



ROSS REPORTER

60 WOODLANDS ROAD
ST. ALBERT, AB T8N 3X3
www.nmr.gsacrd.ab.ca



PARENT TEACHER INTERVIEWS

FOR GRADES 1-6 ARE AROUND THE
CORNER!

In person Parent-Teacher interviews for Grades 1 through Grade 6 will take place on the evenings of October 19th and 20th. Bookings open tomorrow, Monday October 3rd at 9am and close on October 7th.

[CLICK HERE TO BOOK](#)

Code: 7c5xd

Kindergarten interviews are scheduled for November 23rd and November 24th.

Dear NMR Families,

It has been a wonderful start to our 2022/23 school year! We enjoyed taking our grade 1-6 students to Holy Family Parish for our opening mass. Our Faith goal for the year: **ARISE!** Go With God is helping us to remember that we walk with God as we encounter others and remember to care for those in need. We were so proud to have raised \$952.65 for Cancer Research during our Terry Fox Fun Run. Way to go Eagles! We are looking forward to a great year of service projects to support our community and our next project is our Food Bank Drive Oct. 3-7! You too can support those in need right here in St. Albert this Thanksgiving season with much needed food. We are excited to be able to share our faith as a school community during our upcoming Thanksgiving Liturgy on Tuesday, Oct. 4th at 1:30pm in our gym. Please join us in prayer, along with Father Antony, if you are able! Thank you for continuing to support our faith learning by being with us when you can.

We can hardly believe that the first month of school is behind us already! Where has the month gone? It has been truly refreshing to see our amazing families in our school and we are proud of the growth mindset of our staff and students as we continue to bridge the learning gap that has formed during the pandemic. Your partnership and collaboration with our staff is vital as we move forward with this focus! Your support means the world to everyone!

We have been blessed with a month full of absolutely beautiful weather! We do however ask that you begin to send your child with warm clothing as the days can begin much cooler and it is always more enjoyable for the children when they are warm as they play outside. Having said this, please help us in reminding your child to visit the lost and found periodically to see if any of the many items might be theirs.

"Let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful."

Colossians 3:15

~Shelby Moser and Rob Rawcliffe

SCHOOL FEES

SCHOOL FEES HAVE NOW BEEN
POSTED IN POWERSCHOOL.
PLEASE VISIT YOUR
POWERSCHOOL ACCOUNT TO PAY.



October Dates to Remember

Oct 3 - 7: Read-In-Week



Oct 4: Thanksgiving Liturgy in our gym at 1:30pm. Please join us!

Oct 5: Grade 2&3 Field Trip to see Ukrainian Shumka Dancers perform "Mosquito's Wedding" at the Jubilee Auditorium

Oct 7: No Kindergarten classes

Oct. 7: Healthy Hunger

Oct 10: Thanksgiving Day (NO CLASSES)



Oct 14: No Kindergarten classes

Oct. 14: Healthy Hunger

Oct 19: Picture Retake Day

Oct 18 - 20: Book Fair in our gym

Oct 19: Parent Teacher Interviews 5:30 - 8:30pm

Oct. 19: Healthy Hunger

Oct 20: Parent Teacher Interviews 4:00 - 7:00pm

Oct 21: P/D Staff Meeting Day
NO CLASSES
Halloween Family Dance

Oct 25: School Council Meeting @7pm in our SOAR Center

Oct. 28: Healthy Hunger

Oct 31: Halloween Activities
Costume Day



Nov.1: No School / PD Day

NMR is Safe & Caring: Did You Know ...

Neil M Ross offers a program called Rainbows. It was created for children in grades Kindergarten through Grade 6 to speak about their feelings and share their grief in a safe environment in small group settings.

This is a peer support program for children who have experienced a separation, divorce, death or other painful transition within their family. The mission of Rainbows is to assist participants in sorting through their pain and confusion, build self-esteem and learn positive coping strategies to deal with their loss.

Our groups are led by two trained facilitators from our own NMR staff. As we are called to care for one another, we are blessed to offer this program right at our school during the school day for those who need it.

Healthy Hunger



Oct. 7



Oct. 14



Oct. 19



Oct. 28



SPORTFACTOR
NEIL M. ROSS
SPIRIT WEAR 2022



NEW SPIRIT WEAR NOW AVAILABLE!

You can now purchase your items online in 3 easy steps...

- 1 Simply scan the QR code or visit the NEIL M. ROSS online store at...
<https://neilmrossstudent2022.itemorder.com/shop/home/>
- 2 Choose your items and add them to your cart
- 3 Securely checkout with your credit card



ONLINE STORE DEADLINE - Tuesday, Oct. 11th, 2022 (11:59pm MDT)



Facebook

Friends of NMR



NMR Website



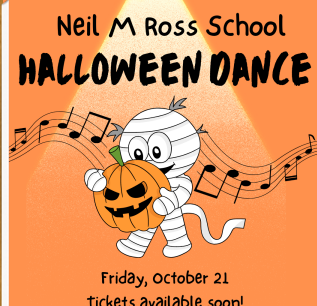
Instagram

Holy Family Parish

Updates
from:

~ School Council
~ Friends of NMR

Volunteers needed! We're looking for parents to help make the Halloween dance a success. Shifts include set-up, take down, concession, entry and quiet station. We also need donations of Halloween decorations or some crafty parents who want to help make decorations. If you are interested in volunteering at the dance or helping with the decor, please email Becky at becky.prudhomme@gmail.com.



NMR School Council Update

Thank you to our parent community for the great turn out at our September School Council Meeting! It was wonderful to see so many new and returning parents!

Our next meeting will be held on October 25th at 7:00pm in the SOAR Center. A virtual link will be available for those parents who cannot attend in-person.

We are still looking for a parent to be our Holy Family Parish Rep for this school year. If you are interested, please contact Melissa Giroux at melissa.c.giroux@gmail.com.

NMR School Council Executive 2022-2023

Chair: Melissa Giroux

Vice-Chair: Courtney Haigh

Secretary: Becky Prudhomme

Kindergarten Rep: Amanda Cherniwchan, Brittany Shane Meaver

Members at Large: Susan Tarling, Candice Crandall, Courtney Quirk

Were you unable to join us on Sept. 20th? Not to worry! Click on the following link to review minutes from our September meeting: <https://www.nmr.gsacd.ab.ca/download/400095>.

Did you know?

~As we have a Dog Park bordering our school grounds, the City of St. Albert has asked that any individuals with any complaints or concerns about the Dog Park to please contact 780-458-7700.

~Healthy Hunger will soon begin and parents will receive notification when they will be able to order lunches for their children. Proceeds from Healthy Hunger support the Year End BBQ and our fundraising group Friends of Neil M Ross.

If your child is absent on a day when you have ordered Healthy Hunger, families can choose to pick up their meal from the school or donate their child's meal to another student at NMR.

Healthy Hunger will be having one food delivery time due to scheduling with lunch recesses. Our parent volunteers try their very best to deliver the food to students as soon as possible, we thank you for your patience.

Holy Family Parish News

The deadline for Sacramental Preparation registration is Friday, October 7th. Baptized children in grade two (seven years old) or older can be registered for First Reconciliation/First Eucharist. Baptized children who have already received First Reconciliation and First Eucharist and are in grade six (eleven years old) or older can be registered for Confirmation. Registration forms and more parent information can be accessed through the parish website at www.holyfamilyparish.ca Select "Sacraments" then select "First Reconciliation" or "Confirmation". Please also note the dates of the parent meetings listed on the website for each Sacramental Preparation Program; at least one parent must attend. For more information, please contact the Pastoral Assistant, Bruno Binassi at 780-459-3694 or Bruno.Binassi@caedm.ca.



Fun Lunch Fundraising

PARENTS

FUN LUNCHES ON-LINE

You have been asked to order your Fun Lunches On-Line... Now what? Go to www.HealthyHunger.ca and click "REGISTER YOUR STUDENT". After your account is created, you will be able to view all up-coming Fun Lunches, place orders, and then pay for your orders Online with Visa, or MasterCard.

HOW IT WORKS

Create an account

STEP 1: Click "REGISTER YOUR STUDENT" and create your account.

[REGISTER YOUR STUDENT](#)

Add Student

STEP 2: Login, and add your children to the account.

[ADD STUDENT](#)

View upcoming fun lunches

STEP 3: View all the up-coming fun lunch dates.

[ORDER NOW](#)

Place your orders and make payment online

STEP 4: Place your orders and make payment Online.

[PAY NOW](#)

Healthy Hunger Inc.
1935 27 Ave NE, Suite 107, Calgary, AB, T2E 7E4
800-818-6260
support@healthyhunger.com www.healthyhunger.ca

Neil M. Ross PROUDLY presents...



THANKSGIVING FOOD DRIVE October 3rd-7th

WE ARE COLLECTING CANS AND
NON-PERISHABLE ITEMS

MOST WANTED: peanut butter, canned meat, canned fish, canned vegetables, rice, powdered milk, canned fruit.

ALL DONATIONS WILL BE GOING TO THE ST. ALBERT
FOOD BANK TO HELP FAMILIES IN NEED.

"What you do for the least among you,
you do for Jesus." Matthew 25:34-40

Made with PosterMyWall.com

We are celebrating **Read In Week** (October 3rd-7th). Several special guest readers have sent in recordings reading a book which will be shown in our classes. We are so excited!

Happy reading to all!

NMR Book Fair

October 17-20

The Fall bookfair is on!
Open to classes during the day and parents are welcome to visit in the evenings Oct 19th and 20th!

District Cross Country Race



Angel Hair for Kids

A Child's Voice Foundation

Hi! My name is Mikayla Holik!



I have been growing my hair out since I was a baby. When I was 5 years old I wanted my hair to be as long as Rapunzel's. Now that I am older, I realize that this is not possible. And so for my 9th birthday I decided to cut my hair and to cut it for a purpose. This purpose is for kids who have lost their hair from things like Cancer, Alopecia or other causes.

[CLICK HERE](#) to directly donate to Angel Hair for Kids: Mikayla's Fundraising

[CLICK HERE](#) to watch a video on how this charity supports children who are in need of a wig.

I will be cutting off between 12 to 14 inches of my hair on October 5th and donating it to the **Angel Hair for Kids** foundation. That is the same length as 7 pop cans or the length of a 30cm ruler or 14 paperclips in a row.



If you would like to help me, help a child in need, and participate in this fundraiser follow this link:

<https://www.canadahelps.org/en/pages/mikaylas-angel-hair-for-kids-fundraiser/>

There is a foundation called, **Angel Hair for Kids**, that makes wigs for children who have lost their hair from Alopecia, Cancer and other medical causes. The wigs are made from the help of money donations and from hair donations. It usually takes between 10 and 12 donated ponytails and 2 thousand dollars to sponsor one Angel Hair for Kids child.



COUNSELLING CONNECTION

OCTOBER 2022

MRS. CHYZOWSKI

WELCOME TO A NEW YEAR!

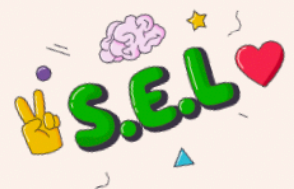
Welcome back to school! This new school year brings lots of changes like starting off the school year with no COVID 19 restrictions. I am Mrs. Chyzowski and I am your school counsellor! I am very excited to be working with both JJ Nearing and Neil. M. Ross students, families, and staff. As a school counsellor, my job is to support the social/emotional and academic development of students. Please make sure you look out for my monthly newsletter, I will be updating it frequently with counselling lessons, resources, and much more! I look forward to meeting you and working with our students to have a successful school year.

RELATIONSHIP SKILLS:

THE ABILITY TO ESTABLISH AND MAINTAIN HEALTHY AND SUPPORTIVE RELATIONSHIPS AND TO EFFECTIVELY NAVIGATE SETTINGS WITH DIVERSE INDIVIDUALS AND GROUPS. THIS INCLUDES THE CAPACITIES TO COMMUNICATE CLEARLY, LISTEN ACTIVELY, COOPERATE, WORK COLLABORATIVELY TO PROBLEM SOLVE AND NEGOTIATE CONFLICT CONSTRUCTIVELY, NAVIGATE SETTINGS WITH DIFFERING SOCIAL AND CULTURAL DEMANDS AND OPPORTUNITIES, PROVIDE LEADERSHIP, AND SEEK OR OFFER HELP WHEN NEEDED.

SUCH AS:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups Seeking or offering support and help when needed
- Standing up for the rights of others





COUNSELLING CONNECTION

Counselling
School Year
Focus for your
home



JOURNALLING

Why is journaling important for children?

Journal writing can help your children process feelings, build writing skills, and communicate their ideas.



Journaling encourages your child to grow while discovering open-ended writing. Instead of writing one assignment and being done, journal writing allows your child to write daily (or more!). Even more powerful is for children 8-12 to use a share journal with a parent or both parents.



it's okay to feel



your feelings



Counseling Monthly Focus:

Teaching Kids How to Deal With Conflict



GOOD FRIENDS



Teaching Kids How to Deal With Conflict:

It's hard to solve a problem when you're so angry you can't think straight. That's why helping kids learn to solve conflicts starts with helping them calm down. In the Resource Section of this newsletter you will find a link to listen to the Sunshine Parenting Podcast, *"5 Steps to Help Kids Resolve Conflicts"*. First, kids need to recognize their emotions. Young kids might have a hard time naming their feelings. It can help to have a feelings chart to look at. A stoplight can also work. A red light means emotions are big and they need time to cool off. A yellow light means they're beginning to calm down. Green means they're ready to solve the problem. You can help your child come up with tools to calm down. They might splash some water on their face, take some deep breaths or play with a pet. When they're ready to focus, you can help them find the source of the conflict. This can be hard for younger children. The fight may have started with a toy, but it might really be about something bigger. Have your child pitch some solutions to their conflict. Then you can both pick out which are best. Remind them that the best option isn't just the one that feels best. It's also the one that gets them to their goal. It's good to praise your child for their efforts to fix a problem, even when they don't pan out. Learning to say what you need in a way others understand is an important problem-solving tool. "I" statements, like "I felt sad when you didn't sit with me," are also a good tool. Kids can even role-play with a grownup who can give feedback. It's good to teach these skills when your child's not in the middle of a conflict. It's important to model these skills for your child, too. You can walk them through how you'd solve your own problem step by step.

Try it at home! Supporting Your Child Through the Conflict Resolution Process

As we all can attest, although uncomfortable and often upsetting, conflict is a normal part of every relationship. Rather than solving the problem for them, teaching your child how to work through a conflict in a respectful and productive way now, will benefit them as they grow into adults. Here is a format to help guide your child through conflict resolution.

#1 First ensure that those involved (your child and the other party/parties such as a sibling, friend, peer, etc) have time to calm down enough to be able to participate. Use language such as: Let's all take a break and then come back together in 5 minutes so we can try to work this out. Bring the children together (only those involved- not witnesses) and say: I would like to help you solve your problem. Do you agree to this?

#2, State something similar to the following: You will both (all) have a turn to tell your side of the story. However before we can start, you both (all) need to agree to the following: There will be no interrupting. Do you agree? No name-calling. Do you agree? You will tell the truth (what really happened). Do you agree? And you will do your best to try to solve the problem. Do you agree?

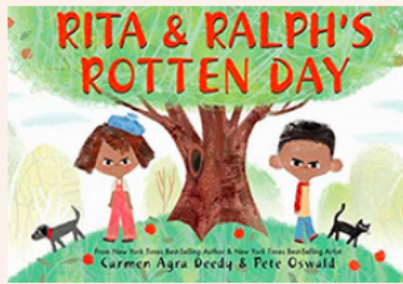
Next, after everyone agrees to the rules, choose one person to share their side of the story. (Child's name), tell me what happened and how you feel. Listen closely and then repeat back a summary of the child's answer so that all parties can understand the perspective.

Repeat this for each person involved in the conflict. Return to the first person who shared their story and ask them the following: What do you think you can do to help solve this problem? Ask the same question to the other person/people involved and then summarize the ideas. If you hear a similar idea shared by the kids, you can point that out. However, if solutions sound silly or unreasonable (ie, never talk to them again), remind them that they agreed to try to solve their problem and that means **not** giving silly or impossible solutions. Help guide the children to a consensus on the reasonable, fair, and clear solution(s) that they are willing to implement.

Once a solution is agreed upon, congratulate them and encourage them to congratulate one another through a fist pump, high five, thumbs up, etc.



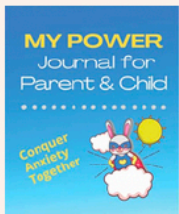
Featured SEL books of the Month



READ MORE - CLICK
ON IMAGE FOR LINK

Resources

Click for Links



[My Power! Journal for Parent and Child: Conquering Anxiety Together - AMAZON](#)

[CLICK HERE](#)



[Sunshine Parenting Podcast, "5 Steps to Help Kids Resolve Conflicts"](#)

[CLICK HERE](#)



[Social - Emotional-Learning
Video on Relationship skills](#)

[CLICK HERE](#)



[Teaching Kids How To Deal With Article - Full Version](#)

[CLICK HERE](#)

Contact Info:

hchyzowski@gsacrd.ab.ca