirt Day			