

ROCK STARS REVIEW

ADMINISTRATOR'S MESSAGE , Assistant Principal

*When it snows, you have two choices: shovel or make snow angels
-Unknown*

It seems like only a few short days ago that we opened our doors to our newest group of Percy Baxter students, yet here we are moving into the month of December, with only three weeks until Winter Break. It is amazing how much we have accomplished in just a short amount of time.

We would like to extend a special thank you to those parents who were able to join us for Parent-Teacher Interviews on November 3 and 4. Although it is nice to have those face to face conversations, we continue to adhere to health guidelines to ensure optimal safety for all stakeholders. Parents are reminded and encouraged to access the Parent Portal on a regular basis to monitor student progress and achievement levels attained on classroom assessments. A friendly reminder to all parents that Term 1 is complete on December 3 so be sure to log in to check on your child's progress.

Within the month of December we look forward to an abundance of school spirit days focused on wellness and local sustainability. Thank you to our teachers and student leaders for all their planning in these regards. These events are listed on the attached calendar and we cannot wait to spread the holiday cheer!

It is our hope Percy Baxter families have a relaxing and joyous winter break and a prosperous New Year!



Wanting to stay connected to Percy Baxter school? Look for updates and school news via the PBS Facebook page or percybaxter.ca



Northern Gateway
Public Schools

IN THE SPOTLIGHT.....

STUDENTS OF THE MONTH

EWEN TRENCHARD

GRADE 6



EMILY SPIVAK

GRADE 7



SAMMY CASANAS

GRADE
8

To Run or not to run



1 Who makes the decision and how?

Rhett Czaban
Director of Transportation

1



Calls to
bus drivers and
contractors



Highway Satellite Cameras



-40



Temperature readings
Environment Canada
511 Alberta



Scouting the Roads

4

How do we let
you know?



ngps.ca



5

It's your decision!

Send to
School

Keep
Home



It is always your
decision whether or
not to send your child
to school when
weather conditions
are extreme.

2

Are the buses running?



3

The decision is made between

06:00 am

06:30 am

6

Dress warmly!



Don't forget to dress warmly.
See you at school!

Stay connected.....



<https://www.percybaxter.ca/>



<https://www.facebook.com/ngpspbs/>

CHRISTMAS SURVIVAL GUIDE



I wrote this article in 2018. However, in light of global, health, economic, mental health, community crises and losses too numerous to mention, I decided to re-share it.

With the Christmas season upon us, I find traditional images of the holidays are often too optimistic and too perfect. We see cozy, cheerful, tastefully decorated homes, surrounded by white, pristine snow, with happy, well-dressed families gathered around a table sharing a large dinner cooked to Instagram perfection.

Unfortunately, life can be complex and messy and it's impossible to guarantee a picture perfect Christmas. Yet, every year, we still expect it. We work, plan, bake, shop, decorate, craft, build, organize and clean all the while expecting a fun, peaceful, relaxing Christmas. Most of the time we end up with a chaotic and stressful one. It's extremely difficult to be going through a tough time when everything around us looks like a Hallmark movie. For some of us, we would rather stay under the covers and wake up in January! Though the instinct may be to hibernate until it is over, it is not practical or healthy!

When I looked at my social circle, I realized there are many who are going through horrible, trying times: disease, death of a child, a spouse, a friend, a parent, divorce, bankruptcy, job loss, moving away from friends and family. I asked some of my wise friends how they manage the season of "joy" when life seems anything but joyous. This is a summary of what I learned from them:

1. Have a "Survival Plan":

- a) Give yourself permission to say no to social events or engagements that you feel will drain you
- b) Limit how much you are willing to participate in events. Perhaps you can attend for an hour, and leave early? Will you come to the potluck, but only bring store-bought items and rather than stressing out about bringing something homemade?
- c) Create a code word with your significant other so that once you have reached your ability to cope, you can communicate your need to leave with your partner quickly and easily.

2. When going through dark times, our first inclination is to shut people out. That is the worst thing to do. Remember, you are not alone, so try to **surround yourself with supportive friends and family**.

3. If you know someone who is grieving or has experienced a loss, do not be afraid to **invite them to an event**. Ask if you can pick them up and try to stay with them throughout the event for support. Talk about the loved one they lost, share your memories, say their name. It is okay if there are tears. Hearing warm memories of someone who has been loved and lost is like a balm to the grieving person's soul.

4. **Do something different** – go away or visit different relatives or friends. By changing your routine you may not be triggered to spiral into despair.

5. Don't push yourself beyond what you feel able to do. Stress, bereavement, tragedy, or sickness, are all exhausting. Remember to get enough sleep and don't feel you have to do everything you have done in previous years.

6. Keep traditions. Or lose them. Give yourself permission to keep or toss whatever doesn't feel right this year. It doesn't mean you'll never take up those traditions again. But maybe a change of pace is necessary, if only for this season. And maybe, you'll find a new tradition that honors your loss that you will want to keep around for years to come.

7. Make self-care a priority. Take a break from social media, and the perceived "perfect" family and "perfect" Christmas. Nourish your body with nutritious food. Get outside, if even for a short walk or a breath of fresh air. Take a relaxing bath to de-stress. Schedule some time with your therapist so you have a safe person who can help you navigate the ups and downs of the holidays. Escape in a good book, or a binge-worthy Netflix show. Wrap yourself in a warm blanket and cuddle with your pet.

8. Write a letter to the ones you are missing this Christmas. Whatever it is that you wish you could have said to them — go ahead and say it. Even if they'll never have a chance to read it.

9. Allow yourself to feel all the feelings of the holidays - the good and the bad. Sometimes we think that because we are mourning, or we are going through a very difficult time, we should not laugh, smile or otherwise feel merry. But the truth is, we need to smile when we want to smile and laugh when we find joy. The presence of joy does not take away the sadness we are also feeling. It merely indicates that we are indeed still alive, still human, still standing.

10. Stick to your budget so you do not create more stress. You can't buy happiness with an avalanche of gifts. Rather, donate to a charity in someone's name, give homemade gifts, start a family gift exchange, give a gift of experience such as concert or movie tickets, cooking, art or dance classes, a gift of time such as babysitting, carwash, date night out.

The holidays don't have to be perfect, families change and grow, traditions and rituals change as well. Choose a few to hold on to and be open to creating new ones. Volunteering your time to help others can lift your spirits and broaden your friendships. You can make it through the Christmas season with generous self-compassion and kindness. My hope for you is that you will discover some magical moments of joy this holiday season.

This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She advocates for students and families and provides a link between the student and other supporters within the community. Tammy has been a social worker for more than 20 years and is a mother to 3 teenagers and one young adult.

CHRISTMAS TO-DO-LIST

- ^{BE} ~~buy~~ presents
- wrap ~~gifts~~ ^{SOMEONE IN A HUG}
- Send ~~gifts~~ ^{PEACE}
- ^{DONATE} ~~shop~~ for food
- ^{BE} ~~See~~ the lights



2021/2022 Percy Baxter School Bell Schedule

TIME	BLOCK
8:55	Bell
8:55-9:05	TAGS
9:05-9:50	BLOCK 1
9:50-11:10	BLOCK 2
11:10-11:55	BLOCK 3
11:55-12:25	LUNCH BREAK A
12:25-12:55	LUNCH BREAK B
12:55-1:40	BLOCK 5
1:45-2:25	BLOCK 6
2:25-3:15	BLOCK 7
3:15	Dismissal

What sort of start is your child getting?

Just a little bit late doesn't seem much but.....

He/She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half a year</u>
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1 year</u>
Half an hour per day	Half a day per week	4 Weeks per year	Nearly <u>1 and a Half years</u>
1 hour per day	1 day per week	8 Weeks per year	Over <u>2 and a Half years</u>

***Did you know your child's best learning time
is the start of the school day?***


That's when every minute counts the most!!

EVERY DAY COUNTS!



***Percy Baxter
staff wish you
and your family
all the best for
the holiday
season and a
wonderful new
year!!!***

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 TERM 1 ENDS	4
5	6 TERM 2 BEGINS	7	8 PIZZA DAY	9	10	11
12	13	14 PIZZA DAY	15 SCHOOL COUNCIL MEETING 7PM	16	17 PJ DAY PANCAKE BREAKFAST	18 WINTER BREAK BEGINS
19	20	21	22	23	24	25
26	27	 WINTER BREAK				BACK TO SCHOOL TUESDAY JAN 4





Christmas Countdown

Percy Baxter Style

MON

TUE

WED

THU

FRI

29

Corny Christmas Jokes!

*See instructions on the back!

30



Introduce/Explain 1

Fundraisers!

*Food bank *Toilet-tree
Explain each fundraiser to your class and explain that they will run throughout the month!

Winter Walk 2

Weather permitting, each class will take a short winter walk and enjoy the crisp fresh air!



3

Hockey Day at Percy Baxter!

*Wear anything hockey related!

6

Candy Cane "O" Grams go on sale!

*See instructions on the back



Christmas Wreath Contest Begins!



*See instructions on the back

Red and Green 8 Day!

*Show your holiday spirit by wearing red and green!

RAK DAY 9

*Random Acts of Kindness Day - Do something nice for someone else!

"Puttin on the Glitz" 10

Otherwise known as Fancy Friday- Come dressed in your New Year's Best!

collection of Candy Cane "O" Grams

13



Christmas Music Trivia!

*See instructions on the back!



14

Holiday Headgear and Socks day!

UGLY CHRISTMAS SWEATER DAY 15

*Wreath Judging @ end of the day!

Winners 16

announced for Wreath Contest!

Candy Cane "O" Grams will be handed out today!

Pj's & Pancakes 17

*Wear your Pj's and enjoy a pancake breakfast!



2021 Annual Percy Baxter Community Holiday Challenge

WHEN: DECEMBER 6TH - 16TH

PRIZES:

- CANDY BUCKET FOR THE TOP CLASS IN EACH GRADE.
- EACH CLASS WILL RECEIVE HOUSE POINTS THAT CORRESPOND WITH THE TOTAL AMOUNT OF POINTS YOU HAVE AT THE END (WE WILL ADD A ZERO!).
- PIZZA PARTY FOR THE TOP CLASS OUT OF ALL THE GRADES.

RULES:

- BRING IN ITEMS ON THE LIST TO RECEIVE POINTS
- LEADERSHIP STUDENTS FOR EACH GRADE LEVEL WILL GATHER ITEMS DURING OPTION BLOCKS ONCE A WEEK.
- POINT UPDATES WILL BE ADDED TO THE BULLETIN BOARD OUTSIDE THE LIBRARY
- ALL ITEMS MUST BE NEW/ UNOPENED/ NOT EXPIRED



ITEMS/POINTS:

- REGULAR SIZED CANNED GOODS (SOUP, BEANS, FRUIT, VEGETABLES, TOMATO PASTE, ETC) - **1 POINT**
 - KD CUPS - INDIVIDUAL CUP - **1 POINT**
 - LARGE CANNED GOODS - **2 POINTS**
 - CUP OF SOUP - **2 POINTS**
 - KRAFT DINNER/HAMBURGER HELPER - **2 POINTS**
 - PASTA - **2 POINTS**
 - JAR OF PASTA SAUCE - **5 POINTS**
 - RICE OR PASTA SIDE DISHES - **5 POINTS**
 - BOXED POTATOES/STUFFING - **5 POINTS**
 - LARGE JUICE BOX/PACKAGE OF JUICE BOXES - **5 POINTS**
 - BOX OF GRANOLA BARS - **5 POINTS**
 - BOX OF FRUIT SNACKS - **5 POINTS**
 - PACKAGE OF JELLO/PUDDING CUPS/FRUIT CUPS - **5 POINTS**
 - PEANUT BUTTER - **5 POINTS**
- 
- 
- 
- 

CHRISTMAS HAMPER ITEMS-15 POINTS (THESE ITEMS ARE DUE BY DEC 10)

- PUZZLES
 - FAMILY GAMES
 - ART & CRAFT KITS
 - RC CARS
 - BLUETOOTH SPEAKERS
 - HEADPHONES
 - MAKE-UP SETS
 - EOS LIP BALM
 - ANY OTHER GIFTS
- 
- 
- 



ANY CASH DONATIONS/GIFT CARDS WILL BE GIVEN POINTS PER DOLLAR (GIFT CARDS NEED TO BE IN \$25 & \$50 DENOMINATIONS)

- EXAMPLE: \$5 = 5 POINTS

ANY OTHER ITEMS WILL BE AWARDED POINTS BASED ON OUR DISCRETION, MAINTAINING FAIRNESS.





Percy Baxter

"Toilet-Tree" Fundraiser

December 1st-16th

*Has the famous "Toilet-Tree" been placed in your classroom?
If so, here is what you need to do to get rid of it.....*

\$5 Donation
or
5 Toiletry items
donated
or
A mixture of both which
equals 5



As soon as the
money/toiletry items
are donated, 6-3 will
remove the "Toilet-
Tree" from your
classroom.

\$10 Donation
Or
10 Toiletry Items
donated
Or
A mixture of both which
equals 10



As soon as the
money/toiletry items
are donated, 6-3 will
remove the "Toilet-
Tree" from your
classroom and place it
in another classroom of
your choosing.

\$15 Donation
Or
15 Toiletry Items
donated
Or
A mixture of both which
equals 15



As soon as the
money/toiletry items are
donated, 6-3 will remove
the "Toilet-Tree" from your
classroom and place it in
the office of Mr. Turcotte,
Mrs. Sorenson or Mrs.
Rawluk (your choice!)

New and Unused Toiletry Items Needed: Shampoo/conditioners, soaps, toothbrushes/toothpaste, dental floss, "alcohol-free" mouthwash, deodorant, lotions, shaving creams, Q-tips, brushes/combs, toilet paper packages of diapers, baby wipes, pads, tampons, etc.



ALLAN & JEAN MILLAR CENTRE



December

**DOORS
→ OPEN**
YOUTH PROGRAM



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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Fieldhouse Fun!	2 Snack Creations: Granola Bars	3 Fieldhouse Fun!	4
5	6 Fieldhouse Fun!	7 Snack Creations: Oreo Cheesecake Balls	8 <i>Holiday Gift Making</i>	9 Fieldhouse Fun!	10 Fieldhouse Fun!	11
12	13 Fieldhouse Fun!	14 Fieldhouse Fun!	15 CHRISTMAS ORNAMENT CRAFT	16 Fieldhouse Fun!	17 <i>Inflatable Obstacle Course & Grand Prize Draw</i>	18
19	20	21	22	23	24	25
26	NOTES: Random gift card prize draws every month. Each time you attend, enter to win our grand prize-a 3D printing pen! Grand prize draw takes place December 17. All activities are optional and drop in!					



MillarCentre



allanjeanmillarcentre



Whitecourt