

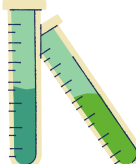


OAP NEWS

January
2024

What's happening at OAP?

- Drop off time JK-3: Doors open at 8:35, class starts at 8:45.
- Pick-up time JK: Please have students picked up by 3:15.
- Pick-up time K-3: Students will be brought to the front of the building around 3:15/3:20
- Please send students with enough lunch and snacks for the day.
- We continue to go outside twice a day as long as it is above -25 degrees. Please send kids with toques, mitts, boots, and ski pants.
- Check out page 2 for information on a community presentation on Emotion Coaching.
- Check out page 3 to see how we will be focusing on Learning Through Play.
- **Next School Council Meeting is Wednesday, January 24 at 7pm. You are welcome to join in person or virtually. Email kim.caron@ngps.ca for the link**
- **No School JK through Grade 3 Wednesday, January 31**



Upcoming events:

- January 10: Pulled Pork Hot Lunch (Parent Paid)
- January 16: Chicken Finger Hot Lunch (Parent Paid)
- January 24: Grilled Cheese (Sponsored by Pembina)
- January 24: School Council @7pm
- January 30: Hot Dogs (Sponsored by Reward)
- January 30: Awards Assembly at 2:15pm
- January 31: NO SCHOOL - PD Day
- January 31: 6:30pm Parent Session "Emotion Coaching"

Stay in touch :

Please allow for 24 hours for a response.



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(780)524-3144

www.oapschool.ca

A big thank you to **PEMBINA** for donating to our snack and hot lunch program
and to the following for donating hot lunches:

PHARMASAVE



DISTRIBUTION
NOW



OAP NEWS

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Hello Winter Weather!

We go outside multiple times a day (unless it is colder than -25 degrees). Please make sure children come to school with snow pants, toques, mitts and boots.



BUSES: Running or Not

HOW DO WE DECIDE?

The Director of Transportation makes the decision based on:



HOW DO WE NOTIFY?



DECISION IS MADE BETWEEN
6:00 AM - 6:30 AM

-40°

Temperature Readings from Environment Canada @ 511 Alberta



Your Choice

It is always your decision whether or not to send your child to school during extreme weather conditions.



OAP Hot Lunch Schedule January

Wednesday, January 10: Pulled Pork & Veggies - Parent paid
Tuesday, January 16: Chicken Fingers & Wedges - Parent Paid
Wednesday, January 24: Grilled Cheese Sponsored by Reward Oilfield Services
Tuesday, January 30: Hot Dogs Sponsored by Pembina Pipeline

Order forms and payment are past due. Please contact your teachers or the office with any questions

New forms will be out in January for the next few months. Please note that due to parent volunteer availability, hot lunch will be on Tuesdays only February onward.



You are invited to Emotion Coaching: A Transformative Approach to our Kids' Emotions with Sue Huff.

When: Wednesday, January 31 at 6:30 pm

Where: Hillside Learning Commons

Who: Anyone is welcome, this is open to the entire community.

Session Description: Over the past few years, parents and teachers have noticed a sharp increase in the level of anxiety, stress, and emotional dysregulation experienced by young people. We know emotions are a part of being human, but when our kids are reacting in big and sometimes unpredictable ways, it can feel like we are out of our depth. That's because most of us weren't taught how to respond to other people's emotions in a way that actually helps them process their feelings effectively and come back to baseline quickly. This workshop will give you a new skill and help you feel more capable and confident with emotions.

Sponsored by Hillside, Harry Gray, and OAP
School Councils



Thank
you!



OAP would like to thank the following for making our OAP Community
Try-It-Day such a success:

Hillside Leadership

OAP School Council

Valleyview Recreation Department

Greenview Regional Multiplex

The Bowling Alley and The Archery Range

Valleyview Gymnastics Club

and all the Parent and Community Volunteers



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Starting this January we are focusing on Learning Through Play!

- JK and Kindergarten spend the majority of their day Learning Through Play
- Our Grade 1s to Grade 3s will spend 30 minutes every day, in addition to recess time, also Learning Through Play
- We see that many of our kids need extra help building their executive functioning skills, including things like working memory, self-control, and mental flexibility
- Psychologists say the best way for children to build these skills is through play
- Our staff will be trained in facilitating play to target skill growth
- Our goal is to see growth in students' imagination, self-control, problem solving, social skills, mental health, and cooperation, all vital for children's success



Executive Function Basics

What is executive function?



A combination of motor, sensory, communication, and cognitive skills used to learn, play, and socialize



Begin developing as a newborn



Applied when we learn information and use it to complete a task

When do we use executive function skills?

What are some of the tasks executive function helps with?



Completing homework and chores



Finishing a project



Playing with friends and having control over emotions



Asking for help and alerting others when needed



Getting to work and school on time

What are some ways you can help?



Have predictable routines



Bring children with on errands



Let them have unstructured playtime

Download the Executive Function Brochure to learn more!



Click this image or visit pathways.org/print/executive-function-brochure



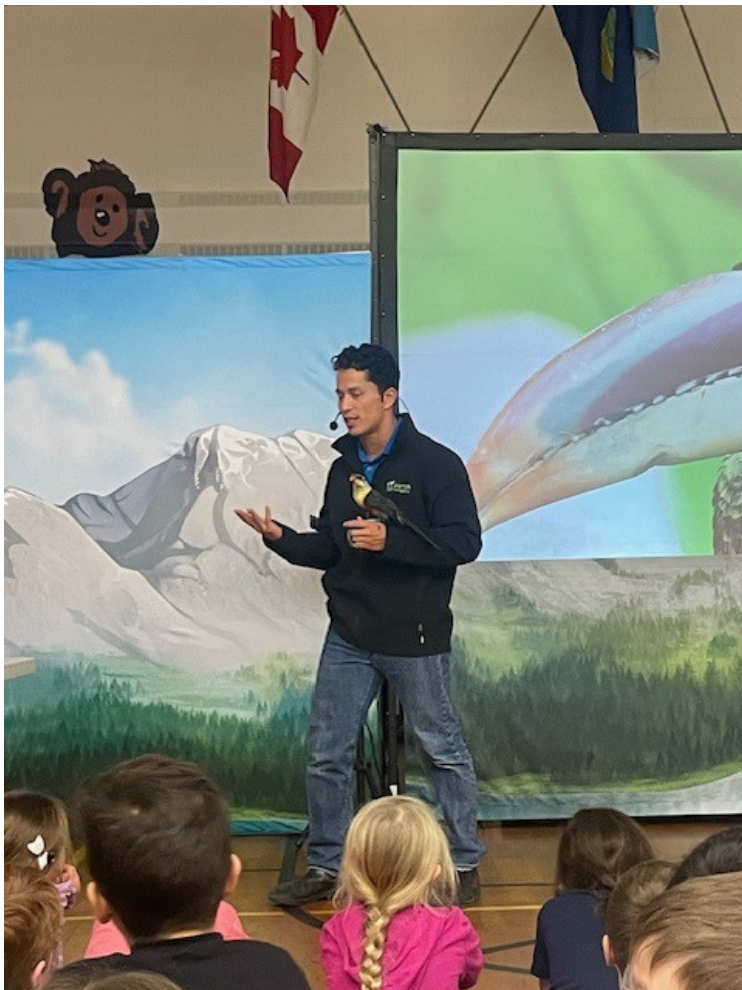
DECEMBER

Highlights



DECEMBER

Highlights



DECEMBER

Highlights

