

Good afternoon Parents & Students,

April 18th, 2024

REMINDER - Friday, April 19th there is no school for the students. Staff PD Day.

DID YOU KNOW?

PRINCIPAL'S CORNER

... TA Norris and Springfield Elementary School partner in a program called Healthy Buddies. This is a mentorship program where current grade 7 TAN students are partnered with current grade 4 SES students to develop bonds and connections before the grade four students transition to TAN in the fall.

We all know that change can be difficult sometimes. Leaving the school you have been at for five years is a significant change. On the horizon is another learning space with new surroundings and teachers. The program aims to reduce angst and answer students' questions or concerns. Students connect and engage in some get-to-know-you activities, practise using a three-number combination lock for their locker (brand new practice for grade 5 students), get a tour of the school, see their classroom for next year, meet their grade 5 teachers, and create connections with some grade 7 students who will be our grade eight leaders in the fall. It is an excellent experience for both schools, and it helps students to feel more comfortable with the transition. We are grateful to the SES staff and administration, who have supported this initiative for years.



GRADE 8 CAMP TRIP MEETING

The Student & Parent Meeting for the Grade 8 Camp Trip to Camp YoWoChAs is scheduled for this Thursday, April 18th, at 5:30pm in the Library. This is an important meeting and both Student & Parent should attend.



GRADE 6 EDMONTON TRIP FEES

The Fees for our Grade 6 Edmonton trip (May 29-30, 2024) have now been posted in school cash. <https://www.schoolcashonline.com/>
Please pay the fees via SchoolCash.

Students will be doing a tour of the Alberta Legislature and participating in activities at the Telus World of Science.



HOT LUNCH PARENT VOLUNTEERS

Our TA Norris Hot Lunch Program still requires a few more parent volunteers. If you are able to Volunteer your time please contact the office.



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.

MONDAY – Subway (6" - Turkey, Ham or pizza)

TUESDAY - Hot Dog/Grilled Cheese (fundraiser)

WEDNESDAY – Pasta Day

THURSDAY – Taco in a bag

FRIDAY - Free Lunch



ABSENTS & PICK-UPS

Please contact the office if your child will be absent from school, has a medical appointment, needs to be picked up early, or is leaving for a sporting event throughout the day...etc. You may do so by leaving a voicemail message 780-624-3144 or emailing tanorris@prsd.ab.ca to inform us. Secondly, if you've arrived to pick up your child it would be greatly appreciated if you'd call the school to let us know you're here and we'll send your child out to you.

Please feel free to visit the school website, <http://www.tanorrismiddleschool.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.



Emergency Links & Phone Numbers

Suicide Crisis Helpline
Text or Call: 988

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

Three tips to feel better this Spring

Courtesy of the Canadian Mental Health Association

- 1. Get outside:** There's nothing better than a northern Alberta Spring. The days are long, the sun is bright, and the snow is melting! Being outside in the sun allows your body to absorb more Vitamin-D from the sun, which can boost your mood and energy levels.
- 2. Get Active:** Start by setting small goals like taking the stairs instead of an elevator, or walking for just 10-minutes at a time. Exercise is a great way to relieve stress and increase energy.
- 3. Eat a Balanced Diet:** Eating more fruit and vegetables, or foods rich in omega-3 fatty acids may also help boost your mood this Spring.

Peace River School Division Mental Health Team



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Manager



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Chris Kaip
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Travis Mitten
School Social/Emotional
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Connie Kramer
School Family
Liaison Worker



Margaret Buruma
School Social
Worker



Lorena Combes
School Social
Worker



FAMILY

NIGHT

COMMUNITY BIKE RODEO

Join the Peace Region FRN and AHS Health Promotions for tons of fun at our May Family Night! Bring your bikes and helmets to explore our indoor bike rodeo, check out fun family activities and enjoy a hotdog supper!

Wednesday May 8th

5pm-7pm

@ the Baytex Energy Center - Dry Pad

All Ages Welcome!!!



CALL the FRN to Register!
Space is limited 780.624.0770

Peace Region
Family Resource Network



Alberta Health
Services