

# Delburne Centralized School

## Weekly Update

April 28, 2023

### EDUCATION WEEK

The first Alberta School Week (Education Week) was held December 2–8, 1928. Now, Education Week is the first week of May, but the purpose remains the same. Education Week celebrates the importance of education and the remarkable things happening in Alberta schools. I would like to take this time to thank the incredible staff at Delburne School. The passion, dedication and commitment that our staff shows each and every day is truly remarkable and I am so grateful to be part of this school community!

~Mrs. Pennock

### MENTAL HEALTH WEEK

Next week is Mental Health Awareness week. We will be recognizing this important day by running two different events:

Let's Chalk About It Campaign: Ms. Tam, our Yes worker, is leading the initiative for students to prepare positive mental health messages written in chalk, throughout the community of Delburne. Watch to see our students in action on May 1 and 3, participating in this event!

Hats On for Mental Health: On Wednesday, May 3, students and staff across Alberta are invited to take part in *Hats On for Mental Health*. On this day, students and staff can participate by wearing hats to school and engaging in conversations focused on understanding mental health and the importance of removing the stigma associated with mental illness. Mentally healthy students are more resilient and better able to learn, achieve success and build healthy relationships.

### COLLABORATIVE DAY: MAY 5

On May 5th the teachers and educational assistants will engage in professional learning and collaboration at our school. These collaborative days allow for school based work as well as collaboration with other schools in the division to meet the core learning goals related to Academic Excellence, Social Emotional Learning and Career Connections. We value continuously learning and growing as a DCS community.

### GRADE 12 PARENTS

Did you know that all grade 12 students in Alberta have free access to a comprehensive online personal finance course? Developed specifically for teen learners by Enriched Academy. The self-study program features an engaging video format and covers eight topics ranging from budgeting basics to getting started in the stock market. Completing the course will ensure much-needed money management skills and it also offers a certificate of completion that looks great on a resume. All Graduating Students who complete the program are eligible to apply for a scholarship. All Delburne grade 12 students will receive an email with instructions on how to create their account.

# Delburne Centralized School

## Weekly Update

### ATHLETICS

The DCS students are very fortunate for the many competitive and recreational pursuits offered to them.

A number of grade 8 - 12 students are participating in a series of rock climbing opportunities in Red Deer at Trail Head Climbing under the guidance of Mr. Good. They are working towards developing belay and climbing skills, with the goal of passing a belay test at the gym.

The junior high badminton team will compete in the CENAA tournament on April 29 in Sylvan Lake. A huge thank you to our coach Mr. John Miller for volunteering his time all season for our students.

Track and Field is starting up for our junior and senior high students. The grade 10 - 12 team will practice Mondays and Wednesdays under the direction of Ms. Abbott. The grade 7-9 students will practice on Tuesdays and Thursdays with Ms. Kozey as their coach.

Golf is also starting up for our students, with more information to come in the near future. Thanks to Mr. Andruski, Ms. Abbott, Mr. Dreschler and Tasha Senacal for your leadership in this lifelong pursuit.

### HOT LUNCH

May and June hot lunch and ice cream sales are available online.

<https://www.studentquickpay.com/chinook/>

**\*\*There will be hot lunch on June 9 but this is also our Food Truck day. If you have already ordered hot lunch and would like to cancel please contact Mrs. Page at the office. More information about Food Trucks will be coming soon.**

### ON THE CALENDAR

<b>MONDAY</b> May 1	<b>TUESDAY</b> May 2	<b>WEDNESDAY</b> May 3	<b>THURSDAY</b> May 4	<b>FRIDAY</b> May 5
Let's Chalk About It  SR Track & Field Practice 3:15 - 5:00	JR Track and Field Practice 3:15 - 5:00	Let's Chalk About It  Hats on for Mental Health  SR Track & Field Practice 3:15 - 5:00	Grade 8-12 Climbing Field Trip  JR Track and Field Practice 3:15 - 5:00	Collaborative Day No School for Students

# Delburne Centralized School

## Weekly Update

### Division News

... for parents and guardians

May 2023



## Family School Wellness program - support for students

A message from Superintendent Kurt Sacher



CESD Family School Wellness team

During the 2022/23 school year there have been more than 11,000 individual sessions with students and a Chinook's Edge Family School Wellness (FSW) Worker. That's about 10% more than last year, and this year is not yet complete.

Coming out of the pandemic, school divisions all over the country are seeing an impact on students who are experiencing challenges with social and emotional wellness, including difficulty adjusting to the pace of learning, and difficulty with social connection.

Chinook's Edge is serious about responding to this challenge. One layer of the [many supports we offer](#) is the Family School Wellness program.

### What is a family school wellness worker?

- Chinook's Edge employs 25 Family School Wellness (FSW) workers.
- FSW workers have expertise and qualifications in youth wellness
- While all of our Chinook's Edge staff are charged with helping students holistically - FSW workers have a unique opportunity to support your child one-on-one focused on their social and emotional needs.

### What students see FSW workers?

- The top 3 reasons Chinook's Edge students were referred to FSW last year:
  - Emotional regulation - experiencing anxiety, sadness, and /or anger
  - Relationship challenges with peers at school / school conflict
  - Family relationship challenges
- The criteria for a student to see FSW is that their challenge is impacting them at school

### How does a student get referred to FSW?

- Students are referred to FSW through a teacher, a principal, or their parents. Students can self refer.
- Every student can access one single session and a follow up session without parental consent. After the single and follow up session, FSW requires parental consent.
- With parental consent, the FSW provides short term support where students have access to about 6 to 8 sessions as needed.

### What happens in a session with FSW?

- The FSW works one-on-one with a student to resolve mild to moderate social / emotional needs impacting them at school. (Students with severe needs are referred to other professionals).
- If there is more than one session required, FSW workers reach out to families not only for consent, but in order to work together with the family to support the needs of their students.

In surveys after sessions, participants tell us the program is making a significant difference for them. School based administrators and other staff also see the positive impact. I would like to express my gratitude to our Family School Wellness Workers for the dedicated work they are doing, and the difference they make for so many students. As a parent, if you'd like your child to access the FSW program, please contact your child's school.

To read the latest version of the Board e-News, please click [here](#).