

Graminia Flyover - Oct. 5 - 9

Welcome to the Graminia Flyover, a weekly communication from the school to our community. We hope to provide easier access to important information by sending it directly to your inbox. Why a Flyover? Because we are the Hawks!

Reminder: Friday October 8, 2021 - PD Day - no school for students

Feeling Sick? Here's What to Do - UPDATE

One of the most important things we can do to keep our school safe is to follow the health screening protocols that Alberta Health Services has put in place. Please remember to complete the [AHS daily checklist](#) for your child(ren) before coming to school. When calling the office or leaving a message, please let us know what the illness is, and if there is any follow up that we should be aware of. (ex. Sore throat, isolating and COVID-19 test on Monday)

Late student drop off

If your child(ren) arrives after 7:58 am, please have them come to the main door to enter the school and come to the main office to get a late slip. The other doors are locked at this time and supervisors have gone inside to start the day.

Vending Machines

The vending machines are for students grade 7-9 daily, with specific days of the week where we welcome our grades 5&6 students. The vending machine is run and stocked by our parent foundation and student volunteers. All proceeds go to support Graminia School.

Gr 5 - Tuesday and Thursday at lunch time only

Gr 6 - Monday Wednesday and Friday at lunch time only

Graminia Foundation - Stawnichy's Mundare Sausage Fundraiser

There are 9 items to choose from including sausage, smokies, cheese crepes, perogies and more with all profits going back to the school. Order start date is **Monday, October 4th** and all orders must be submitted by the end of day on **Tuesday, October 12th**.

A new quick and easy order process is now being offered through the hot lunch program. Just go to graminia.hotlunches.net and you'll see Mundare Sausage Fundraiser has been added to your child's order page (or go to this link to add your child and get started). Order and pay through paypal or credit card, it's just that easy. If that order process is not for you, submit a paper form with cheques written to GCSF. Pick up date for all orders is Tuesday, November 2nd at the school from 2-4pm.

If you're unable to pick up during the arranged time please contact Tanya. If you have any questions, or would like to volunteer your time on pick up day please contact Tanya Vogel at 780-898-3333.

Student Drop-off and Pick-up - Reminder of the Parking Lot Rules

In order to ensure the safety of students during pick-up and drop-off we would ask you to follow the following rules:

- If dropping off students in the lane closest to the school, please park in a parking stall following all traffic rules. No dropping off in this lane without correctly parking (no drop and roll).
- If dropping off students in the grass/gravel lane (in front of the totem pole), you may drop students off without parking (drop and roll). This can only happen in this lane, not in the lane closest to the school.
- Please use the crosswalk when crossing the parking lot in front of the front doors.

Thank you for your cooperation.

2021/2022 Hot Lunch Program:

We will be offering hot lunch on the last day of school each week, with food being provided by local vendors. We strive to offer a variety of options and try to offer gluten free and vegetarian options when available by our vendors. For any dietary questions please contact the vendor directly.

Cancellations & Refunds

Unfortunately, your volunteers will not be able to handle any refunds or cancellations. If your child is absent, we will accept a transfer request to another student by 10:00am on hot lunch day by email to: graminiaparentcommunity@gmail.com.

Please be patient as your hot lunch volunteers work out any kinks. Our goal is to run a program with a variety of appealing options for the kids that will also generate funds for the school. If you have any questions or would like to volunteer for the hot lunch program please email us at: graminiaparentcommunity@gmail.com.

Thank you,
Graminia Community School Foundation

Upcoming hot lunch dates

Thursday, Oct 7-Dominos
Friday, Oct 15-Edo and Marci's
Friday, Oct 22

PSD Stronger Families Series - Two new sessions

In this Strong Families session, registered psychologist Chantal Jackson will offer families of children living with Attention Deficit Hyperactivity Disorder (ADHD) the opportunity to explore all the potential their children possess, and how to navigate the intricacies of and obstacles

associated with this kind of neurodiversity in order to help their children become the best possible version of themselves.



Date: **Saturday, October 2, 2021**

Time: **9am-12pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Chantal Jackson, Registered Psychologist ([Elements Health](#))**

This workshop allows parents and caregivers of people with ADHD to explore the potential behind the struggles. In setting the stage for potential to shine, we will explore strategies for managing areas of difficulty, such as executive functioning, impulsivity, social skills, learning difficulties, self-regulation, emotion regulation and so on.

Participants are encouraged to prepare for the workshop by noting the areas of potential they see in their child, along with the obstacles that prevent these potentials from shining through.

Please register early to reserve your spot by visiting

<https://www.eventbrite.ca/e/nourishing-your-adhd-childs-full-potential-registration-173868524437>.



In this Strong Families session, registered psychologist Joel Pukalo will offer families valuable information about the role good social and emotional skills play in helping children achieve success, both in school and in life. In addition, Joel will share practical tips participants can use to aid their children in developing these vital skills.

Date: **Wednesday, October 6, 2021**

Time: **6:30-8:30pm**

Location: [Online Zoom Webinar / Discussion Group](#)

Presenter: **Joel Pukalo, Registered Psychologist** ([Family Life Psychology](#))

The more emotionally aware children become, the more capable they are of understanding and responding appropriately in social situations, which in turn enables them to strengthen their relationships with others. This session will equip participants with the tools they need to help children improve their social skills, enabling them to:

Identify visual or other resources to help children learn more about emotions;

Develop a routine that sets aside time for family members to review and discuss the emotions they experienced during the day;

Turn difficult situations or sibling conflicts at home into learning experiences where children can identify and label their emotions and those of others;

Plan social interactions with other adults or children, then debrief after the fact, discussing the emotions experienced by all involved; and

Incorporate social and emotional literacy into daily life by talking about the emotions characters are likely experiencing in books or movies.

Please register early to reserve your spot by visiting
<https://www.eventbrite.ca/e/social-skills-registration-172999344697>.

Upcoming Important Dates

- **Friday October 8 - PD DAY - No School for students**

- **Monday October 11, Thanksgiving Monday - No School**
- **Tuesday October 12 - School Council followed by Graminia Foundation**
- **Wednesday Oct. 13 -- Picture Day - Kindergarten and grades 1-4**
- **Thursday Oct 14 -- Picture Day -- Gr. 5-9 & Kindergarten KA**