



101 MINK CREEK RD.  
WHITECOURT, AB  
T7S 1S2  
780-778-3898  
WWW.PERCYBAXTER.CA



## ADMINISTRATOR'S MESSAGE— Mr. Turcotte, Principal

In the blink of an eye, the month of October is gone, and we move closer towards our Whitecourt winter! As we begin the month of November and near the end of the first reporting period, we wish to recognize all Percy Baxter students for working so diligently in their core and complementary classes! With the cold weather quickly approaching, it is our hope teachers can continue to take advantage of a number of outdoor learning opportunities before the snow begins to fall and temperatures really take a turn!

A number of students in the school have taken on leadership roles and have been working with teachers and school administration, planning a number of school-wide spirit activities, for which PBS student participation and school spirit have been at an all time high! Included in these fundraising efforts was an \$805.00 donation to Tenille's Hope Soup Kitchen. We continue to collect winter jackets for a second group of students who are collecting for Koats for Kids! If you have any winter jackets to donate, students can bring them to the school or they can be dropped off at the school's main office. Donations are being accepted until Thursday, November 4, 2021.

Over the month of October, students in Grades 6-8 received the opportunity to participate in the HLAT (Highest Level of Achievement) assessment, which provided students with an opportunity to demonstrate their writing abilities. The results of this writing assessment will provide teachers with baseline data to work with students to develop their writing ability. As a school, this data is included in our yearly School Advancement Plan, and is used to guide as we work to reach goals and increase student literacy skills.

A focus of the school this year is the implementation of Guided Reading in all classrooms. The Guided Reading program focuses on improving student reading fluency and comprehension, as teachers work in a small group setting with students with similar reading ability. It is important to mention that this resource was purchased for the school with the support of our Percy Baxter School Council! Thank you again to this amazing group of parents who continue to support us in so many meaningful ways!

As the end of the first reporting period nears, it is important to note that Parent-Teacher interviews will be taking place virtually on November 3rd and 4th. This is a great way to connect with your child's teacher(s), and all parents are encouraged to book an appointment time, to meet with teachers to develop an appreciation of student achievement, learning goals, and learning needs.



Wanting to stay connected  
to Percy Baxter School?

Look for updates and  
school news via the PBS  
Facebook page!



Our Twitter feed  
can be found on our  
webpage  
or  
**@ngpspbs**



Hello Parents and Guardians of Percy Baxter School!!

The month of October has flown by and the Percy Baxter Parent Council is hard at work. We have held two SUPER successful pop up sales over the last while and were so happy to see the kids so excited to purchase their treats – thank you to all of you who sent in some money!

At our last Parent Council meeting held via Zoom we came up with some fundraising ideas! Currently we have an open Purdy's Chocolate Fundraising Campaign, you can find the link attached to the bottom of this letter or on the two Facebook pages for Percy Baxter School or Mink Creek Parent Society! If you have not done so please place an order – 25% of sales will be raised to support our students! All orders are due November 19<sup>th</sup> with a delivery pick up date scheduled for December 2<sup>nd</sup>. Please let us know if you have any questions at all!

Our next Parent Council meeting will be held via Zoom on November 17<sup>th</sup> at 7:00 PM.

Thanks again for your continued support, if you have any questions you can email [jrdkn@telus.net](mailto:jrdkn@telus.net)!

Jenny Dickson

Link to PURDYs Chocolate Fundraiser:  
<https://fundraising.purdys.com/1310813-86079>



# Percy Baxter School Awards

## ROCK STAR

**Definition:** The Percy Baxter Rock Star is a category of student recognition that focuses on the high expectations for Citizenship. Citizenship is defined by the outcomes used in the "Growth As A Learner" Assessment checklist completed approximately every six weeks. Students will also support and contribute to a positive school culture in a variety of ways.

**Recipients:** All of the most current learning behavior outcomes in Power School must be an achievement indicator of consistently. Must be in exemplary standing with the office (No Think Tanks or Level 2 office referrals). Students will support and contribute to a positive school culture.

## ACADEMIC STAR

**Definition:** The Percy Baxter Academic Star is a category of student recognition that focuses on high expectations for academic success in the core subject areas.

**Recipients:** Students will obtain Excelling in 75% of the outcomes, in three of the four core subjects.

Overall achievement indicators utilized to determine academic standing include:

Language Arts - General Outcomes  
Mathematics - Specific Outcomes (Term based)  
Science - Specific Outcomes (Term based)  
Social Studies - Specific Outcomes (Term based)

## SHOOTING STAR

**Definition:** The Percy Baxter Shooting Star is a category of student recognition that highlights a student who exemplifies what it means to be a Percy Baxter Star.

These qualities (academic success, strong citizenship, and consistent involvement) are combined to define high expectations for each student to strive to achieve personal and academic success.

| ACADEMIC   | CITIZENSHIP  | INVOLVEMENT   |
|--|--|---|
| 50% of outcomes must be an achievement indicator of Excelling based on 3 out of 4 core subjects<br><br>They must be Meeting all achievement indicators in non-core classes (eg. PE, Art, etc). | All learning behavior outcomes on the most current citizenship checklist must be in the consistently category<br><br>Supports and contributes to a positive school culture (ie- spirit days, volunteering, going above to help others, etc.)<br><br>Must be in exemplary standing with the office. | Must be consistently involved in two or more school activities each term: sports teams, community event volunteering, leadership class, intramurals, dances, theme days, other (upon approval of Renaissance committee) |

## RISING STAR

**Definition:** Students who have shown commendable growth, and who have continued to strive to improve throughout the term. These students are individuals who demonstrate a consistent work ethic, seek assistance when needed, and set and attain personal goals, and are self motivated, who are driven to improve their own personal growth at Percy Baxter School.

**Recipients:** This award will be given to the student who has shown noticeable academic improvement, through hard work, determination and drive to succeed. All grade level teachers will work together to review recipients of this award.

# IN THE SPOTLIGHT.....

## STUDENTS OF THE MONTH

RUSSELL LOCKE

GINGER FICKELL

G  
R  
A  
D  
E  
  
6



G  
R  
A  
D  
E  
  
7



DALEN GUNDERSON

G  
R  
A  
D  
E  
  
8



# SEPTEMBER



# IN THE SPOTLIGHT.....

## STUDENTS OF THE MONTH

BEN NORMAN

NATALIE YORK

G  
R  
A  
D  
E  
  
6



G  
R  
A  
D  
E  
  
7



KASHA PETRINCHUK

G  
R  
A  
D  
E  
  
8



# OCTOBER



PSNT



PowerSchool

## PowerSchool Mobile

PowerSchool Parents and Students have access to real-time student information via the free PowerSchool Mobile app, creating better communication, collaboration, and success within a child's learning experience.

Parent involvement is crucial to student academic success. The Parent Portal is a tool for you to stay informed and engaged in your child's education.

The Parent Portal gives parents and guardians access to:

- View your child's assignments and grades
- See your child's schedule
- Monitor your child's attendance
- Communicate with your child's teachers
- Stay current on homework, projects and deadlines
- Sign school documents
- View report cards



## STUDENT ATTENDANCE

If you know your child is going to be late or absent from school on a given day, please call the office directly at **780-778-3898** after **8:15AM**.

You can leave a message between 4:15pm-8:15am.

Unless it is an emergency, we will not interrupt classes to deliver messages to students. Please have afterschool plans finalized before school.

Students are only able to ride their assigned bus and get off at their stop. **The office cannot issue notes to have a friend ride the bus or change you bus route.**



**Attendance  
Matters**

Every student. Every day.

# SCHOOL FEES NOW PAST DUE

EVERGREEN TECHNOLOGY — \$31.50

HOME ECONOMIC FEES GR 7/GR 8 — \$25/\$30

CONSTRUCTION FEES GR 7/GR 8 — \$20/\$25

Please submit your payment through School Cash or at the school office and a receipt will be issued. If you are not using school technology please contact the school office. If you are experiencing financial difficulties at this time, we ask that you contact the school office 780-778-3898 and we will assist you with setting up payment arrangements.

## PARENTS STAY CONNECTED



Access student schedules, attendance and grades online at any time with PowerSchool. *\*Also available as an app for smart phones.* To create an account, please contact us to receive your individual username and password.



Like our Facebook—Percy Baxter School



Pay school fees, sport activities and more at <https://ngps.schoolcashonline.com/>



Contact us directly at 780-778-3898 or email [david.turcotte@ngps.ca](mailto:david.turcotte@ngps.ca)

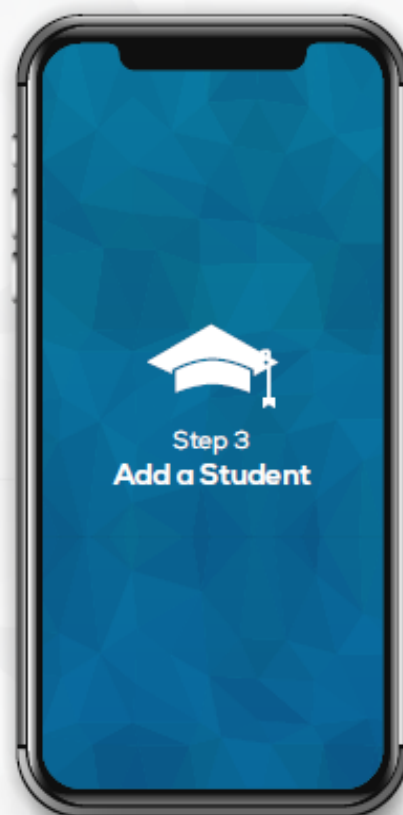
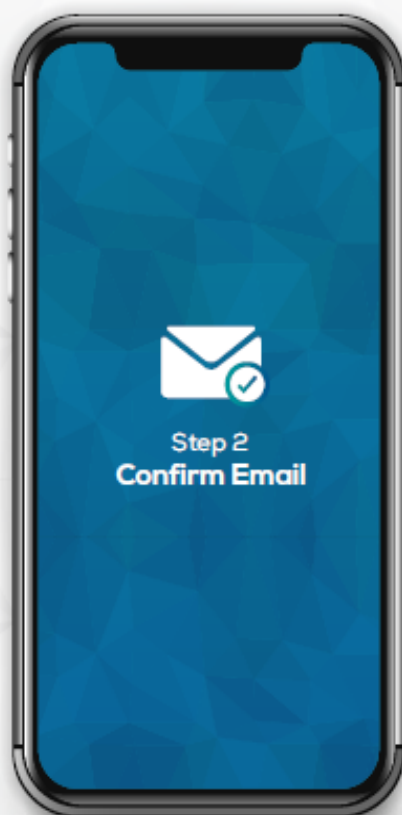
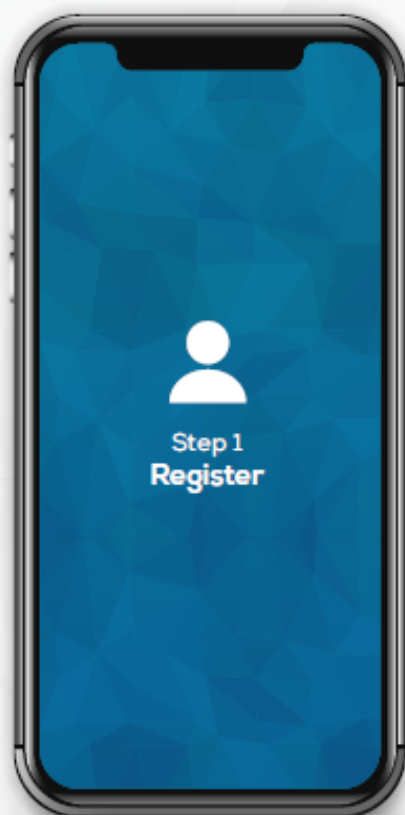


# Welcome to SchoolCashOnline

Fast. Safe. Convenient.

For safety and efficiency reasons, Northern Gateway Schools would like to reduce the amount of cash & checks coming into our schools. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE!

It takes less than 5 minutes to register. Please follow these step-by-step instructions so you will begin to receive email notifications regarding upcoming events involving your child.



Go to  
<https://ngps.schoolcashonline.com/>

and click on **Register**.

- ✓ Enter in your first name, last name, email and create a password.
- ✓ Select a security question.
- ✓ Check YES to receive email notifications

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and School Cash Online account (check spam).

The confirmation link will open the School Cash Online site, prompting you to sign into your account. Use your email address and password to log in.

This step will connect your child to your account.

- a) Enter the School Board Name.
- b) Enter the School Name.
- c) Enter Your Child's Student Number, Last Name and Birth Date.
- d) Select Continue.
- e) On the next page confirm that you are related to the child, check in the Agree box and select Continue.
- f) Your child has been added to your account.

# SUPPORTING YOUR ANXIOUS CHILD

In conversations with schools throughout Northern Gateway Public Schools, a theme I have noticed more than ever before is significant apprehension by many students of all ages. Despite the obvious factors why this is the case, the issue of anxiousness is front and center for many children and their families.

This article is not meant to initiate more controversy, it is simply to give strategies for parents on how to help their children overcome fears. We all know that when fear takes root, it can evolve into anxiety and depression.

If you are feeling lost in how to support your child, here are some guidelines on what to say and do and when to reach out for help.

## 1. Ask Open-Ended, Non Threatening Questions

Let your child tell you the problem when they are ready, not when they are hungry, tired or frustrated. Questions about positive parts of their day will encourage them to look for the good.

- Is there anything you wished were different today?
- Tell me about the hardest part of your day
- What made you laugh?
- What are you thankful for?
- What are you looking forward to tomorrow?

## 2. Listen Attentively

Let your child know you understand, love and accept them no matter what. Knowing they are loved by you helps build inner strength.

- Give eye contact
- Be genuine in your responses
- Normalize their feelings, don't dismiss them.
- Do not be too hasty with advice

## 3. Resist the Urge to Rescue Your Child

No parent wants to see their child struggle or be uncomfortable. It is a natural instinct to jump in to make their life easier. The best way to help your child overcome anxiety is to teach them to deal with it as it comes up.

- Being exposed to new things helps children learn, gain skills and confidence
- Invite them to brainstorm their own solutions
- Encouraging your child to face their fears will build confidence

## 4. Model Healthy Ways to Handle Anxiety

All parents get anxious from time to time. Some may even have a diagnosed Anxiety Disorder. This is okay! Managing your own stress is the best way to keep your child from picking up on your anxiety. You have likely identified what makes you anxious, how to set up boundaries and when you need professional help. These are all invaluable tools that you can teach your child.

- Do not focus on your specific fears or worries, rather share what you do that helps
- Be aware of your facial expressions, your tone or the words you choose to ensure you convey a neutral demeanor
- Avoid exposure to alarming media and news stories for yourself and your child

## 5. Practice Mindfulness For Yourself and With Your Child - Dr. Jamie Howard, Director of the

Stress and Resilience Program of the [Child Mind Institute](#) shares two common techniques to try:

**Squeezing Muscles:** starting with your toes, pick one muscle and squeeze it tight. Count to five. Release and notice how your body changes. Repeat exercise moving up your body.

**Belly Breathing:** Put one hand on your stomach and one on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate). Repeat until you feel your heart rate return to normal.

**6. Stick To a Consistent Routine** - Children thrive on structure and consistency. They feel safe when they know what to expect and have a schedule for meals, screen time and bedtime.

**7. Know When to Seek Professional Help** - Be cautious to not self-diagnose your child. An Anxiety Disorder can only be diagnosed by a trained professional such as a psychologist, pediatrician, or psychiatrist. Begin with an appointment to your family doctor.

Parenting is not always a walk in the park. As a mother of 4 children, I am all too familiar with the burden of supporting a child who is feeling anxious. I wish I could tell you that there is a quick fix, a magic pill, or an easy answer, but I can't. What I know is this: no one loves your child more than you, you are your child's most important teacher and role model, it is a sign of strength to seek help.

*This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers. Tammy has been a registered social worker for over 20 years and is a mother to 3 teenagers and 1 young adult.*





## Encouragement for Weary Parents

Have you ever sat down at the end of a long day feeling exhausted and drained, maybe like you are failing as a parent? As you reflect on your day, do you sometimes replay in your mind the mistakes you may have made with your children that day? Please tell me I am not the only one!

Raising little people is tough business, and the older they become, the more complicated and demanding it can be. As a seasoned mom and experienced social worker, I have had my personal share of difficulties and walked alongside other parents, through extremely painful challenges.

I have learned though there are no perfect parents, every parent does the best they can with what they have. I still have a long way to go in my journey as a mom, but here is what I have observed so far.

1. **"I did then what I knew how to do. Now that I know better, I do better."** These words shared by Maya Angelou are healing for when you feel overwhelmed with guilt at the times you feel as though you have messed up. You cannot repeat yesterday (or this morning), but you can learn from it and do better tomorrow.
2. **Practice self care.** This is not just bubble baths and candles. Looking after yourself involves many aspects. I often rely on teachings from a wise Cree friend when she explained to me the Medicine Wheel. To be in balance, you need to be sure you are caring for your *whole* being:
  - Physical:** Having a balanced diet, exercise, ensuring a safe home environment, following through with medical appointments such as dentist, doctor, or optometrist.
  - Emotional:** Talking about what hurts you or angers you. Seeking out professional help if necessary. Learning how to share your feelings in a respectful manner.
  - Spiritual:** This is not necessarily religion. It is about knowing you are part of something bigger than yourself. It is being connected to nature, your culture and your history. It is knowing there is a purpose for your life.
  - Mental:** Stimulating and challenging your mind, learning something new, reading, games, or keeping an open mind to different ideas and views.
3. **You do not have the right to ruin someone else's day.** My dad was the only male in our very tiny home and his message to my sister and I was this: regardless of how moody/cranky/impatient etc we were feeling, it was never OK to take it out on someone else and ruin their day. For the times I snap at my kids or unintentionally hurt their feelings, I refer back to #1 for forgiveness for myself and #2 to see where I am out of balance.
4. **Read to your children every day, even when they are older.** My parents were only in their teens when they started their family and my mom was a sponge when it came to



learning how to be a great mother. A smart person told her to read to her babies all the time. She instilled a love of reading and learning in my sister and I at very young ages. Sit with your children daily, when you can, and read to them out loud. Read interesting and age appropriate articles and stories to them as they get older. Listen to books while you drive. This will encourage their imagination and curiosity.

5. **"Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell the big stuff when they are big, because to them all of it has always been big stuff."** Poet and author Catherine M. Wallace shared this advice 20 years ago and it continues to be relevant. There will always be distractions, but when your little ones are trying to tell you something, it is crucial to your relationship with them to put down your phone or mute the TV or whatever for a few moments and give them your attention. It builds a safe foundational relationship so they will come to you with their big concerns when they are older.
6. **Be honest...but discerning when talking with your child about yourself.** If you have had a bad day it's ok to say it, then balance it with sharing what healthy self care activities you will do to make yourself feel better such as going for a walk, cuddling the dog or phoning a friend. Kids are great imitators, give them something great to imitate.
7. **Learn how to speak your child's love language.** Dr. Gary Chapman and Dr. Ross Campbell explain in their book ["The 5 Love Languages of Children"](#) the incredible gift of discovering how to communicate your love to your child so they genuinely feel loved by you. Children are all unique, learn about what makes your child feel adored.
8. **Comparison is the root of unhappiness** and this is especially true if you compare your child with others. Just as you, your children and your family are imperfect, so are others. What you see on social media or the image others portray in public is not always accurate. Embrace the uniqueness of your child and your family.

My home is becoming more quiet these days, with one child playing hockey 12 hours away and another attending university 7 hours away. I am realizing that time truly passes in a blink and I miss the chaos of the younger years. Parents, don't forget to look for the good in yourself and your child each and every day. Parenting is complicated, wild, fun and hard. Enjoy the journey, laugh and love as much as you can.



*This article was submitted by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote success in school. Tammy advocates for students and families. Tammy has been a Registered Social Worker for more than 20 years and is a mother to 3 teenagers and 1 young adult.*



# ELECTRONIC RECYCLING ASSOCIATION'S 4TH ANNUAL *Kids Poster Contest*

**WIN A LAPTOP!**


**September 1st, 2021  
to December 1st, 2021**

Show us what reducing, reusing, and recycling electronics looks like to you!



ELECTRONIC RECYCLING ASSOCIATION | 1.877.9EWASTE | WWW.ERA.CA

# November 2021

| Sun | Mon | Tue | Wed                                       | Thu  | Fri                            | Sat |
|-----|-----|-----|---|--|--------------------------------|-----|
|     | 1   | 2   | 3<br>GRADE 6<br>IMMUNIZATION              | 4<br>PICTURE<br>RETAKES  | 5                              | 6   |
|     |     |     | PARENT/TEACHER<br>INTERVIEWS<br>4-7pm     |  |                                |     |
| 7   | 8   | 9   | 10<br>PD DAY<br>NO SCHOOL                 | 11<br><br>REMEMBRANCE<br>DAY<br>NO SCHOOL | 12<br>DAY IN LIEU<br>NO SCHOOL | 13  |
| 14  | 15  | 16  | 17<br>SCHOOL<br>COUNCIL<br>MEETING<br>7pm | 18   | 19                             | 20  |
| 21  | 22  | 23  | 24  | 25   | 26                             | 27  |
| 28  | 29  | 30  |   |  |                                |     |



# AROUND WHITECOURT

ALLAN & JEAN  
MILLAR CENTRE  
**November**

**DOORS  
→ OPEN**  
YOUTH PROGRAM



**WEEKDAYS  
3:30-5:30PM**



| Sunday | Monday  | Tuesday                                  | Wednesday                          | Thursday   | Friday  | Saturday |
|--------|---|--|------------------------------------|--|---|----------|
|        | 1<br>Fieldhouse Fun!  | 2<br>Snack Creations:<br>No Bake Cookies | 3<br>Fieldhouse Fun!               | 4<br>Ghost Mud Dough                               | 5<br>Fieldhouse Fun!  | 6        |
| 7      | 8<br>Fieldhouse Fun!  | 9<br>Art                                 | 10<br>Fieldhouse Fun!              | 11<br>Remembrance Day<br>No Program                | 12<br>Fieldhouse Fun!<br>TABLE TENNIS WITH JOHN                         | 13       |
| 14     | 15<br>Fieldhouse Fun!   | 16<br>Slime Making                       | 17<br>Fieldhouse Fun!              | 18<br>Snack Creations:<br>Oreo Rice Krispy Squares | 19<br>Fieldhouse Fun!<br><i>Bouncy Castle</i><br>TABLE TENNIS WITH JOHN | 20       |
| 21     | 22<br>Fieldhouse Fun!   | 23<br>Fieldhouse Fun!                    | 24<br>Snack Creations:<br>Pancakes | 25<br>Dodgeball                                    | 26<br>Fieldhouse Fun!<br>TABLE TENNIS WITH JOHN                         | 27       |
| 28     | 29<br>Fieldhouse Fun!   | 30<br>Nerf                               |                                    |  |   |          |
| 31     | <b>NOTES:</b> Random gift card prize draws every month.<br>Each time you attend, enter to win our grand prize-a 3D printing pen!<br>Grand prize draw takes place December 17.<br>All activities are optional and drop in! |  |                                    |  |   |          |
|        |   |  |                                    |  |   |          |

