



Prairieview Post

Vulcan Prairieview Elementary School
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January 7th, 2010

Together we will ensure learning success for all students to develop their unique potential as caring citizens in a changing world.

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THANK YOU

Wow! Almost **\$2800** was raised from the baskets raffled off at the Christmas Concerts last month. Thank you so much for the donations to the baskets and the numerous volunteers who took on the big job of organizing and wrapping them. They looked awesome! Congratulations also to all of the winners. This money will directly impact the learning of our students so thanks again.

Thank you to Karen Humphrey for volunteering her time to plan and help the grade 4's and grade 2's with their performances at the Christmas concert.

Principals Message

I would like to welcome everyone back after what I hope was a wonderful Christmas Break. It was great to see all of our students arrive back rested and ready to get right back to learning as we bring in 2010. The New Year is a time for many to make resolutions and set goals. The staff of Vulcan Prairieview regularly set goals with our students as one of the many strategies for improvement. Goal setting challenges our students to achieve significant growth through a planned process which includes students, teacher and parents as part of a learning team. The chance of the student achieving the goal will decrease if one of these team members is left out of this process. That is one of the many reasons the staff and I stress that working with each of you is essential to achieving a standard of excellence. As a staff, we expect excellence from ourselves and we also expect excellence from our students. Excellence in behavior through respect and leadership, excellence in academics through hard work and support and excellence in other areas such as arts and athletics is expected of all students. As excellence may look somewhat different for each of us, it is really about striving to reach our personal best. As a team, if we expect the best from each of our students, I know they will achieve excellence for themselves.

So, as we bring in the New Year, I would like to ask for your support as we challenge each of our students to strive for their goals, reach their personal best and achieve excellence.

Have a wonderful New Year!

Mr. Shane Cranston

The Prairieview Post is published once a month. Contributions are most welcome but must be made in electronic format to sarah.umscheid@pallisersd.ab.ca

Dream, Believe

Learn, Achieve

Mr. Shane Cranston-Principal
Mr. Nathan Sillito-Vice-Principal

January Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7 4-6 Ski Trip Jr. Curling	8
11	12	13	14	15 Gr.5-6 County Floor Hockey Tournament
18 Skating	19	20 School Council Meeting	21	22 Kindergarten Teddy Bear Picnic Both Classes
25 Skating	26	27	28	29 P.D Day No School for Students

Family School Liaison Counsellor Update

My name is Patti Nicol-Pharo and I am now working as the Family School Liaison Counsellor at your child's school. I have been a counselor with Palliser Regional Schools for the past 8 1/2 years and am looking forward to meeting students and staff at the four schools I have been assigned to. The following gives you a schedule that will be true most of the time:

Mondays and Thursdays: Coalhurst Elementary School

Tuesdays and Fridays: Vulcan Prairieview Elementary School

Wednesdays: alternating between Barons and Sunnyside Schools

Wednesdays after school: Mentorship Program at Coalhurst Elementary School

You can reach me through the school or on my confidential cell number, (403) 894-1799



Mr. Cranston (who can sometimes be known as a Scrooge) really got into the spirit of Christmas this year! We hope everyone had a chance to see his very "festive" office. He must have been up late one night doing all that "decorating". Or maybe he had some help from a few elves...

Christmas Concert 2009

Thank you to everyone who came out to see our students perform.
A round of applause for our actors, actresses and stage crew—
the shows were a hit!



Counsellor's Corner for January 2010

Some worry is normal – but how much is too much?

New social situations can give anyone a sense of the jitters. When anxiety or worry takes over in ways that cause a child to stop doing things that are generally considered to be normal for his/her age, it is likely time to consider some new strategies. Someone who is considered to be shy is not necessarily ever going to be a social butterfly but parents can help their children develop social skills and confidence.

Your children may not see you in challenging social situations but you can describe to them the sorts of sensations you feel – racing heart, sweaty palms, butterflies in your stomach, muscle tension to name a few. When you discuss your thoughts and feelings you are helping confirm that what they are feeling is normal.

Sometimes worry grows and grows to the point where there is a tendency to overestimate the bad consequences and negative possibilities. Your son/daughter may think that forgetting lines in a play will be a disaster and they will be teased. Social slipups are rarely as awful as children imagine and approaching it with a sense of humor or back up plan should that happen can help ease some of the worry.

Negative emotions are not always bad as they help us pay attention to important events. Finding ways to channel that anxious energy can be helpful – go to the park and run off some steam, be involved in a sport or hobby, go for a walk or bike ride. This can help the nervous energy feel more like excitement or anticipation rather than worry.

Acting out feared situations can help kids identify what works and learn that flustered feelings do not last forever. Rehearse simple scenarios with your child such as meeting a new friend or asking a question in class. This can be fun and light hearted but will provide some opportunities for planning ahead. Asking questions to one another starting with "What would you do if...." happened will provide some scenarios to think about as well and will feel like a game. You will get to know your child's mindset as they reply.

Acknowledge your child's progress by pointing out specific behaviors such as, "I noticed that you introduced yourself first! Good for you."

Respect your child's temperament. If he/she is naturally more comfortable playing alone and tuning out a crowd do not expect him/her to become the life of the party. Kids can learn to warm up to new, unpredictable social situations with patient, persistent effort as long as they are not pushed or forced. Blend a little social interaction with time to be alone and make sure there is time to relax.

If you would like more information about managing worry you can contact the Family School Liaison Counsellor at your School – Patti Nicol-Pharo (403)894-1799.