

DID YOU KNOW?

PRINCIPAL'S CORNER . . .

We will be hosting a Christmas Show at TA Norris this year. It's been a few years since we have hosted one but our music program would like to show off some of their skills. We will have some performances from our grade 5 & 6 music classes and some solo and group acts from some of our grade 7 & 8 students. Don't worry if you're not comfortable performing in front of the school as we transition between performances we will have Christmas group karaoke, so everyone can participate! Be sure to bring your best singing voice and some Christmas cheer to spread! Please join us on Monday, December 18th at 1:30 in the gym.



CHRISTMAS MARKET

Thank you so much to all those who have donated numerous items for our Christmas Market. Those who would like to donate, our deadline is Friday, December 15th. Thank you - you have no idea of the impact this has on our students.



HOT LUNCH PROGRAM - **NO HOT LUNCH THURSDAY, DEC 21ST!**

Remember to purchase a \$60 Lunch card (\$6 per meal for 10 lunches) through your SchoolCash Account so your child doesn't run out. Lunch cards will be recorded /tracked in a google document here at the school which will alleviate any lost cards.

Students will go to the Home Ec. window to pick up their lunch based on which lunch they would like; you do not have to purchase every day. Students will also be told when they have two lunches remaining on their card; they will need to let you know so you can purchase an additional Lunch Card. The following is the menu:

MONDAY – Pizza; **TUESDAY** – Hot dog or Grill Cheese & juice box; **WEDNESDAY** – Spaghetti
THURSDAY – Tacos in a Bag; **FRIDAY** – Burgers & Veggie Sticks (Free Friday)



5B SWIMMING SESSIONS

Swimming sessions (1-2pm) begin for 5B on December 11, 12, 13, 14 and 15th – Remember your Swim gear for each day of this week.

SUPERVISORS FOR CHRISTMAS SWIM Gr 5 & 6

We are still looking for volunteers as Supervisors for our Christmas swim on Thursday, December 21st for the Grade 5 group (1-2pm) and the Grade 6 group (2-3pm). These supervisors need to be in the water. If you are interested in going for a free swim with either of these groups of students (perhaps both), please call 780-624-3144.



DOOR DECORATING CONTEST

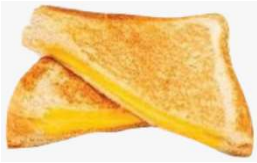
The Classroom Door Decorating Contest was completed today. Judging will be done on Monday, December 11. Prizes will be awarded to First, Second, Third and People's Choice!

Candy Cane



CANDY CANE CANDY GRAMS

TA Top Wolves will be selling Candy Cane-Grams Monday, Dec 11th, to Thursday, Dec14th. They will be selling for \$1.00 each and on Friday they will be delivering them to the recipients.



GRILLED CHEESE FUNDRAISER – Hot Lunch Tuesday

On Tuesday, December 12th, the French Immersion Group will be making Grilled cheese sandwiches and a juice box for the lunch program! Proceeds go towards the Quebec trip.



LOCKER CLEAN-OUT

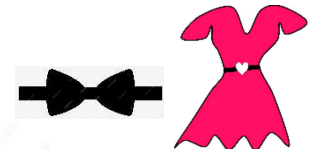
With the two-week Christmas & Winter Break drawing near, on Friday, December 15th, we will be having the students clean out their lockers. This entails throwing out garbage and old lunches from their lockers. If you have plans to be starting your winter/Christmas break earlier than this, please remind your child to clean their locker before they leave.

WEEK OF DECEMBER 18TH TO 21ST



Monday – Wear a Christmas Hat or Christmas Sweater
Also Christmas Concert (1:30-2:30 pm)

Tuesday – Formal Wear Day and our Christmas Dinner for the Students



Wednesday – Red/Green Day – wear red and/or green

Thursday – Pajama Day



ALSO Thursday – Grade 5's swim 1-2pm & Grade 6's swim 2-3pm



Please feel free to visit the school website, <http://www.tanorrismiddle school.ca>, to check for messages from Teachers, Superintendent Messages and other information that may be of interest to you. Also, if you **Like** us on Facebook, you can be notified of special items that may be of immediate interest. If you have any questions, please feel free to contact us and we will do our best to answer them or find the answers.



HAVE YOUR SAY ON THE 2024–2025 DIVISIONAL CALENDAR

Here at the Peace River School Division, we are excited to present the **first draft of the 2024-2025 School Calendar**. Together with representatives from three other school divisions, as well as teacher and administrator representatives from both the elementary and high school level, the Calendar Committee met on December 6.

From that meeting, we have prepared a draft version of the calendar and are looking forward to hearing your thoughts. It is both important and helpful for us to have the feedback of our students, parents, staff, and communities. Each email and comment on social media is recorded and taken into consideration prior to a final draft of the calendar being presented to our Board of Trustees in March.

Some of the key dates in the new calendar include a Back to School date of September 3, after Labour Day. This decision was influenced by your feedback. Last year, over 90% of the feedback we received told us that you were in favour of a start date after Labour Day.

September 30, the National Day for Truth and Reconciliation, falls on a Monday in 2024. The Peace River School Division Board of Trustees has made a motion to follow the lead of the Federal Government and honour this day by declaring a holiday for staff and students. The Board has also made a motion declaring the entire week including September 30 as Truth and Reconciliation Week in PRSD schools. This year, that week will be from September 30 to October 4.



Once again, we have been able to schedule a very natural break at Christmas, inclusive of two full weeks and three full weekends. The Division considers staff and student wellness to be a priority, and being able to schedule this 18-day break is one of the ways we encourage health and wellness in our school communities.

One thing that is different in the 2024-2025 Calendar is a five-day break at the start of March, from Wednesday, March 5 to Sunday, March 9. The Calendar Committee made this decision to support staff who will travel to attend Teachers/EA Convention on March 6 and 7. Spring Break is also earlier in the new draft calendar, on March 24 to 28. While this means students will have two larger breaks in the month of March, it has been my experience that when Spring Break does not fall in March there can be more behavioural challenges for students. March can be a difficult month for students as they are all adjusting to seasonal changes, and longer daylight hours. For these reasons, the Calendar Committee felt having Spring Break separate from the Easter holiday in April would be a good step towards protecting and promoting student wellness.

Wherever possible, the Calendar Committee also tried to maintain four-day weekends around the holidays to allow families to travel to visit with loved ones who live in different areas of the province and country.

Most importantly, the calendar provides optimal learning time for students while providing ample days for teachers to assess student learning through Collaborative Response strategies during our Professional Development (PD) days.

Thank you in advance for your **input on the 2024-2025 School Calendar**.



Adam Murray, Superintendent of Schools





Emergency Links & Phone Numbers

Addictions and Mental Health Helpline
(24-hour support)
1-877-303-2642

Peace River Addictions and Mental Health
780-624-6151

Kids Help Phone
1-800-668-6868

Indigenous Support Line
(North Zone & Area)
1-844-944-4744

mykickstand.ca

Protecting your Mental Health during the holidays

With the holiday season approaching, it is important to have someone to reach out to if needed.

The Town of Peace River FCSS has compiled a list of local resources called "Everyone Needs Help Sometimes" for support for you and your family. To view the list - click [HERE](#)

Tips from the Canadian Mental Health Association

Did you know 52% of Canadians report feelings of anxiety, depression and isolation during the holiday season. Make a plan now to protect your own mental health from holiday stress. **Here are five tips that may help:**

1. Don't fall prey to the great expectations that come along with the holiday. You get to celebrate (or not celebrate) in whatever way feels best for you.
2. Remain aware of overindulgence, whether that's with food, commitments or gifts. Stick to a budget, eat what makes your body feel good, and remember the holidays are meant for rest as well as fun.
3. Don't worry about being a perfect host. Delegate tasks, take a break, and don't forget to create and maintain personal boundaries.
4. Holidays can be especially hard for those who have lost a loved one. To avoid feeling sad and alone try volunteering at a foodbank, or a toy drive, write letters to far-away friends and family, or do something special just for you.
5. For others, being around more people than normal during the holidays can be emotionally and mentally draining. Remember to set boundaries, and attend events that energize you. It's okay to leave early or not go at all.

May you have a safe and healthy holiday season!



Loro Koski
Mental Health in
Schools Program
Manager



Sandra MacKenzie
Mental Health
Capacity Building
Program Manager



Chris Kaip
Divisional School
Social Worker



Travis Mitten
School Social/Emotional
Behaviour Consultant



Connie Kramer
School Family
Liaison Worker



Margaret Buruma
School Social
Worker



Lorena Combes
School Social
Worker

Cold & Inclement Weather

SCHOOL BUS INFORMATION

The Transportation Manager may cancel buses either individually or collectively when weather and/or road conditions are a safety risk to students. This includes all scheduled field trips.



Buses will not operate when the temperature is -35°C actual or -48°C with windchill or lower at key weather station locations. In the mornings, the Transportation Manager will make this decision at 6 a.m.

If extreme weather conditions arise after students have arrived at their schools, the Transportation Manager may authorize bus drivers to pick up students earlier in the day for the purpose of bringing them home. In this case, the school principal will notify parents and guardians and not permit any elementary student on the bus until their parents or guardians have been contacted.

Should cancellation of bus services occur, the Transportation Manager or designate will post bus cancellations on Bus Planner. All parents and guardians can access Bus Planner through the home page of their school websites, or by visiting prsd.mybusplanner.ca.

If it is unsafe for buses to be on the road, buses will be cancelled. The school principal will notify parents and guardians of the situation and hold students at the school until they can be picked up by a parent or guardian.

Each bus driver is responsible for notifying their route parents of bus service cancellations.



CRISIS RESPONSE INFORMATION



Scan to access
the Emergency
Procedure Guide
for Parents &
Guardians

LOCKDOWN

Used when there is an internal threat of violence

- All internal and external doors and windows are locked and secured
- Staff & students are requested to keep quiet and take cover away from windows, doors and out of sight lines
- No one is allowed in or out of classrooms or the building

PARENTAL & PUBLIC PROCEDURES

For your safety, all parents, as well as the public need to stay away from the building until the situation is cleared. Students may be moved to a new pick up location, and parents will be notified when it's safe to pick up their children.

HOLD & SECURE

When security threat or criminal activity is outside and/or unrelated to the school

- Exterior doors & windows are locked
- Class continues to be in session
- No one is allowed in or out of the building

For your safety, all parents, as well as the public need to stay away from the building until the situation is cleared. This situation could potentially evolve into a lockdown or evacuation. Parents will be notified of the evolving situation & how the release of students will occur.

SHELTER IN PLACE

Used to direct and control movement inside the school building when it is safer to remain inside and/or there is no threat of violence

- No one is allowed to leave designated area until ALL CLEAR or without permission
- Ex: severe weather or air quality incidents
- Individuals at risk will be allowed re-entry

Parents will be notified via email, calls, and texts. The Grimshaw Municipal Library & Mile Zero Regional Multiplex will notify the public via their Facebook pages. For your safety, all parents, as well as the public need to stay away from the building until the situation is cleared. Parents will be notified of student release procedures using the most up-to-date contact information in PowerSchool.

EVACUATION

Used when it is safer to be outside the building than inside. Follows prearranged routes and exits but exit with caution

- All students are instructed to proceed to Muster Points
- Cannot return to building until ALL CLEAR is provided by first responders

For your safety, all parents, as well as the public need to stay away from the building until the situation is cleared. Students may be moved to a new pick up location, and parents will be notified when it's safe to pick up their children.