

May 2021



Ochre Park School

Phone 780 942-2901



Earth day

We Salute our Volunteers! - while we have not been able to welcome volunteers into our school this year, we still have many parents that have found ways to volunteer and enhance the experiences of our students at Ochre Park.. Thank you so much to our School Council and Parent Society members for their continued commitment. We also have an outdoor classroom committee who has met regularly and has put in many volunteer hours towards planning and building for our outdoor classroom.

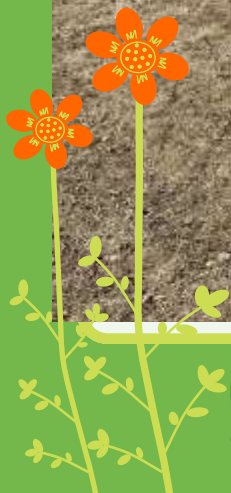




Spring Town Clean-up



Thank you to the Town of Redwater for providing ice cream treats and rubber gloves to all of our students for our school yard and Ochre Park Road clean up. We had a beautiful day and the students did a fantastic job! Thanks also to Tim **Horton's** for providing Timbits to the entire school.



This past year has undoubtedly been a very challenging year. We have been reminded each day of the importance of mental health – not as something we can lose, but something we need to promote, protect, and nurture. Every May, we celebrate an annual Canadian tradition founded by the Canadian Mental Health Association – Mental Health Week. Every year, there is a new theme. Last year, during the onset of the pandemic, the theme was connection. This year, in acknowledging the unprecedented stresses and feelings of anxiety related to COVID-19, the theme is understanding our emotions. Recognizing, labelling, and accepting our feelings, even if they're uncomfortable, are all part of protecting and promoting good mental health. When people put their feelings and thoughts about upsetting experiences into language, their physical and mental health often improve. Furthermore, engaging in self-care activities such as deep breathing, visualization exercises, going for a walk etc. are additional tools we can use to help us regulate those uncomfortable feelings.

For more information on mental health week and this year's theme visit <https://mentalhealthweek.ca/>

Stay healthy, stay safe.

HYPE team

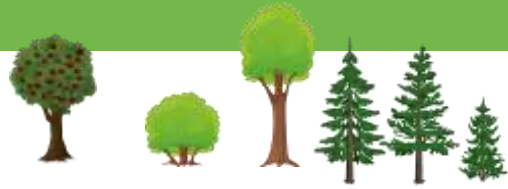


School Start

Does school supply shopping drive you crazy every year? Do you dread having to go to multiple stores to find the supplies listed? Are you confused about what teachers are looking for? We have a solution for you. Our Parent Society has partnered with School Start, an Alberta based company, to make shopping easier. School Start's back to school kit allows parents to purchase quality brand name supplies at an affordable price delivered directly to your home. Please watch for information in the next newsletter around the particulars of the program and information on how to place your order.



Outdoor Classroom



Our dream of an outdoor classroom is becoming a reality! The outdoor classroom committee has been planning all year. Over spring break our planter benches were built and we have emptied the round concrete planters in front of the school. These will be converted into picnic tables. Many thanks to Kris Porter who has volunteered countless hours building the planter benches.

May will be a busy month that will see the completion of our outdoor classroom, here is a timeline:

On Saturday, May 1, we are having an adult work bee starting at 10:00 a.m. with staff and parent volunteers to clean up some shrubs and perennials in front of the school and to build the picnic tables.

The garden boxes will be built and ready for planting by mid May. The students will be planting root vegetables for the borscht they will make in the Fall.

We will be planting flowers in the planter benches on May 25 with our students.

We are grateful to Country Clay Greenhouses who has generously offered to donate some flowers to our planter benches.

However, we are still seeking donations of flowers to go into our planter benches.

As you go greenhouse shopping for your own flowers, please consider picking up an extra flower for our planter benches. Please deliver any flowers you would like to donate to the school by May 25th. We appreciate any and all donations. Thank you so much.

On May 28 we will be having a Tree Planting Event. We were successful in obtaining a grant from Trees Canada. We will be planting some spruce trees, trembling aspen and some crabapple trees. Due to COVID, this event will be for invited volunteers and guests only.

We will have one final work bee on Saturday May 29. On this day we will be working on clearing a walking path through the treeline behind the school. Please call the school if you can help on this day. We are also looking for donations of wood chips. If you can help us out, please let us know.



Virtual Silent Auction Fundraiser - we are so grateful

to local artist Fred Moody. Fred has been volunteering at our school as a guest art teacher for the last couple of years. He has shared his talents and his love of art with our students. Recently he donated several of his paintings to our school. Fred wanted **his paintings to enjoy new homes. With Fred's permission we will be having a virtual** silent auction fundraiser to sell these paintings. The proceeds will go to our outdoor classroom. Please stay tuned for more information from our Parent Society. You will have an opportunity to view the paintings online for two weeks, then bidding will open and you will have four days for bidding. Once bidding closes, if you are the last one to bid on the painting you will get to purchase the painting. Please watch for more information coming soon.



Hats on For Mental Health

We are looking forward to seeing all the hats students' will be wearing on May 5th as it is Hats on for Mental Health Day. Mental health is a state of well-being, and we all have it. Just as we have some days that we are well physically and some days we are not, the same goes for our mental well being. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Physical Exercise for Brain Health Physical exercise is not only important for your body's health- it also helps your brain stay sharp. Your brain is no different than rest of the muscles in your body--you either use it or you lose it. The benefits of physical exercise, especially aerobic exercise, have positive effects on brain function on multiple fronts, ranging from the molecular to behavioral level. According to a study done by the Department of Exercise Science at the University of Georgia, even briefly exercising for 20 minutes facilitates information processing and memory functions. Exercise increases your energy level, has been proven to help prevent a wide variety of health problems, and makes you happier!





Pysanka
Ukrainian
Easter
Egg



Virtual Field Trips - our students have enjoyed a few virtual field trips already and there are several more coming up in the month of May. Be sure to ask your child all about them.

COVID - We would like to remind all of our parents about Covid protocols so we can keep our school community as safe as possible. Please remember to wear a mask when you are on school property, even if you are outside. Also please refer to the AHS guidelines to screen your child every day to ensure they are well enough to come to school. <https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>

Please do not hesitate to call the school anytime if you are unsure about sending your child to school. If your child should receive a positive COVID test result, please call the school as soon as possible. If it is during the school day, phone the office, and after hours phone Principal Roxanne Filipchuk at (780) 974 - 5102. The sooner we know, the sooner we can notify close contacts. Thank you for your cooperation in this matter.

Apraxia Awareness Day - Friday May 14 - Our students will be learning about Apraxia from Megan Suitor during a presentation on May 13. This will lead up to Apraxia Awareness Day on May 14 when students and staff are asked to wear blue.

Very important that each child has their own water bottle as we cannot use water fountains due to Covid.



Beautiful day April 21, to do Math outside!



Public Works Week - Each year the Town of Redwater includes our students in Public Works Week. This is a wonderful way for our students to gain an awareness of the many important jobs of the Public Works Department. Since our students were involved in a water inquiry project earlier this spring, we know they will have many good questions. We will be having a virtual presentation on May 17.





May 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
		2% milk available each day				
3	4	5	6	7 K1	8	9
Cheerios, hard boiled eggs and fruit	Yogurt w/ granola & ber- ries	Hats on for  Mental Health Muffins & mel- on	Whole wheat toast w/egg slices	Lunch- Taco Salad		
10	11	12	13	14 K2	15	16
Rice krispies, hard boiled eggs, fruit	Veggies w/ hummus & crackers	<i>Smoothies & cereal bar</i>	Turkey pep- peroni, cheese, crackers, fruit	Blue for Apraxia awareness Lunch- Hot dog & carrot sticks		
17	18	19	20	21	22	23
No PreK- Public Works Presentation Cheerios, hard boiled eggs and fruit	No PreK <i>Smoothies & cereal bar</i>	Fruit & deli assortment w/ crackers	Bagels w/ cream- cheese & fruit	P D Day, No School 		
24	25	26	27	28 K1	29	30
Victoria Day—No School	Rice krispies, hard boiled eggs, fruit	Yogurt w/ granola & ber- ries	Farm Safety Presentation Veggies w/ hummus & crackers	Lunch- Turkey Wraps Tree planting event	Outdoor Classroom work bee 	
31						
School Coun- cil 6:30 pm Cheerios, hard boiled eggs and fruit						

