

Good afternoon Parents & Students,

January 26, 2024

REMINDER:

Wednesday, January 31 is a PD day so there is no school for the students.



PRINCIPAL'S CORNER . .

. . . that our website has a photo gallery with pictures of classroom activities, sports, spirit days and other glimpses into the daily lives of our students? Simply go to our website, www.tanorrismiddle school.ca to explore the many features and resources on our website.



GRADE 7 & 8 REPORT CARDS

Report Cards will be sent home Friday, February 2nd. There will be no Student-Parent-Teacher Conferences on this report card. However, you can reach out to your child's teachers at any time if you would like.



HOT LUNCH PROGRAM

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 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 will be the new menu starting in the New Year:

MONDAY – Subway (6" - Turkey, Ham or pizza); **TUESDAY** - Hot Dog/Grilled Cheese (fundraiser)
WEDNESDAY – Pasta Day; **THURSDAY** – Taco in a bag; **FRIDAY** - Free Lunch

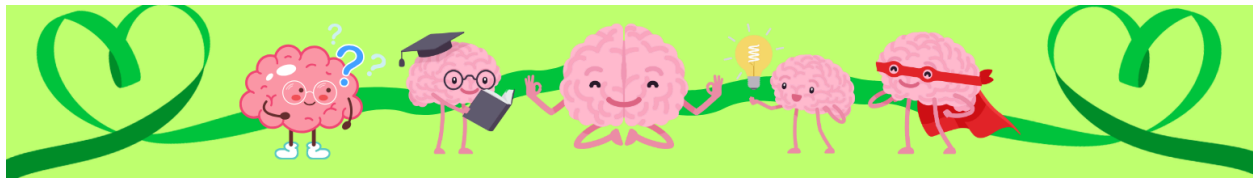


SNOW DAY

On Friday, February 2nd, students will be participating in a variety of activities outside. Please be sure to send appropriate winter clothing so they can participate fully.

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.

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MENTAL HEALTH SUPPORTS



A monthly newsletter highlighting Mental Health programs available within the PRSD



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

February 28 is Pink Shirt Day. With one in every five students affected by bullying, chances are you or someone you know has experienced bullying. To find support, or more information on bullying, please see the [following resource](#) on the Pink Shirt Day website.

If you, or someone you know, is experiencing bullying please let a trusted adult know. Support is also available by calling [Kids Help Phone](#), 1-800-668-6868 or texting 686868.



End bullying now by choosing
kindness each and every time.
"WE RISE BY LIFTING OTHERS"



Peace River School Division Mental Health Team



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.



FEAR-LESS

Online

3 DAY WORKSHOP

Sundays

January 28th, February 4th, February 11th

5:30-8pm



- Learn tools to encourage children to express, tolerate, and manage upsetting emotions.
- Learn what anxiety is and how it develops.
- Learn strategies for responding to your child's anxiety.
- Learn about the fear ladder, and how to help your child reach goals they may have.

**Registration
Required**

Call 780-624-0770

**Email:
frn@peaceriver.ca**



Fear-Less isn't about eliminating fear altogether, sometimes fear protects us. Instead, it's about giving your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying.

GROUP TEEN TRIPLE P

ALL YOU WANT TO KNOW ABOUT PARENTING TEENS (10 to 16 years)

IS THIS YOUR FAMILY?

Your teen's behavior has become too much for you to handle. At home, there's probably a lot of shouting and very little agreement. Or maybe you don't bother trying to talk anymore. But you are worried. Where will this all end?

Or, maybe it isn't that bad. It's just that you realize things can change very quickly. So you're keen to know as much as possible about positive parenting so you'll be prepared if hassles arise.

Either way, Group Teen Triple P can give the support you need.



ONLINE

**January 29-March 25
6:30-8:00 pm**



**CLICK THE QR CODE TO BEGIN
THE REGISTRATION PROCESS.**

**SCAN
ME!**



**OR CALL THE FRN AT
780-624-0770**



Peace Region

Alberta Provincial Family
Resource Networks

Family Resource Network



Circle of Security

Saturdays, February 10th-March 23rd

11am-12:30pm

@ Baytex Energy Centre Meeting Room

***Child care provided**

***Registration required, call 780-624-0770 to sign up**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research.



This program will help caregivers to:

***Understand** their child's emotional world by learning to read emotional needs.

***Support** their child's ability to successfully manage emotions.

***Enhance** the development of their child's self esteem.

***Honor** the innate wisdom and desire for their child to be secure.