



Hillview News

What's Happening

We have had a busy few weeks here at Hillview. Report cards went home at the beginning of March and we had a great turn out for our Student-Led Conferences. Walter MacDonald White Bear visited us again and shared his passion for aboriginal music and story telling with the children. Students also participated in the Regional Science Fair held at Bishop Routhier School in Peavine. We also had a visit from Let's Talk Science. The children had an opportunity to par-

ticipate in some hands on Science activities. Our Jr ATB held a very successful bake sale to help raise funds for our year end activities.

So far, April is looking pretty quiet except for our Spring Concert, which will be held April 20.

We also started our After School Club, which takes place Mondays from 3:15-4:15. A new permission form and schedule was sent home before the break.

Stay tuned for more activities and events at Hillview School!

Volunteers

We continue to welcome volunteers to our school. If you or someone you know has a special skill that can be shared with the students, for example, beading, baking, storytelling, sewing, jiggling, fiddling, etc., please contact the school. In providing a safe environment for the children, we require that all volunteers provide a criminal record check. Aside from that, all you need is a willingness and desire to help educate and provide the best experiences to our children.



Favourite Book Day—April 22

Jump Rope for Heart

We held a very successful Jump Rope for Heart event back in February. We raised \$320.45 to support the Heart and Stroke Foundation. Thank you to everyone who donated to help support this worthy cause!

We had a few incentives for participants. Everyone went home with a skipping rope. All students who brought in donations were entered into a draw for a set of radios and the winner was Jayden C.! Congratulations!

We also had a prize for the student who brought in the most donations and that went to Jarryn H.! Great job!

Thanks again to everyone who supported our fundraising efforts!

Hillview School

Northland School Division #61



Volume 8, Issue 5

March/April 2016

Dates to Remember

- ☉ April 13—LSBC meeting 4:30
- ☉ April 15—Early dismissal—12:30
- ☉ April 19—Jr. ATB Deposit Day
- ☉ April 20—Spring Concert -7-8pm
- ☉ April 22—Favourite Book Day
- ☉ April 29—No School
- ☉ May 1-7—Education Week
- ☉ May 2—Bus Driver Appreciation Day
- ☉ May 7—KinderFair and Mother's Day Tea and Bake Sale

Inside this issue:

Building Resiliency in Children and Youth	2
Random Pics	4
Everyday Counts	5
Science Fair	5
Newsletter Challenge	5
Award Winners	5
Contact Info	6
Odds and Ends	6

Building Resilience in Children and Youth

What do most parents and guardians want for their children?

High on the list are happiness, success in school, satisfaction with their lives, and solid friendships. In order to reach these goals, children need inner strength to deal competently with the many challenges and demands they encounter. The capacity to cope and feel competent *resilience*.

The Mindset of a Resilient Child

According to Dr. Robert Brooks and Dr. Sam Goldstein, resilient children are hopeful, and possess high self-worth. They feel special and appreciated. They learn to set realistic goals and expectations. They develop the ability to solve problems and make decisions, and thus are more likely to view mistakes as opportunities to grow rather than stressors to be ashamed of. They are aware of their weaknesses and vulnerabilities, but also recognize their strengths and talents. They develop effective interpersonal skills with peers and adults, and are able to seek out assistance and nurturance in appropriate ways. They focus on the aspects of their lives over which they have control, rather than those over which they have little or no influence. Dr. Kenneth Ginsburg, a well-respected pediatrician specializing in ado-

lescent health, provides 7 C's to raising resilient children:

Competence

Competence describes the feeling of knowing that you can handle a situation effectively. We can help the development of competence by:

- Helping children focus on individual strengths
- Focusing any identified mistakes on specific incidents
- Empowering children to make decisions
- Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things
- Recognizing the competencies of siblings individually and avoiding comparisons

Confidence

A child's belief in his own abilities is derived from competence. Build confidence by:

- Focusing on the best in each child so that he or she can see it too
- Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness
- Recognizing when he or she has done well
- Praising honestly about specific achievements; not diffusing praise that may lack authenticity

- Not pushing the child to take on more than he or she can realistically handle

Connection

Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention. You can help your child connect with others by:

- Building a sense of physical safety and emotional security within your home
- Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times
- Addressing conflict openly in the family to resolve problems
- Creating a common area where the family can share time (not necessarily TV or screen time, think board games, building snowmen, etc.)
- Fostering healthy relationships that will reinforce positive messages

Character

Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others. To strengthen your child's character, start by:

- Demonstrating how behaviours affect others
- Helping your child recognize himself or herself as a caring person
- Demonstrating the importance of community
- Encouraging the development of spirituality
- Avoiding racist or hateful statements or stereotypes
- Guiding your child to develop positive and effective coping strategies
- Realizing that telling him or her to stop the negative behavior will not be effective
- Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives
- Not condemning your child for negative behaviors and, potentially, increasing his or her sense of shame

Contribution

Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as a source of purpose and motivation. Teach your children how to contribute by:

- Communicating to children that many people in the world do not have what they need
- Stressing the importance of serving others by modeling generosity and volunteerism
- Creating opportunities for each child to contribute in some specific way

Coping

Learning to cope effectively with stress will help your child be better prepared to overcome life's challenges. Positive coping lessons include:

- Modeling positive coping strategies on a consistent basis

Control

Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child's understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

- Helping your child to understand that life's events are not purely random and that most things that happen are the result of another individual's choices and actions
- Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his actions produce certain consequences

Dr. Ginsburg summarizes what we know for sure about the development of resilience in kids by the following:

- Children need to know that there is an adult in their life who believes in them and loves them unconditionally. Kids will live "up" or "down" to our expectations.

**Jennifer Laycock, B.Sc.,
M.C.**

Registered Psychologist

**Phone: 780-523-0011
ext. 176**

Email: jlaycock@hpsd.ca

**"It is only through
raising expectations
and striving for
excellence that our
children can reach
their full potential."**

-Brad Henry

Random Pics



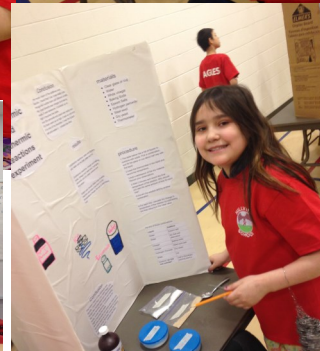
2nd



"Wisdom is not a product of schooling but the life-long attempt to acquire it."
-Albert Einstein



3rd



Everyday Counts

We continue to work towards our attendance goals. Attendance is extremely important to the success of your child. ***Absences can add up quickly. A child is chronically absent if he or she misses just 2 days every month!!***

Let us know how we can best support you and your children so that they can arrive at school every day and on time. We want your child to be successful in school! If you have any questions or need more information please contact the school.

Parents of students who achieve 95% or better each month are entered

into a draw for a pair of movie passes to the Park Theatre. We appreciate the effort you take every day to make sure your child gets to school.

Winners for February were

K-3: Parents of Jayda
grade 4-6: Parent of Drae

Winners for March were

K-3 : Parents of Karma
4-6: Parent of Kahlin

Congratulations!

You cannot open a book without learning something.

-Confucius

Science Fair

Congratulations to all of our students who participated in the annual Regional Science Fair hosted this year by Bishop Routhier School in Peavine. A lot of hard work was done by our students!

A special congratulations goes to **Tyranny** and **Frank** who placed 2nd in the grade 3 category with their project *How to Make Slime*.

For placing 3rd in the grade 2 category, another huge shout out goes to **Jase** and **Tyrus** for their project *The Volcano*.

Great work everyone!

Newsletter Challenge

The 2015-2016 Accountability Pillar Surveys were sent home with all students in grades 4In every issue of Hillview News there will be three spelling errors throughout the newsletter. Look for the errors, circle them and return the

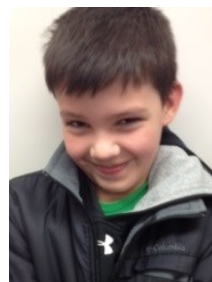
newsletter with your child. Your child will then be entered into a draw for a small prize each month. The next draw will be April 13 and 4 names will be drawn. Good luck!



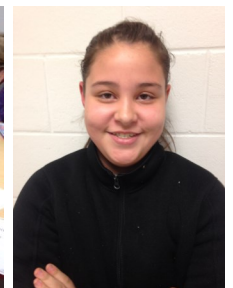
Students of the Month

Our Students of the Month are chosen based on several criteria. Attendance, cooperation, work ethic, and respectfulness are all considered when deciding who will be the next Student of the Month for each class. We are proud to announce our Students of the Month for the months of February and March.

Congratulations for all of your hard work!



Frank and Tyree were our winners for February.



Tyranny and Kierra were our winners for March.

Hillview School
Northland School Division #61

Box 1589
High Prairie, Alberta
T0G 1E0

Phone: 780-523-9679
1-800-362-1360 ext. 1100
Fax: 780-523-9671



Our Vision

Educating today's children for tomorrow's future

Our Mission

1. Embrace diversity in a safe and caring environment
2. Strive to meet the educational needs of each individual child
3. Promote the Metis culture

Our Goals

1. Implement and promote a safe and caring environment conducive to learning.
2. Determine the instructional level of all students in Language Arts and Math.
3. Implement strategies to support and improve literacy.
4. Create a strong, vibrant, working relationship between the school, parents and community so they have an opportunity to be actively involved in the education of their children.

Odds and Ends

Most of you have been part of our school community for awhile, others are new. Here are a few of our school practices that you should be familiar with:

- if your child is going to be absent, please call to let us know
- **If your child is going to be laid, please call the office BEFORE 10 am so he or she can be counted for lunch**
- Please sign and return your child's agenda **DAILY**
- If your child is too sick to play outside, please keep him/her home until he or she is well.
- Students are to turn all electronics, cell phones, iPods, etc. in to the office upon arriving at school. Permission to use may be given by the teacher. **Please leave toys, Lego and Pokémon cards and any other similar items at home as they can be extremely distracting to the learning environment.**
- Morning snack and a hot lunch are provided by the school. You may send a **healthy** snack for your child to enjoy in the afternoon.
- A pair of non-marking, comfortable inside shoes, suitable for gym, is required .
- Clothing with inappropriate language, alcohol or drug logos, slogans or pictures are not acceptable for school attire.
- If your child is to go somewhere other than home after school, please make sure to call the school before 3pm or write a note in your child's agenda. If we don't hear from you, your child will be sent home on the bus.

If you have any questions or concerns, please contact us.