

Glendale Sciences and Technology School

Principal—Chris Turnbull Vice Principal—Sean Grainger Counsellor—Heather Russell
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Website: <http://glendale.rdpsd.ab.ca>

A Note From the Principal

Welcome to the New Year! The winter break has come and gone; look at us now, we are in 2017! I hope everyone has had a chance to relax and enjoy some quality time with family and friends over the holiday season. The start of school, after a significant break, always provides a good opportunity to re-establish a focus on learning. As the second term continues, we look forward to the new challenges and learning opportunities that the term brings. We will continue to strive to work in partnership with you to make learning a successful and rewarding experience for your child(ren).

If you have extra time in your day and would like to help out around the school, we have parent monitor opportunities. Please contact the office for more information. Also if you want to volunteer on any of the many field studies, or in the school - you simply need a volunteer form and a criminal record check. We have all the forms at the office.

December was a very busy month at GSTS. We had report cards and parent-teacher

conferences at the beginning. This gave a number of chances to meet with teachers and plan strategies to ensure your child has success in the second half of the year. Our winter concert was extraordinary! Thank you Mrs. Lothammer, the team of staff members and, of course, our GSTS students. Using the Crossroads Church again this year provided comfortable seating and ease in parking for our performance. You might also have seen our GSTS tree at the Festival of Trees. This was spearheaded by Ms. Bruinsma in Grade 6 with her wonderful students!

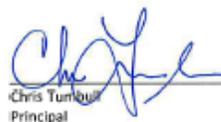
Second semester kicked off with a full service of winter weather. It's cold out! Please ensure your children are properly dressed to be safe in our winter weather. School recommendations include a winter hat, warm gloves, winter coat, winter boots and snow pants. As always, our students go outside when the temperature is warmer than -20 degrees Celsius, including wind-chill. A warm winter day of -15 degrees can still feel unbearable

and cold when our students are not properly dressed. When the weather conditions are severe, we have indoor morning or lunch recess. During these times, students remain in their classrooms, participate in the gym activities, or lunchtime clubs.

Our custodians and maintenance department work hard at making our school look and feel great. We ask for your help by reminding our students: Place empty bottles and pop cans in the recycling containers.

Place garbage in the appropriate containers. Keep lockers clean (no old lunches!) Report any spills or damage to the GSTS staff. Remove outdoor footwear at the doors.

From all of us at GSTS, welcome to 2017 and we hope you and your family have a great year!


Chris Turnbull
Principal

January 2017

January Important Dates:

- Jan 1-8—No school
- Jan 9—Classes resume
- Jan 17—School Council & Parent Assoc mtgs
- Jan 20—No school

February Important Dates:

- Feb 3—Gladiator Awards PM
- Feb 14—School Council & Parent Assoc mtgs
- Feb 16—100 Day !!!
- Feb 17-26—No school
- Feb 27—Classes resume

For more detailed, grade specific events, please check the calendar link on our school website <http://glendale.rdpsd.ab.ca>

General News

A key fob was found outside of our school. If you lost yours, please check with the office to identify it.

Kindergarten registration has begun for the fall classes for children who will be 5 by December 31, 2017. Online registration is now available through our school website glendale.rdpsd.ab.ca. You may still visit the school if you need assistance filling out the registration. Please have your child's birth certificate

ready to supply with the registration.

With the fresh new year this is a great time to check your child's school supplies. Please be sure they have what they need for their daily classes: pencils, erasers, notebooks, a change of gym clothing for the older grades and of course EVERYONE is required to have a clean pair of indoor shoes.

There are many people to thank for the

generosity shown to Glendale's Christmas hamper program. We

are truly thankful for the faithfulness of Lindsay Thurber High School for their year-to-year provision of hampers. We would also like to sincerely thank High Arctic Energy Services for their generous donation towards some of our families in need.



Counsellor's Commentary

Why January Can be the Hardest Month and How to Handle It

This year, Christmas came just two days after school let out for the holidays. As a result, the days off for students stretched well into January. Between Christmas and January 8, your child got used to a new way of life that didn't include going to school. This can be a hard habit to break.

January can be a difficult month. The weather tends to be cold and dreary. The festivities of the holidays are over. Family and friends who gathered for the seasonal celebrations have gone home. There may even be financial stressors left over. And now everyone is faced with getting back into the routine of school and work.

Life is about habits. Good or bad,

pleasant or unpleasant, you'll likely continue a habit. Here then are some hints to help weather the month of January.

1. Don't set yourself up with too big of expectations. Decide to show up and see what happens. Go to school or work everyday with a wonder of what will happen rather than dreading what you think will happen. You may be pleasantly surprised.
2. Remember that putting your effort into a task or project for at least 30 minutes is better than not doing anything at all. Even if the task does not get completed, it is further along than when you started. Put a few of these days in a row and soon the task is completed.
3. Make lists and take things one small step at a time. Getting back into a regular schedule may seem overwhelming,

especially if certain items got neglected during the holidays. The only way to eat an elephant is one bite at a time. Tackle the next thing on the list and don't worry about the rest.

4. Establish a routine as soon as possible and stick to it. Each day you and your family adhere to the same schedule, the easier it will become.

5. Remember, you're not alone. Many people experience the "January blahs". Reach out to family and/or friends. Staying connected makes the long dark nights go by a little faster..

Everyday counts. Make this the guiding principle for creating your habits in the New Year.

Welcome back everyone!

Learning Commons

Happy New Year from the Learning Commons. Just a reminder that any books signed out before Christmas

break are overdue, please return them as soon as possible. Watch for continued new book displays as well.

Breakfast Club

A huge thank you to all the parents who have donated to our breakfast program, donations really make such a huge difference and helps keep our program

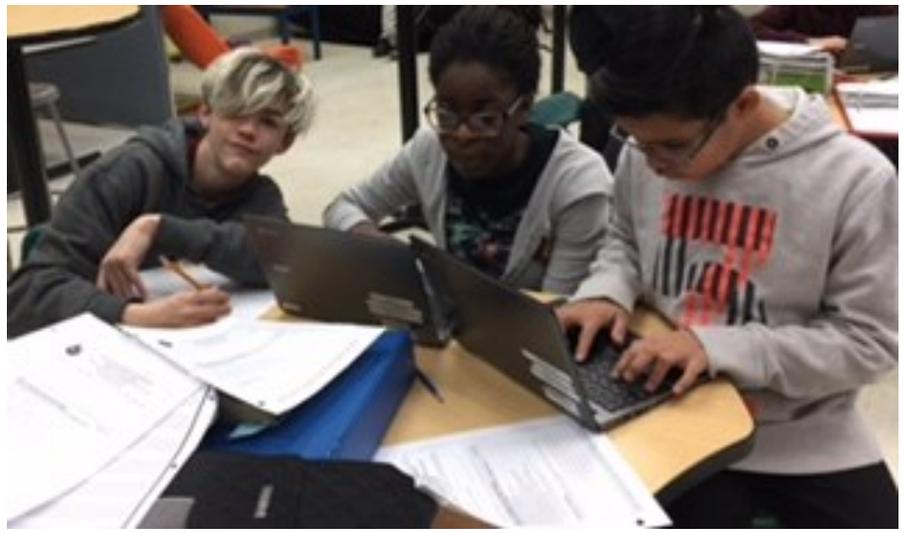
going. We ended 2016 with our traditional Christmas breakfast, our next special breakfast will be in February.



Caught on Camera



Rylee Smith and Keira Hofer cleaning up after doing some Christmas baking.



Xander Caines, Abi Ogunjimi and Kaidon McArthur hard at work in Mr. Reid's grade 7 class.

Community News

Health Canada has announced the launch of the First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (Toll free)
Callers can access the Help Line 24/7 effective immediately.

The Hope for Wellness Help Line is to provide immediate culturally competent telephone-based crisis intervention counselling to First Nations and Inuit young people and adults experiencing distress. Help Line calls will be an-

swered by experienced crisis intervention counsellors, and service will be available in English and French. Callers may also ask about the availability of service in Cree, Ojibway and Inuktitut.





Register for...

Kindergarten

An exciting learning opportunity for children begins with Kindergarten!

*Program options include **ENGLISH, FRENCH and SPANISH**. Offering **FULL DAY and HALF DAY** programming in selected schools.*

Register online or in person at any elementary school for Kindergarten starting January 9th.

Children must be 5 years of age by December 31, 2017.

Pre-Kindergarten

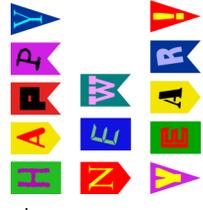
We all want our kids to get off to a great start. Learning through play, children with identified needs aged 3-4 develop social and communication skills. You can apply in person at any elementary school.

Please bring your child's birth certificate when registering.

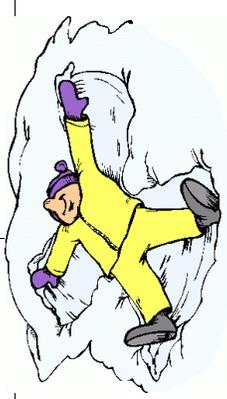
To learn more please contact any Red Deer Public School or visit www.rdpsd.ab.ca



Glendale School January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Christmas Break—No School	3	4	5	6	7
8 Classes Resume	9 Day 1	10 Day 2	11 Ski Club—Canyon 3:30 Day 1	12 Day 2	13 Day 1	14
15	16	17 School Council & Parent Assoc mtgs Day 1	18 Day 2	19 Day 1	20 No School	21
22	23	24 Immunizations AM Day 1	25 Ski Club—Canyon 3:30 Day 2	26 Day 1	27 Day 2	28
29	30 Day 1	31 Day 2				

Glendale School February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
						Ski Club—Kananaskis 6am—7pm
12	13	14	15	16	17	18
		School Council & Parent Assoc Mtg		100 Day!!	No School	
19	20	21	22	23	24	25
	No School Family Day	No School Winter Break	No School Winter Break	No School Teachers' Convention	No School Teachers' Convention	
26	27	28				
						
	Day 1	Day 2				