



# December 15, 2011

# OPS Eavesdropper

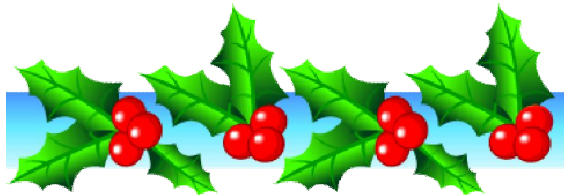
Phone 403-664-3733

Fax 403-664-2082

[www.oyenschool.com](http://www.oyenschool.com)



	TELEPHONE DIRECTORY	
TITLE	EXTENSION NUMBER	EXTENTION
Library	Mrs. Woods	<b>3013</b>
Preschool	Mrs. Getz	<b>3002</b>
ECS/Grade 1	Mrs. Robertson	<b>3017</b>
REAL Prog. Coordinator	Mrs. Machell	<b>3019</b>
REAL Prog. Success Coach	Mrs. R. Smigelski	<b>3019</b>
Grade 2/3	Mrs. Cox	<b>3018</b>
Grade 4/5	Mr. Meekins	<b>3021</b>
Grade 6	Mrs. Berg	<b>3022</b>
Grade 7	Mrs. Coates	<b>3003</b>
Grade 8	Miss Chmilar	<b>3006</b>
Grade 9	Mrs. Senkiw	<b>3023</b>
Gym Office	Mr. Simmons	<b>3009</b>
Music Room	Mr. Orr	<b>3004</b>
Classroom Support	Mrs. D. Smigelski	<b>3016</b>
Gr. 6 & Drama	Mrs. Beynon	<b>3020</b>
Ed. Assistant	Mrs. Stammers	
Ed. Assistant	Mrs. Molzan	
Ed. Assistant	Mr. Beynon	<b>3015</b>
Ed. Assistant	Mrs. Riehl	
Ed. Assistant	Mrs. Evens	
Secretary	Mrs. Peterson	<b>3000</b>
Principal	Mr. Duchscherer	<b>3001</b>



*Oyen Public School wishes you a Merry Christmas and a Wonderful Holiday Season !*

*Christmas holidays: December 22<sup>nd</sup> - January 4<sup>th</sup>. School resumes on the 5<sup>th</sup>*

Grade 4-9

## Hidden Valley Ski Trip

January 18, 2012

Forms will go out on January 5<sup>th</sup> due back on January 10<sup>th</sup>

2 large busses will be booked

## January Hot Lunch

Friday, Jan. 6<sup>th</sup> – Hotdog Day  
Workers: Ramona Smigelski & Dana Duchscherer

Friday, Jan. 13– School Council

Friday, Jan. 20<sup>th</sup> – Hotdog Day  
Workers: Laurel Martin & Brigitte Mann

Friday, Jan. 27<sup>th</sup> - Subway

**Reminder that punch cards can now be used to pay for any of these lunches. Please make cheques payable to OPS Fundraising Society**

**No Hot lunch This Friday, December 16<sup>th</sup>**

Please note \*\* School Fees must be paid before students are allowed to participate in Extra Curricular activities like ski trips. Please make cheques payable to Oyen Public School.

## From the Principal's Desk

Oyen Public School received some more great news this week due to the increase of funds put into education by the government. Through the classroom and community supports funding, OPS was able to get an increase of 16 additional educational assistant hours. These hours will be divided up between the K/1, 2/3, and 8 rooms.

We would like to thank Ms. Fowlie for all the work she has done in the K/1 room over her practicum. She has now completed her last requirement in order to graduate with her teaching degree from the University of Alberta. We wish you the best of luck in the future.

The Christmas Concert will take place on Tuesday, December 20 with a show time of 7:00 PM. The staff and students of OPS are very excited about the upcoming concert and we hope to see all parents, grandparents, and community members out to help us celebrate Christmas.

The junior high banquet is set for Wednesday, December 21. Notes have gone home on what your son/daughter is required to bring this day. If you have any questions about the banquet please give Ms. Chmilar or Mrs. Coates a call.

There will be an early dismissal time of 2:00 PM on Wednesday, December 21. The first day back after the holidays will be Thursday, January 5.

The ski trip this year is set for Wednesday, January 18. This year we plan on taking the grade 4-9 students on the same day. We have two busses booked for the day to transport the students and the cost will be \$20.00/student. If you have any questions about the ski trip feel free to give Mr. Duchscherer a call.

OPS will only be having a boys' basketball team this year as we did not have enough interested students to field a girls' basketball team. Mr. Eric Santos will be coaching the boys' team again this year and practices will begin in the new year.

The staff of OPS would like to thank everyone for the delicious treats which cover our staffroom table this time of the year. We wish all students and parents a very Merry Christmas and a Happy New Year. We appreciate all the support, volunteering, and commitment shown to the school throughout the year, and we look forward to working with you in 2012.

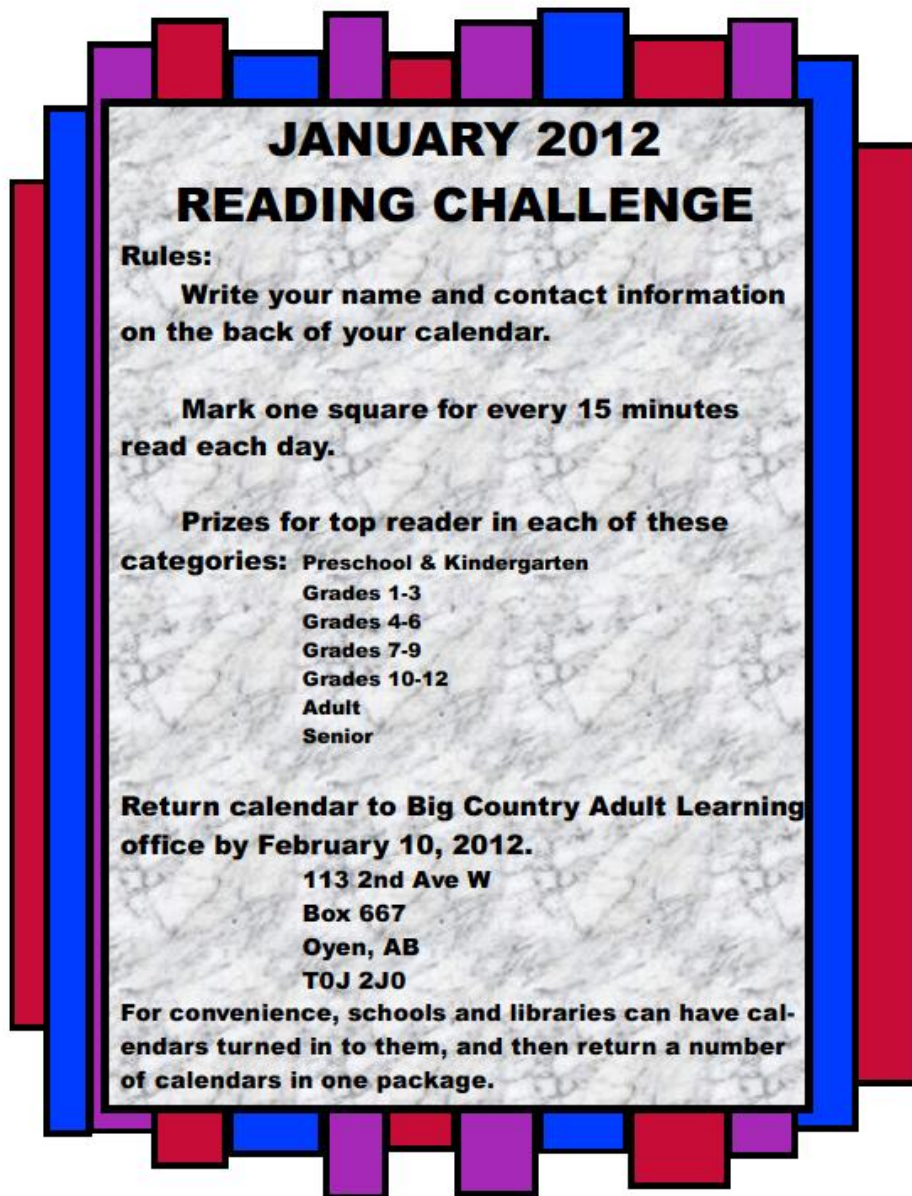
Yours in Education,

Mr. Jason Duchscherer



**JANUARY 2012 READING CHALLENGE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



**JANUARY 2012  
READING CHALLENGE**

**Rules:**  
Write your name and contact information on the back of your calendar.

Mark one square for every 15 minutes read each day.

**Prizes for top reader in each of these categories:** Preschool & Kindergarten  
Grades 1-3  
Grades 4-6  
Grades 7-9  
Grades 10-12  
Adult  
Senior

**Return calendar to Big Country Adult Learning office by February 10, 2012.**  
113 2nd Ave W  
Box 667  
Oyen, AB  
T0J 2J0

For convenience, schools and libraries can have calendars turned in to them, and then return a number of calendars in one package.



Children's Health & Developmental Services

## ***CHILDREN'S GROUPS***

### ***Kids in Control:***

This is a seven-session anger management and emotional expression training program for children ages 4 to 7 years of age. (Separate groups are held for 4-5 year olds and 6-7 year olds.) We believe that an empathetic, professional facilitator and same-age peers can help children understand anger and find appropriate ways to respond, express it and manage it, instead of lashing out with verbal or physical aggression. Through art, games and activities, children in the group will learn self-calming methods and other constructive ways to express their feelings. In the group, children will have the opportunity to enhance their social skills, feelings of competency and personal effectiveness in the area of anger control while reducing self-defeating behaviors.

**Next session** begins Jan. 9 (for 4-5 year olds) and Feb. 6 (for 6-7 year olds)

### ***Kids in Between:***

This is a seven-session program for children aged 6 and 7 years who are experiencing parental separation or divorce. Children who have been affected by parental separation and divorce are often struggling with a variety of unfamiliar and even uncomfortable feelings to which they don't know how to respond. They will sometimes feel that they are the only ones experiencing these feelings and that no one will be able to understand them. It is for this reason that CHADS has established this program, with the understanding that an empathetic, professional facilitator and same-age peers can help these children understand feelings about their parents' separation or divorce, and then appropriately respond to those feelings. Through art, games and activities, children in the group will have the opportunity to express their feelings and have them validated by other members in the group. The children will also learn positive coping strategies to assist them in grieving the loss of their nuclear family and in dealing with divided loyalties.

**Next session** begins March 5

### ***Bravehearts - Building Courage Through Play:***

This is a six-session play therapy group for children ages 3-5 and their parents, who wish to build their child's courage to handle social situations or personal problems. Parents receive a demonstration of how to use play therapy skills to help children manage feelings of fear, sadness and anxiety. Children are provided with a safe environment in which to express themselves, try new things, learn more about themselves, and develop coping skills to manage difficult feelings and problems through play.

**Next session** begins March 19

## ***Cool Cubs - Learning Limits Through Play:***

This is a six-session play therapy group for children ages 3-5 and their parents, who would like to build their child's self-control and emotional regulation in social situations. Parents receive a demonstration of how to use play therapy skills to help children channel their energy, assertiveness and aggression in productive and healthy ways. Children are provided with a safe environment in which to express themselves through play and learn self-control over their excited, angry or impulsive feelings.

**Next session** begins Jan. 23

Call us at the phone number below for more information or to register.

### **Janice Eckert**

Intake Worker - CHADS Behavioral Services  
South Zone - East  
Allied Health Services  
631 Prospect Drive SW  
Medicine Hat, AB?? T1A 4C2

[Janice.Eckert@albertahealthservices.ca](mailto:Janice.Eckert@albertahealthservices.ca)

**tel:** 403-502-8257 (Med. Hat ) 403-793-6664 (Brooks)

**fax:** 403-528-8135

### **Alberta Health Service**

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## **CALLING ALL PARENT VOLUNTEERS**

Mark JUNE 27 & 28 / 2012 on your calendars.

The O.P.S Fundraising Society will be needing approx. 15 volunteers to work at the Medicine Hat Casino. Remember, the only cost to you will be your time as the hotel room, meals and fuel expenses will be paid for.



Past purchases with Casino funds have been picnic tables (yet to be installed), football /soccer uprights (yet to be installed), math kits, microscopes.

This is an important fundraiser for the school. Please support the society by helping out.

Contact Jackie Dick if you would like to volunteer at 403-664-3268.



### **Distracted Driving**

On Sept. 1 2011, the distracted Driving Law came into effect making it illegal for drivers to use hand-held cell phones, to text or email, or use electronic devices while driving. Distracted driving is potentially as dangerous as impaired driving and is much more common.

#### **Before you start driving:**

- Adjust dashboard and electronic controls
- Turn off your cell phone and tell everyone for safety reasons, you will no longer answer calls or text messages or emails while driving.
- Deal with distractions such as putting on make-up, reading and grooming.

#### **Stay focused while driving:**

- If you have to make a phone call, do so at a rest area, when you stop for gas or a bathroom break. Vehicles are not permitted to park on the shoulder of a provincial highway except in an emergency.

Visit: [www.saferoads.ca](http://www.saferoads.ca) for more information.

**Have a Happy, Healthy, and  
Safe Holiday Season  
From the  
Comprehensive  
School Health Team**



### **'Tis the Season to be Healthy**

In the holiday season, treats seem to be everywhere. Here are some quick tips to promote a healthy holiday season for your family:

**Store treats until snack or meal time.** Your child is more likely to nibble throughout the day if treats are left out in the open. Keep them away in a cupboard, refrigerator or out of sight.

**Offer regular meals and snacks.** Offer healthy food choices at regular times throughout the day. This will help to satisfy your child's appetite so they do not eat too many holiday treats.

**Slow down and taste the food.** Encourage your child to fill his/her plate and sit down to enjoy the food. Teach your child to enjoy small amounts of special holiday foods along with regular healthy choices.

For more information check out these nutrition pages:

<http://www.albertahealthservices.ca/2925.asp>

### **Winter Helmet Safety**

Skiing and snowboarding are popular Canadian winter sports, but they do carry a level of risk. Head and brain injuries are the most common cause of death among skiers and snowboarders.

Wearing a ski helmet can effectively reduce the risk of head injuries by nearly 50 percent.

It is important to ensure everyone engaging in these activities wears a new, properly fitted and appropriate helmet.

Helmets should be either CSA, ASTM, or Snell approved. If the helmet has been involved in a fall it may need to be replaced, even if there is no visible damage. Check the manufacturer's instructions on when to discard. Do not use helmets designed for other purposes such as bicycle helmets as they are designed to absorb different types of impacts.

For more information on helmet safety access

[www.thinkfirst.ca](http://www.thinkfirst.ca) or [www.safekidscanada.ca](http://www.safekidscanada.ca).

## Phys Ed Schedule Junior Highs

December 16 – Skating

December 19<sup>th</sup> – Curling

January 9-13 – Grade 7 only – Skating

February 1<sup>st</sup> – Curling

February 2<sup>nd</sup> – Curling

February 3<sup>rd</sup> – Curling

February 6<sup>th</sup> – Curling

February 8<sup>th</sup> – Curling

February 9<sup>th</sup> – Curling

February 10<sup>th</sup> – Curling

## Phys Ed. Schedule Grade 4/5

December 15<sup>th</sup> – Curling

December 21<sup>st</sup> – Skating

January 12<sup>th</sup> – Curling

January 19<sup>th</sup> – Broomball

January 26<sup>th</sup> – Curling

February 2<sup>nd</sup> – Skating

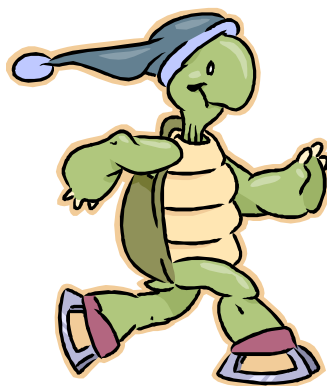
February 9<sup>th</sup> – Broomball

February 16<sup>th</sup> – Curling

March 1<sup>st</sup> – Broomball

March 8<sup>th</sup> – Skating

March 15<sup>th</sup> – Broomball



## Phys Ed Schedule Grade 6

December 15<sup>th</sup> – Curling

December 19<sup>th</sup> – Broomball

January 12<sup>th</sup> – Curling

January 19<sup>th</sup> – Skating

January 26<sup>th</sup> – Curling

February 2<sup>nd</sup> – Broomball

February 9<sup>th</sup> – Skating

February 16<sup>th</sup> – Curling

March 1<sup>st</sup> – Broomball

March 8<sup>th</sup> – Skating

March 15<sup>th</sup> – Broomball

## Phys. Ed. Schedule Grade 2/3

December 16<sup>th</sup> – Skating

January 9<sup>th</sup> – Broomball

January 20<sup>th</sup> – Skating

January 23<sup>rd</sup> – Broomball

February 3<sup>rd</sup> – Skating

February 9<sup>th</sup> – Broomball

March 2<sup>nd</sup> – Skating

March 12<sup>th</sup> – Broomball



# Merry Christmas



OPEN FROM 5PM TO 9PM



## CHRISTMAS DROP IN FCSS COMMUNITY CENTER

Family Community Support Services would like to help out with your late night shopping. This year we have requested just a few of Santa's Elves be stationed right here in Oyen. The FCSS Community Center will be open during late night shopping, for your convenience. We welcome you with open arms, and will even take care of some of your wrapping if you wish. Child care will be available as well as a steaming pot of hot Chocolate. So stop in and take a load off because STRESS is the last thing you need to add to your Christmas list!

**PHONE 403-664 -2255  
FOR MORE INFO**

Dates are as

follows:

Dec. 1st, 8th,  
15th, and 22nd.



# Christmas Spirit Week December 19<sup>th</sup> – 21<sup>st</sup>

Grades EC- 9

December 19<sup>th</sup> – Crazy Christmas

December 20<sup>th</sup> – Ugliest Christmas Apparel

December 21<sup>st</sup> – Formal Day

December 21<sup>st</sup> - Junior High Christmas Banquet

Merry Christmas from OPS Student's Union!



OPS Christmas Concert

Tuesday, December 21<sup>st</sup> @ 7pm

Everyone Welcome!



## Kids Yoga

Ages 4-11

Thursdays 3:30-4:00

January 19 - February 16

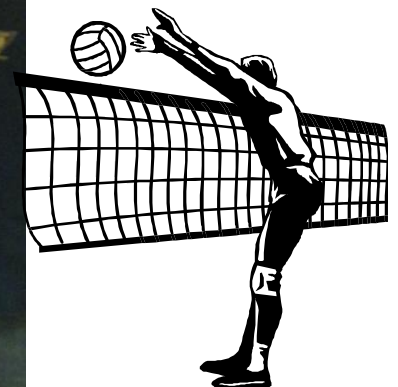
Cost: \$30

Call Michelle @ 664-2939



Sorry boys and parents for the delay with printing this photo.

Mrs. Beynon





# JANUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 First Day Back to School	6 Hotdog Day	7
8	9	10	11 Elementary Curling	12	13 School Council Lunch	14
15	16	17	18 Hidden Valley Ski Trip Grade 4-9	19	20 Hotdog Day	21
22	23	24	25 Elementary Curling  Subway Forms due	26	27 Subway Lunch  Family Literacy Day	28
29	30	31				

