

Delburne Centralized School

Weekly Update

October 18, 2024

HOT LUNCH

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

BRETT GARDINER PRESENTATION

We are beyond excited to announce that Brett Gardiner will be returning to Delburne School for a series of presentations focused on the area of mental health. Brett will be presenting to the Grade 9 to 12 students. This is an amazing opportunity to listen and learn from an individual who is highly respected and educated in the field of mental health.

Brett Gardiner is the most-awarded western sports announcer in Canadian history. As the reigning Canadian Pro Rodeo Announcer of the Year, Gardiner has educated and entertained audiences all across North America. Brett has been behind the microphone at some of the most celebrated events including the Canadian Finals Rodeo, the Calgary Stampede and since 2016 he has been on the PBR Canada Cup Series featured on TSN.

Brett was a High School teacher for 14 years and worked with some of our school systems' most complex learners. Over that time Brett learned firsthand the importance of building relationships and fostering connections with both students and adults. After his successful teaching career, Brett would continue on his journey of helping others and obtain a Masters of Counseling Psychology Degree and is currently working towards his doctoral degree in Sport and Performance Psychology. It is this combination of experiences and accolades that have made Brett a strong advocate for mental health. As a mental performance consultant to many individuals, athletes and organizations he is one of the most sought after public speakers in the area of mental health and motivation.

Our first presentation will take place on Monday, October 21st. If you have any further questions, please contact Mrs. Pennock at 403-749-3838.

DCS APPAREL

We are so excited that the DCS apparel has arrived. The orders went home with the students today. If you did not receive the correct order, please contact Northstar Sports at (403) 347-1000.

PARENT TEACHER INTERVIEWS

Parent Teacher Interviews will be held on November 6 and 7 from 3:30-7:00.

<https://www.delburneschool.ca/parents/bookings>

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PAC AGM

Our Annual general meeting for parent council is quickly approaching. Please join us on October 23rd at 6:00 pm in the school library. Hope to see you all there!

DFSC - DIELEMAN FUNDRAISING SALES 2024

Last Call for DFSC Fundraising. All online orders are due on **Saturday, October 19th**, and should arrive by mid-December. All grades have started the fundraising campaign. The Noel 2024 catalog has a variety of items to purchase. Funds raised will help pay for guest speakers, field trips, busing, and extra-curricular activities.

Delburne School organization ID #7326. Cheques payable to Delburne Centralized School. The GST is included in the price. Orders can be placed online (with delivery to your doorstep or the school) or by paper. All paper orders will be delivered to the school. Please sign up online ahead of time, send emails to family and friends with the link specific to your student and they will get credit for selling. For those who send 10+ emails, we will have a special prize available for your student at one of our prize draws. We will also have a sucker draw for every \$50 sold. As well as a prize for top seller per grade, per division, and overall.

For questions please contact Tasha tsenecal@cesd73.ca

CESD CELEBRATIONS

Every year, Chinook's Edge School Division holds an annual "Celebrations Evening". The intent of this evening is to honour and recognize staff within the Division who have reached a significant milestone. This year, we would like to congratulate the following:

- Shauna Dorsey - 25 years of service
- Deidre McEachern - 15 years of service
- Rob Simpson - 15 years of service
- Tricia Simpson - 15 years of service
- Braedan Harke - Inductee
- Brooklyn Schlag - Inductee
- Ryley Smith - Inductee
- Brittany Zak - Inductee

PICTURE RETAKES

Please note that picture retakes will take place on **Monday, October 28th**.

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FSW UPDATE

This is my third year working as a Family Wellness Worker at Delburne and Elnora Schools. I had an amazing last year in my role and got to know all the amazing students, parents (guardians), and school staff.

The Family School Wellness Program is a school-based confidential, voluntary, preventative, short-term (6-10 sessions) service offered to children, youth, and families. It is available to children enrolled in school and families living within Chinook's Edge School Division boundaries. Family School Wellness is available from September - June and is free of charge.

If you need support or resources, please let me know. I am in Delburne every day except Wednesday morning when I am in Elnora.

My email is zudovicic@cesd73.ca and my cell is 1-403- 638-6477.

Our children thrive on positive reinforcement which can be as simple as saying kind words they need to hear from significant people in their lives. Today I encourage you to check the list below and use one phrase to help your child grow.

Zeljka FSW

ON THE CALENDAR

MONDAY October 21	TUESDAY October 22	WEDNESDAY October 23	THURSDAY October 24	FRIDAY October 25
Trades 1 & 2 at Olds College Brett Gardiner Presentation Gr 9-12 Jr High Boys Vball Practice 3:30 - 5:00 Jr High A Girls Practice 3:30 - 5:30 JV Girls Practice 5:00 - 7:00 SR Varsity Boys and Girls Vball Games @ Eckville 6:00-9:00	BGC Kids Club 3:10 - 7:30 Jr High B Girls Practice 3:30 - 5:00 Junior High A Girls game @IMS 4:00-7:00 SV Girls Vball Practice 5:00 - 7:00 (Small Gym) JV Girls vs Lacombe @ Delburne 6:00-7:00	Hot Dog Day PAC AGM 6:00 pm Jr High B Girls @ Elnora Jr High Boys Vball Practice 3:30 - 5:00 Jr. High A Girls Vball practice 3:30 - 5:30 JV Girls Vball Practice 5:00 - 7:00 (Small Gym) SV Girls Practice 5:30-7:30	Jr High B Girls Vball Practice 3:30 - 5:00 (Small Gym) SV Girls Vball Practice 5:00 - 7:00 (Small Gym) Junior High A Boys and Girls Vball games vs STM 4:00-7:00	No School for students SV Girls at Hay Lakes Tournament JR A Girls at Trochu Tournament Saturday, Oct. 26 *SV Girls at Hay Lakes **Jr A Girls at Trochu ***Jr High Boys and B Girls @ Stettler Tournament

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MONDAY, OCT. 21

JR. A GIRLS/BOYS GAME @MTS 4:30-7:30
JV GIRLS PRACTICE 5:00-7:00
SR. GIRLS/BOYS @ECKVILLE 6:00-9:00

TUESDAY, OCT. 22

JV GIRLS GAME VS LACOMBE @6:00
JR. B GIRLS PRACTICE 3:30-5:00
SR. GIRLS PRACTICE 5:00-7:00

WEDNESDAY, OCT. 23

JR. A GIRLS PRACTICE 3:30-5:30
JR. A BOYS PRACTICE 3:30-5:00
SR. GIRLS PRACTICE 5:30-7:30
JV GIRLS PRACTICE 5:00-7:00
JR. B GIRLS @ELNORA 4:30-6:00

THURSDAY, OCT. 24

JR. A GIRLS/BOYS GAME VS STM 4:30-7:30
SR. GIRLS PRACTICE 5:00-7:00
JR. B GIRLS PRACTICE 4:00-5:30

FRIDAY, OCT. 25

SR. GIRLS TOURNAMENT @HAY LAKES
JR. A GIRLS TOURNAMENT @TROCHU
JR. B GIRLS/JR BOYS TOURNAMENT @STETTLER

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Things Your Child Needs to ✦ ✦ Hear You Say More Often ✦ ✦

As parents, our words carry immense power. They shape our children's self-worth, confidence, and worldview. Often, it's not the grand gestures but the simple, heartfelt words that leave a lasting impact. Try these phrases next time you want to fill your child's emotional cup.

Words That Show Love and Belonging

1. I love being your parent.
2. You can always come to me, no matter what.
3. I'm never too busy for you.
4. You belong here.
5. I love watching you grow.

Words That Build Connection and Trust

1. Your smile brightens my day.
2. We're so grateful to have you in our family.
3. You filled my bucket today.
4. I'm thinking about you.
5. I'll support you no matter what.

Words That Encourage Emotional Expression

1. How are you feeling?
2. I know it's hard. I'm here.
3. It's okay to be sad. We're all sad sometimes.
4. What does your heart say?
5. Nothing you can do or say will make me love you less.

Words That Inspire Confidence and Resilience

1. Your best effort is enough.
2. You spread kindness everywhere!
3. You can do anything you dream of.
4. I believe in you.
5. I see you, I hear you, you matter.
6. Just be you. That's enough.

The phrases you choose to share with your child create a foundation of love, trust, and security. Remember, the most meaningful words are often the simplest, spoken with love and intention. So speak them often, and watch your child thrive.

