

Delburne Centralized School

Weekly Update

November 22, 2024

HOT LUNCH

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

COUNSELLOR'S CORNER

I can't believe it is the middle of November already!! This means we are getting close Diploma Exams in January. There are several review sessions available to grade 12 students. The first is Rock the Diploma. This is a three day 15 hour review session in person at Lindsay Thurber in Red Deer. The cost for this is \$135 per course. The second is a program called Excelerator. This review is provided online and is around 20 hours. The cost is 100\$ per course. Chinook's Edge School Division will reimburse students \$50 per course. If your child signs up for either option let me know and I will send your information to the division office for a reimbursement.

Here are the links for registration and information:

Excelerator

<https://castlerockresearch.com/excelerator/p/excelerator-course-math-30-1-diploma-preparation>

Rock the Diploma

<https://www.rdpsd.ab.ca/lindsaythurber/page/6620/rock-the-diploma>

EQUUS FREE HOT LUNCH

On **Monday, December 9th**, every student and staff will receive a free hot lunch. We have received a generous grant from EQUUS to pay for this meal and we are thankful to the Christensen family for preparing this delicious food for our DCS crew.

The meal includes: A bowl of soup, bun, fresh veggies and a festive Rice Krispie square.

Please return a paper copy of the order form to your homeroom teacher by **Thursday, November 28th**. We ask that you only put one child's order per form.

For our students in grade 7 - 12, we have asked the students to fill out the form in school, so please do not expect a paper form to come home with these students.

FSW UPDATE

Sometimes life gets busy and parents could miss the signs that their children need emotional connection. To reconnect or give children positive attention, please read the tips sheet on how to connect with your young ones. Children with stability, attention, and connection have better emotional regulation skills. Let's grow strong and confident future adults.

Delburne Centralized School

Weekly Update

ON THE CALENDAR

MONDAY November 25	TUESDAY November 26	WEDNESDAY November 27	THURSDAY November 28	FRIDAY November 29
Grad Photos Jr Girls Basketball Tryouts 3:30-5:30 Jr Boys Basketball Tryouts 3:30-5:30	Grad Photos Jr Girls Basketball Tryouts 3:30-5:30 Jr Boys Basketball Tryouts 3:30-5:30 BGC Kids Club 3:10 -5:00 Youth Keystone 5:30-7:30	Hot Dog Day Sr Boys Basketball Practice 3:30-5:00 Sr Girls Captains Basketball Practice 4:30-5:30	PAC Fundraiser Veggies Pick Up 3:00-6:00 Sr Boys Basketball Practice 3:30-5:00 Sr Girls Captains Basketball Practice 4:30-5:30	No School for Students - Professional Learning Day

**FREE CHRISTMAS MEAL
THANK YOU EQUUS FOR YOUR GENEROUS DONATION!!!**

On **Monday, December 9th**, every student and staff will receive a free hot lunch. We have received a grant to pay for this meal and we are thankful to the Christensen family for preparing this delicious food for our DCS crew.

The meal includes: A bowl of soup, bun, fresh veggies and a festive Rice Krispie square.

Please return this form to your homeroom teacher by **Thursday, November 28th**. We ask that you only put one child's order on each form.

Student Name: _____ **Student Grade:** _____

Please select your choice selection of soup below by marking an X on the line:

_____ **Chicken Noodle Soup**

_____ **Hamburger Soup**

_____ **Baked Potato Soup**

_____ **Dill Pickle Soup**

Delburne Centralized School

Weekly Update

MONDAY, NOVEMBER 25

JR. GIRLS TRY-OUTS 3:30-5:30

JR. BOYS TRY-OUTS 3:30-5:30

TUESDAY, NOVEMBER 26

JR. GIRLS TRY-OUTS 3:30-5:30

JR. BOYS TRY-OUTS 3:30-5:30

WEDNESDAY, NOVEMBER 27

SR. BOYS PRACTICE 3:30-5:00

SR. GIRLS CAPTAINS PRACTICE 4:30-5:30

THURSDAY, NOVEMBER 28

SR. BOYS PRACTICE 3:30-5:00

SR. GIRLS CAPTAINS PRACTICE 4:30-5:30

FRIDAY, NOVEMBER 29

CLOSED

SATURDAY/SUNDAY, NOVEMBER 30/31

CLOSED



**T
R
O
J
A
N
S**

Delburne Centralized School

Weekly Update

Signs Your Child Is Looking for ◆◆ Emotional Connection ◆◆

As parents, we sometimes miss the signals that our children are craving more connection and misread them as defiance. Recognizing these signs can make a big difference in fostering a close, loving bond. Here's how to know when your child needs more of your attention and what you can do to reconnect in meaningful ways.

Demonstrate with a Visual Lesson

1. They interrupt you more often.

Your child keeps interrupting conversations or tasks to get your attention.



2. They constantly ask you to watch them.

They want you to see every little thing they're doing, from playing to drawing.



3. They give you a hard time.

Their behavior becomes more challenging, with defiance or emotional outbursts.



4. They are more emotional than usual.

They seem more sensitive, frustrated, or upset over small things.



How to Reconnect with Your Child

1. Daily Review:

Spend 10 minutes talking about their day and their feelings. Ask questions like, "What was the best part of your day?"

2. Morning Routine:

Incorporate a quick, special activity you can do together in the morning, like a 5-minute game or a silly dance.

3. Snack Conversations:

Use snack breaks as a chance to chat. Sit together and have an open, relaxed conversation.

4. Compliments:

Offer sincere compliments, noticing small but positive actions they take. Acknowledge even the little things they do well.

Your child's behavior can be a window into their emotional needs. When they show these signs, it's not about discipline—it's about connection. By taking simple, intentional steps, you can build a stronger bond and help your child feel loved, seen, and understood.



Delburne Centralized School

Weekly Update

CHRISTMAS TREASURE SALE



If you are doing some cleaning,
please save your treasures!



The grade 6 class is excited to host the annual "Christmas Treasure" Sale on **Tuesday, December 17th, 2024**. We are looking for donations of gently used items that can be sold in our sale. Each item will be sold for a loonie or a toonie and the proceeds will go towards the **Grade 6 Camp**. The students of the school are invited to shop for gifts to give their family and friends at Christmas. A wrapping table will be set up so the students can wrap and decorate the presents for their loved ones.

- Donations can be brought to the office from now until December 10th.
- Lost Treasure Sale: **Tuesday, December 17th** Please send money on this day for Christmas gift purchases.
- ***Donations of wrapping paper, Christmas gift bags and gift tags would be appreciated.***

POSSIBLE DONATION ITEMS	DO NOT SEND
<ul style="list-style-type: none">• Toys for all ages• Books for all ages• Decorative knick knacks• Christmas ornaments• Puzzles or games• DVDs• Jewellery (No earrings)• CLEAN stuffed animals	<ul style="list-style-type: none">• Clothes• Hats/ Toques (unless they are brand new/ never worn)• Shoes• Broken items• Dirty items• Large, heavy items

REMEMBER ... some of these treasures may end up under your tree so donate wisely... Any items not sold will be donated to charity.



Thank you for your support!

