



# École Springfield Elementary News



## Important Dates to Remember:

April 23rd-  
Class Photo Retake Day

April 24th-  
KFC Hot Lunch

April 26th-  
**No Kindergarten**  
(Planning Day)  
&  
Cereal Box Food Drive  
ends May 9th

**The Alberta Opera**  
came to visit our school and  
put on a wonderful  
production of the  
**Cinderella Show**





## Why is School Attendance Important?



**DID YOU KNOW?**

**FOLLOW UP PROCEDURES:**  
Any time an incident occurs within the Peace River School Division, a review of the incident is initiated to further understand what occurred to deepen and enhance our current procedures.



**Lots of Socks!  
World Down Syndrome Day**

Springfield is a proud member of the PRSD Family



De délicieuses crêpes recouvertes de sirop d'érable, de crème fouettée et de fruits ont été partagées autour de l'école pour poursuivre les célébrations du mois de la Francophonie à Springfield ! Un immense merci à l'équipe d'immersion française et à nos parents bénévoles pour avoir rendu cela possible. Nous tenons également à remercier le French Language Resource Centre pour avoir financé un traitement aussi spécial. Bon appétit!



Delicious crêpes covered in maple syrup, whip cream and fruit were enjoyed around the school to continue Springfield's celebrations of Francophonie month! A huge thank you to the French Immersion team and our parent volunteers for making this happen. We would also like to thank the French Language Resource Centre for funding such a special treat. Bon appétit!



# Principal's Message

Welcome Back!

We are now into the homestretch for the school year. The weather is warming up, sunlight hours are extending, and we are in full on spring mode. It is an opportunity to get outside and enjoy the fresh air and sunshine that should lighten everyone's spirits and lift our mental health. Thank you to students who are coming with layers of clothing. It can still be quite cool in the morning but by some afternoons, it is almost summer like conditions. The joys of living in northern Alberta!! And thanks to those families doing their very best to stay with their regular bedtime routines. It's so hard when daylight hours start extending, but we all know how important enough sleep is to optimal learning!

Grade Four students have started the Healthy Buddies Program and will be welcomed some grade 7 students from TA Norris to Springfield this last week. Next, our students will be heading to TA to learn all about the ins and outs of a middle school. It's a very exciting time to be sure!

École Springfield School Kindergarten Registration and Information night was April 17th. Thanks to everyone who came out to register and learn more about our programs. If you or someone you know missed the night, we are accepting registrations online at [www.prsd.ab.ca](http://www.prsd.ab.ca). Feel free to phone the office if you need any help or have any questions.

Gail McNabb  
Principal,  
École Springfield Elementary School



April 2024



## PRSD ALTERNATIVE EDUCATION PROGRAM

Whether you plan to homeschool your children or you live in a more remote area of the Division; whether your high-school aged child has divergent learning needs, or wants the flexibility to work while completing their high school education, the Peace River School Division's Alternative Education Program can work with you.

With these programs more students receive, and access, education in ways that break the traditional model. These programs are designed

to support each student's specific learning styles, which promotes greater successes within a dynamic setting.

Through Peace Home Learning Connection, families throughout Alberta have access to parent-directed home education, teacher-directed virtual and distance education, or shared responsibility blended programming. Students and families receive as much support as they need from our dedicated Home Education Facilitators, who are Alberta certified teachers.

For more information about these programs, please visit [peacehomelearning.ca](http://peacehomelearning.ca)



*Adam Murray, Superintendent of Schools*





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# MENTAL HEALTH SUPPORTS

A quarterly newsletter highlighting Mental Health Resources



## Emergency Links & Phone Numbers

**Suicide Crisis Helpline**  
Text or Call: 988

**Addictions and Mental Health Helpline**  
(24-hour support)  
1-877-303-2642

**Peace River Addictions and Mental Health**  
780-624-6151

**Kids Help Phone**  
1-800-668-6868

**Indigenous Support Line**  
(North Zone & Area)  
1-844-944-4744

[mykickstand.ca](http://mykickstand.ca)

## Three tips to feel better this Spring

Courtesy of the Canadian Mental Health Association

- 1. Get outside:** There's nothing better than a northern Alberta Spring. The days are long, the sun is bright, and the snow is melting! Being outside in the sun allows your body to absorb more Vitamin-D from the sun, which can boost your mood and energy levels.
- 2. Get Active:** Start by setting small goals like taking the stairs instead of an elevator, or walking for just 10-minutes at a time. Exercise is a great way to relieve stress and increase energy.
- 3. Eat a Balanced Diet:** Eating more fruit and vegetables, or foods rich in omega-3 fatty acids may also help boost your mood this Spring.

## Peace River School Division Mental Health Team



Loro Koski  
Mental Health in Schools Program Manager



Sandra MacKenzie  
Mental Health Capacity Building Program Manager



Chris Kapp  
Divisional School Social Worker



Travis Miten  
School Social/Emotional Behaviour Consultant



Connie Kramer  
School Family Liaison Worker



Margaret Buruma  
School Social Worker



Lorena Combes  
School Social Worker

# Springfield's Project PEACE Success Coach

Hello Springfield student care givers,

Open Parachute SEL programming is continuing in the classrooms this month. This program was created to help students to understand and learn to resolve, with confidence, the many challenges that students are going to face throughout their life, like disagreements with friends, struggles at school, or situations at home that aren't so great.

Check out the parent link below for more information.

[https://learn.openparachuteschools.com/parent/login?id=CA\\_oeaDdnDo](https://learn.openparachuteschools.com/parent/login?id=CA_oeaDdnDo)

Crisis phone numbers and websites have been posted throughout the school as a resource for teachers, parents, caregivers and anyone visiting Springfield School. You can scan the QR code below and have access to these numbers at any time you or a loved one may choose to use these resources that are readily available.



May 6th to 10th is Mental Health Awareness week. May 8th is Wear Green for Mental Health and May 10th is Hats on for Mental Health. For more information on Mental Health week go to:

[MentalHealthWeek.ca](https://MentalHealthWeek.ca)

Follow Project Peace on Facebook.

<https://www.facebook.com/profile.php?id=100030003983644>

Respectfully,  
Success Coach - Shannon Sutherland  
780-624-2143 ext. 14151



April 2024

# WILDFIRE PREPAREDNESS

AS YOU ARE AWARE, ALBERTANS CAN RECEIVE MESSAGES ABOUT LIFE-THREATENING EMERGENCIES, SUCH AS TORNADOES, WILDFIRES, FLOODS, OR AMBER ALERTS, DIRECTLY TO THEIR CELL PHONES. THIS WIRELESS PUBLIC ALERTING IS A NATIONAL INITIATIVE THAT WORKS WITH THE ALBERTA EMERGENCY ALERT SYSTEM TO SEND POTENTIALLY LIFE-SAVING EMERGENCY INSTRUCTIONS TO ALL CONNECTED/COMPATIBLE CELL PHONES IN THE THREATENED COMMUNITY.

ON WEDNESDAY, MAY 8, 2024, AT 1:55 P.M., THE NATIONAL PUBLIC ALERTING SYSTEM WILL SEND A TEST ALERT ACROSS ALBERTA TO ALL BROADCAST PLATFORMS. DURING THE TEST, AN ALERT WILL GO OFF FOLLOWED BY A TEXT MESSAGE LETTING CELL PHONE USERS KNOW THE SOUND IS PART OF A TEST AND THERE IS NO NEED FOR CONCERN.

AS THESE TEST ALERTS CAN SERVE AS AN IMPORTANT TEACHING MOMENT WITH ALBERTA'S YOUTH, I ENCOURAGE YOU TO REVIEW THE ATTACHED ACTIVITY GUIDE AND CONSIDER WAYS THIS INFORMATION CAN BE INCORPORATED INTO THE CLASSROOM. THIS INITIATIVE HELPS EMPOWER STUDENTS TO HAVE A CONVERSATION WITH MEMBERS OF THEIR HOUSEHOLD ABOUT HOW READY THEY WOULD BE IF THE ALERT WERE REAL, AND WHAT STEPS THEY CAN TAKE TOWARDS BECOMING MORE PREPARED.

SCHOOLS CAN ALSO USE THIS OPPORTUNITY TO SCHEDULE A PRACTICE DRILL THAT COINCIDES WITH THE ALERT AND TO SEND STUDENTS HOME WITH PREPAREDNESS INFORMATION THAT WILL GENERATE DISCUSSIONS WITH THEIR HOUSEHOLDS. ALBERTA'S GOVERNMENT HAS CREATED THE BE PREPARED PROGRAM TO SUPPORT THIS WORK. WATCH THIS [1-MINUTE VIDEO](#) AND VISIT [ALBERTA.CA/COMMUNITYPREP](https://www.alberta.ca/communityprep) FOR RESOURCES TO HELP.

WIRELESS PUBLIC ALERTS ARE DELIVERED DIRECTLY TO COMPATIBLE CELL PHONES THAT ARE CONNECTED TO AN LTE NETWORK WITHIN AN AREA AFFECTED BY A DISASTER OR EMERGENCY. FEDERAL LAWS REQUIRE THESE ALERTS, SO IT IS NOT POSSIBLE FOR CANADIANS TO OPT OUT OF RECEIVING LIFE-SAVING MESSAGES DIRECTLY TO THEIR CELL PHONES. FIND OUT IF YOUR CELL PHONE IS COMPATIBLE BY CHECKING WITH YOUR CELL PHONE PROVIDER OR ONLINE AT [WWW.ALERTREADY.CA](https://www.alertready.ca).

TO LEARN MORE ABOUT EMERGENCY PUBLIC ALERTING IN ALBERTA, VISIT [WWW.ALBERTA.CA/ABOUT-EMERGENCY-ALERTS](https://www.alberta.ca/about-emergency-alerts).

IF YOU HAVE QUESTIONS ABOUT THE TEST ALERT, OR THE ALBERTA EMERGENCY ALERT PROGRAM, PLEASE EMAIL [ALBERTA.EMERGENCY.ALERT@GOV.AB.CA](mailto:ALBERTA.EMERGENCY.ALERT@GOV.AB.CA).





Springfield is a proud member of the PRSD Family



**For more event photos please check out the gallerie section of our website here-**



# CREATE A VIDEO TO HIGHLIGHT SCHOOL BUS SAFETY

**FOR YOUR CHANCE  
TO WIN AN IPAD!**

Visit our website for full  
contest details

**Submission Deadline:  
May 17, 2024**



**Click here for information on how to enter-**





Springfield School  
Office #  
780.624.2143

# April 2024 Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 <b>Spring Break - No School</b>	2	3	4	5	6
7	8 <b>Back to School!</b>	9	10	11	12	13
14	15	16	17 <b>Hot Lunch- Matt's Pizza (if you ordered) Kindergarten Open House 6:30 - 7:30pm</b>	18 <b>Twin Day!</b>	19 <b>PD Day- No school</b>	20
21	22	23	24 <b>Hot Lunch- KFC (if you ordered)</b>	25	26 <b>Kindergarten Planning Day Cereal Box Food Drive Starts! (till May 9th)</b>	27
28	29	30				



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# May 2024 Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Cereal Box Food Drive continues (till May 9th)		1 Hot Lunch- Dairy Queen (if you ordered)	2	3 Star Wars Day!	4
5 Cereal Box Food Drive continues (till May 9th)			8 Wear Green For Mental Health Hot Lunch- KFC (if you ordered)	9	10 1:10pm Cereal Box Domino Run! Hats on for Mental Health Wear Purple for Lupus Awareness	11
12 Mothers Day!	13	14	15 Hot Lunch- Matt's Pizza (if you ordered)	16 Entrepreneur Day! 1:10pm	17 PD Day- No school	18
19	20 No school	21	22 Hot Lunch- KFC (if you ordered)	23	24 Kindergarten Planning Day	25
26	27	28	29 Hot Lunch- Dairy Queen (if you ordered)	30	31 Sports Day!	

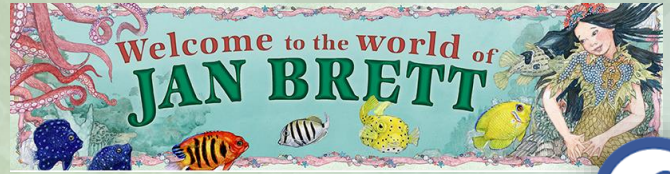


# FREE RESOURCES

**VOOKS**



Storyline Online



**Starfall**



Math 3  
Under the Sea!  
Learn Alberta



**BrainPOP**



**PBS  
KIDS**



**NATIONAL  
GEOGRAPHIC  
KIDS**



Learning Games  
for Kids .com



**FUNBRAIN**



Where the Wonders of Learning Never Cease®  
**WONDEROPOLIS**



École Springfield  
School



**Poptropica**

