CELEBRATING POSITIVE RELATIONSHIPS

at Ecole Springfield School

PINK SHIRT DAY WILL BE HELD ON
WEDNESDAY, FEBRUARY 28TH
Principal's Message

It is with great pride that I look at our school’s “report card”, or survey results, from last year. Each year parents, students and teachers are asked questions from the government that pinpoint key features of successful schools. Being safe and caring is one of these. Our results have consistently been in the highest category - excellent. Our students and staff take great care to learn how to express themselves clearly, listen attentively, and be kind to each other. As a staff we have just finished training on how to address big topics in groups settings, like staff meetings, in a respectful and honest way. Our students in grades one through four have weekly classes with our Success Coaches talking about feelings, communication, anxiety, and many other subjects that helps to build communication, breaking down walls. We also have Roots of Empathy running in the school this year again, where a mom and baby come into the school to teach children empathy. It has met with great success this year!

As always, Valentine’s Day is a particularly beautiful day to share care with everyone around us. And a second day that really highlights caring for others is Pink Shirt Day where we learn to be part of the force against bullying. It is such a beautiful day for this principal as I walk around and hear teachers and students talking to each other about how it is not OK to say things or do things that hurt other people, even when it is not focused on us.

There are so many more things that play into our success in being a safe and caring school. A big part of it is having parents like you who talk to your children and expect your children to be kind to everyone. The strong sense of caring we have at Springfield is a reflection of the caring hearts they have at home. Well done Springfield Family!

Pridefully,

Sarah Gordon
Principal
First Nations, Metis, Inuit

Courage is the Grandfather Teaching students are currently learning in our FNMI classes. We’ve been exploring what courage means (Facing our fears, standing up to do what is right, trying something new out of our comfort zone). So how can we show courage on a daily basis?

1) Learn something new every day.
2) Be proud of your work.
3) Speak in front of the class.
4) Do what is right.
5) Stand up for others who need help. The next Grandfather Teaching will be Honesty.

Mini-Options: In the Culture Club option, students have looked at the Turtle Island (North America) creation story and have made turtle rattles that many First Nations used in ceremonies and celebrations. Students listened to contemporary Canadian First Nations, Métis and Inuit musicians and looked at First Nations Art works, creating a painting in a similar style. Come check out the display case by the front entrance for a peek at what students have created.

WINTER WALK DAY
FEBRUARY 7 TH

All across Alberta, people will be holding a Winter Walk Day on February 7th.

The purpose of this activity is to get us outside and active in the dark days of winter. Getting outside in fresh air and daylight helps us improve physically and emotionally.

Springfield School will be participating in this even that afternoon.

Our committee is in the middle of organizing this event and more details will follow.
Springfield is a proud member of the PRSD Family

DAISHOWA-MARUBENI INTERNATIONAL LTD.
Peace River Pulp Division

Celebration date is set for May 16th!!

EVERY MINUTE COUNTS!

Can Springfield School reach 1,000,000 Reading Minutes for the 4th year in a row?

Mme Smith
From our local health unit presented a new challenge at assembly!
"Screens Away, Time to Play - Sit Less, Move More!" Watch for information sheets to come home in your child's backpack!

This year, as our students gear up for the Hundredth Day of School, we have a challenge out to classrooms to collect and bring into school, 100 food bank items. This is a time of year when the food bank likes a boost in supplies and we are aiming to give the Salvation Army Food Bank just that. Non perishable food items can be sent to school with your children starting February 5th and continue until the 100th day of school on **February 13th**. Thank you for helping feed our community.

According to Global News, the following items are always good choices to donate.

**Five common Food Bank requests:**
1. dry pasta and sauce
2. canned meats and fish
3. meat alternatives like peanut butter
4. canned vegetables without added sodium,
5. hot and cold cereal

**Five other ideas for foods that might be overlooked:**
1. Whole grains such as farro, spelt, barley and brown or wild rice are high in fibre and contain iron and magnesium. They can be added to soup, chili and salad
2. Baby formula and cereal and pureed fruit and veggies are needed by children for optimal development
3. Inexpensive and versatile lentils are a source of protein and high in fibre. They're easy to cook and don't require soaking first
4. Milk, and alternatives like powdered milk or fortified shelf-stable almond, soy and rice milk, are a source of calcium and vitamins D and A
5. Canned fruit packed in water, with no added sugar, is a source of vitamin C. When possible choose unbreakable containers; glass jars don’t always survive transport.
Spotlight on Health and Safety
David Smith, PRSD Health & Safety Coordinator
February - Heart Health

During the month of February, Peace River School Division (PRSD) is promoting heart health. PRSD believes that students are more engaged in learning when they are happy and healthy. PRSD provides opportunities for all students to take part in physical education programs, extra-curricular activities and encourages healthy eating. For parents who may be looking for healthy lunch ideas, Alberta Health Services has many nutritional resources and ideas for creating healthy school lunches at:

https://www.albertahealthservices.ca/nutrition/Page2914.aspx

In partnership with “Project Brock” PRSD installed Automated External Defibrillators (AED) in all schools and PRSD sites. Even strong and healthy people can be at risk of “Sudden Cardiac Arrest” and having an AED on-site can save a life. Learn more about AEDs by viewing a short video on Alberta Educations website here:

https://education.alberta.ca/health-and-safety/aeds/everyone/aed-video/?searchMode=3
Superintendent’s Message
Celebrating Pink Shirt Day 2018 and Safe and Caring Learning Environments

At Peace River School Division (PRSD) we pride ourselves in our ability to create and foster safe and caring learning environments. There are many people who play a role in this process and I would like to take this opportunity to celebrate their efforts and thank all the students, staff, parents, local partners, and community members who contribute to creating a culture of kindness and respect in our schools.

This year, we are very excited to have our own PRSD branded t-shirt created by Jessica Thomas, grade six student at Red Earth Creek School. Jessica’s t-shirt design was chosen among entries from PRSD students during the Pink Shirt Day T-shirt design contest held in February last year. Jessica illustrated a heart shaped earth with people rising from the top with the theme ‘We Rise by Lifting Others.’ We are very proud and honoured to have this important message displayed and worn by hundreds of students and staff division-wide.

Pink Shirt Day is one day per year where we wear pink in a united stand to support healthy relationships, wellness and diversity. However, the work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships and personal well-being. Examples of such programs and initiatives include the work of our school based Youth Education Support Workers, Success Coaches, student leadership groups, mentorship programs, behaviour support programs, wellness programs, the focus on citizenship division-wide, daily learning incorporated into the curriculum and the important support that comes from community involvement and various agencies.

Providing safe and caring learning environments for students is very important to us. We understand that in order for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for in a positive learning environment.

Thank you so much for your involvement and support and we invite you to join us on February 28, 2018 for Pink Shirt Day when PRSD students and staff will wear pink in support of healthy relationships, wellness, and diversity.

Paul Bennett
Superintendent of Schools
Peace River School Division No. 10
Join in the fun with the
WINTER OUTDOOR PLAY PASSPORT!

February 1st to February 28th 2018

Peace River

Pick up one of our Outdoor Play Passports
Available at the following locations starting February 1st:
Peace Parent Link, Peace River Municipal Library and the Peace Regional Pool!

Be Active Outdoors!
Visit and be active at different parks and recreation areas.

Answer some questions
Answer questions about the locations that you have visited.

Enter to win!
Drop your passport off at one of our locations for a chance to win a great prize!
Peace Parent Link, Peace River Municipal Library and the Peace Regional Pool!

▶ Prize: A Sled, Helmet and Thermos! ◀

For more information:
Public Health Promotion at (780) 618-3474 or (780) 618-3447

Alberta Health Services
PEACE RIVER EVENTS
The envelopes have been arriving in mailboxes around Peace River, they even include a self addressed, postage paid envelope! Easy Peasy Lemon Squeezy!! Gr.4 parents have you filled yours out yet?

SPRINGFIELD SCHOOL WANTS TO KNOW HOW THEY ARE MEASURING UP!

OUR NEXT SCHOOL COUNCIL MEETING IS FEB 28@6pm at TA Norris joint meeting with all 3 schools 6:45.

ART CORNER

WE INVITE YOU TO MAKE A DIFFERENCE AT SPRINGFIELD SCHOOL

Experience these great opportunities to impact decision making and be involved at your child’s school!

-join School Council
-complete and return Parent Surveys
-attend Parent Teacher Interviews
-call the school
-sit in on School Council meetings
-help with Hot Lunches
-attend Springfield Sports day
-like us on FaceBook
@ecolespringfieldelementary
-subscribe to our online newsletter
Springfield is a proud member of the PRSD Family

Following Christmas break, our first 4 Fridays are spent enjoying Springfield’s Mini-Options program. Teachers drop everything, split up for an hour and a half, and lead mixed grade groups where students have an opportunity to enjoy each others’ company and explore similar interests!

Finger Knitting
Culture Club
Pottery
Art, Art, and More Art!
Drama
Cooking Creations
Acrylic Painting
Tech Games
Fun with First Steps and Kindergarten
Recycle Creations
Board Games
Floor Hockey
Lego Robots

Thank you

Parents and Grandparents who volunteered their time to help out with mini-options. Our Mini-option program would be lost without you!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</table>
|        | ![Heart](image) | ![Paper Hearts](image) | 1 | 2. **Hot Lunch**  
*Subway*  
*Assembly 9:00 a.m.*  
*Groundhog Day*  
*Day 2* | 3 |
| 5      | Day 4   | Day 5     | 7        | 8      | 9. **Hot Lunch—Pasta**  
*No kindergarten*  
*or first steps*  
*Day 3* |
| 6      |         |           | 8        | 9      | 10 |
| 12     | Day 4   | Day 5     | 14       | 15     | 16 **NO SCHOOL**  
*Day 2* |
| 19     | **NO SCHOOL**  
*FAMILY DAY*  
*Day 3* | Day 5     | 20       | 21     | 23 **Hot Lunch - Wraps/fruit**  
*Fresno Bros.*  
*Reward Recess*  
*Day 1*  
*Western Day* |
| 26     | Day 2   | Day 3     |          | 22     | 24 |
| 27     |         |           | 28       | 23     | 24 |

**Office (780) 624-2143**

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**Winter Temps can certainly fluctuate here in the valley!**

Please remember to dress your children in layers, keeping in mind the colder temperatures!

**Pink Shirt Day** will be held on Feb 28th
If you are viewing this newsletter on a computer or mobile device, watch for icons like the ones shown above. Click the icon and explore direct links to websites that Springfield uses and to send emails.

Please call us at school if your child is sick or plans to be away. The phone number is 780.624.2143 and office staff are available to take your call at 8am.

The students and staff of Springfield would like to remind everyone to please adhere to the handicap parking in front of the school. Please keep the parent loop open for traffic to make its way around, this will keep all of us safe!

Did you know...

We now have a Facebook page!!
Find us @ecolespringfielddelementary

Springfield parents.
We ask that you please refrain from parking in the new daycare parking lot and from blocking their drive way. This will help to keep our children safe as they move between the school and daycare.
Scholastic Education digital resources available through Alberta’s Online Reference Centre

Students in Alberta have access to four Scholastic Education online resources:

ScienceFlix
Transforming the way students access science topics, acquire scientific knowledge, and build a lasting interest in science, technology, and engineering.

Grades 4–9

TRUEFLIX
Uses content from the award-winning True Books to help students strengthen literacy skills, build science and social studies knowledge, and cultivate 21st-century skills through inquiry.

Grades 3–5

SOLAR
A remarkable online literacy resource that pairs classic, fictional video storybooks with top-quality, non-fiction eBooks.

Grades K–3

Grolier Online
Access the Animals of the World database that is part of Grolier Online!

Grades 4–6

To access any of these great resources go to

LearnAlberta.ca

Have you checked out Springfield’s Computer Club on our School website? Click here or visit http://www.springfielddelementary.ca/

Username: springfieldAB
Password: books
**French & English**

Check out their Brand New app on AppStore or Google Play

Do you like to read on your device? Maybe on your computer, laptop, e-reader, tablet, ipad or ipod?
Download the Overdrive app on your device and add the Peace River School Division Digital Library. Gain access with your child’s school email address.

Feel free to Email
todoscje@prsd.ab.ca
and request your child's email address.
Check to see if your Hot Title is available today!

February 2018