



# **February Newsletter**

## **Rocky View Schools**

### **Chestermere Community Learning Centre**

Semester two is upon us! It will give us a fresh start to set some new goals and keep striving to be our best selves. This month we will focus on **kindness**, even though it is a gift we can always give to others.

**Kindness** is showing care and doing some good to make life better for others. It is being thoughtful about others needs. Its showing love and compassion to someone who is sad and needs your help. It is when you are tempted to be cruel, criticize or tease, you decide to be **kind** instead.

*Truth is deep **kindness** that teaches us to be content in our everyday life and share with the people the same happiness. ~Khalil Gibran*

### **School Hours for Semester #2**

M 9am-5pm T 9am-3:30pm W 9am-5pm Th 9am-3:30pm

Friday No Classes! Exam writers and by appointment only

Morning break 10:15am-10:30am

Lunch Break 12pm-12:45pm

Afternoon Break 2pm-2:15pm

## **Things to know in February...**

- **Lunch and Learn with Youthsafe February 4<sup>th</sup> @10am.** This a presentation that will define human rights and civil liberties, including the rights of LGBT people.

- **Introverts Happy Hour Mondays @11am-12pm** in the counselling office. No Eye contact! No words! Bring a book!

- **Job Seekers Tuesday @10am.** This will give students a chance to get some employment knowledge from Prospect Employment Services and a good start to finding a summer job! Please speak to Rebecca (Outreach ) if you are interested in joining the group.

- **Girls Group Wednesdays @10:30am.** We will continue to meet throughout the semester. All girls and newcomers welcome.

- **Mid Week Mojo Wednesday @1pm-2pm.** Meet in the central area to plan out your week. Get some help. Meet with friends and get caught up on all things school.

- **Therapy dog Evey and her handler Sunny Thursdays @ 1:30pm.** All students are welcome and encouraged to spend time with this fantastic duo. To learn more speak to Rebecca (Outreach)

- **Learners License prep group Thursdays @11am.** Students who are interested in a group study session to prepare for writing the Learners license can drop into the central area.

- To wrap up our month of nurturing Kindness we will be celebrating **Pink Shirt day on February 26<sup>th</sup>.** Pink Shirt day is Anti-Bullying Awareness Day when people wear pink shirts to symbolise a stand against bullying, an idea that originated in Canada.

- **PARENTS!! Please see the attached flyer about Connect.** It is a **FREE** 9-week program to support parents of teens (ages 12-17). Parents meet in groups of 10-16 with two trained group leaders for 1.5 hours per week.



*An Attachment-Based Program  
to Support Parents & Caregivers*

***Do you ever feel that your child doesn't listen to you?  
Do you sometimes even feel pushed away? Do parents  
matter?***

Actually, there is very good evidence that strong relationships with  
parents protect youth from risk during adolescence and help them thrive!

We call that **ATTACHMENT!!**

Connect is a **FREE** 9-week program to support parents of teens (ages 12-17). Parents  
meet in groups of 10-16 with two trained group leaders for 1.5 hours per week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre  
and Simon Fraser University, the program focuses on core components of secure  
attachment to promote children's social, emotional, and behavioural adjustment.  
Connect helps caregivers understand basic attachment concepts that can be applied  
across a broad range of situations and relational concepts.

Each session provides parents with an attachment perspective on parent-child  
relationships and adolescent development. Parents watch role-plays, do exercises  
and discuss ways of responding to challenging behaviour and problems. After each  
session, parents receive handouts with key points to remember when applying the  
principles to their own parent-child relationship.

**February 26 – April 15**

**Wednesday evening 6:00 – 7:30 pm**

**Chestermere Learning Connections**

**If you are interested in learning more or joining a group, contact your**

**Connect Facilitator:**

**Angela Normand 587-777-3261**



# February

## 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>*Please note Mon/Wed open until 5pm*</b>	Learners prep 11am		1
2	3 Semester #2 Starts!	4 YouthSafe Human Rights Presentation@10am	5 Last day of Guys Group	6 Learners prep 11am	7	8
9	10 Introverts Happy hour 11am	11 Job Seekers Group 10am	12 Mid week Mojo 1pm	13 Learners prep 11am	14 <b>Professional Development No Classes</b>	15
16	17 <b>Family Day No Classes</b>	18 <b>Vacation Day No Classes</b>	19 <b>Vacation Day No Classes</b>	20 <b>Teachers' Convention No Classes</b>	21 <b>Teachers' Convention No Classes</b>	22
23	24 Introverts Happy hour 11am	25 Job Seekers Group 10am	26 Pink Shirt Day Mid week Mojo 1pm	27 Learners prep 11am Therapy Dog	28	29

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