



# NEWSLETTER

## SEPTEMBER '24

### ERS HAPPENINGS

Right from the Start: Success Coach Kat Wiebe visits classrooms weekly with proactive lessons about mental health, & is available for student & parent drop-ins to find resources & support.

Feel free to contact her at [kathleen.wiebe@crps.ca](mailto:kathleen.wiebe@crps.ca)

Stay tuned for more information about the RFTS Program.

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**Join Parent Council!** Meetings are once a month & it's a great way to support ERS. Upcoming fundraisers to watch out for are Red Rock Pizza Days & our Okanagan Apples Fundraiser! Stay tuned!

**Be sure to swing by the Parent Council table and Right from the Start table during our Open House!**

### REMINDERS

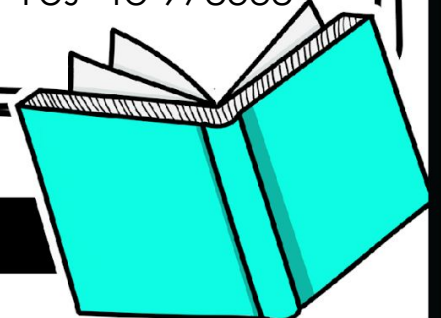
- 1) If you need to drop something off for your child (backpack, lunch, etc), please drop it off at the office and we will be happy to deliver it to the classroom to avoid disruption.
- 2) Please report your child's absence or late arrival by phoning the attendance line at 403-678-6292 x1.

### EVENTS

- 9/2 - Labor Day/No School
- 9/10 - Parent Council Mtg
- 9/11 - ERS Open House  
6-7pm
- 9/16 - Picture Day
- 9/20 - Half Day for Gr1-4  
No School for Kindy
- 9/24 - Terry Fox Run
- 9/26 - Orange Shirt Day
- 9/30 - No School

### TO-DO

- Complete your Demographic update in Parent Portal
- Opt-in to ERS text reminders! Text "Yes" to 978338





Print/Download the annual [2024-25 Calendar](#)

Print/Download the annual [Kindergarten Calendar](#)

### **Half Day Fridays for Grades 1-4**

September 20	October 4, 18
November 1, 15, 29	December 13, 20
January 17	February 7
March 7	April 4
May 2, 30	June 6, 27

### **No School**

September 2 (Labor Day)  
September 30 (National Day for Truth & Reconciliation)  
October 14 (Thanksgiving)  
November 8 (Parent/Teacher Conferences)  
November 11 (Remembrance Day)  
December 23 - January 3 (Winter Break)  
February 17-21 (February Vacation)  
March 21 (Parent/Teacher Conferences)  
April 14-25 (Spring Break)  
May 16 (Teacher Professional Learning)  
May 19 (Victoria Day)

**\*No School for Kindergarten on Fridays until November 22\***



# ELIZABETH RUMMEL SCHOOL FOOD FOR LEARNING PROGRAM

**(Start date TBD)**

## **What is the Food for Learning Program?**

The Food for Learning Program is a voluntary program available to students of Elizabeth Rummel School, made possible by a grant from the Government of Alberta. **The purpose of the program is to provide a nutritious snack and lunch to children of families who need financial assistance with the costs of school lunches and snacks.**

## **Who is eligible for the program?**

The program is intended to support only the children of families who are having **financial difficulty providing a nutritional, balanced lunch for their child.** It is available, free of charge, to children who attend Elizabeth Rummel School.

## **Referral and Registration**

Parents or guardians can register their child or children to the program by completing the online consent form.

**[Register Here](#)**



**WE NEED  
YOU  
TO  
JOIN  
US**



# **ELIZABETH RUMMEL SCHOOL**

## **DAILY AND SUBSTITUTE LUNCH HOUR SUPERVISORS**

Elizabeth Rummel School is looking for  
Daily and Substitute Lunch Hour Supervisors to work as needed  
on Mondays through Fridays for the 2024-25 school year.

from 10:00am to 1:00pm.

### **Duties include the following:**

- Supervision of students in classroom settings and outside during recess
- Other duties as assigned by the Principal

**Wage: \$17.10/hour**

A RCMP Security Clearance will be required as per Canadian Rockies Public Schools policy. References are required. Only candidates to be interviewed will be contacted.

**Please submit a resume and letter of intent to:**

**Brian Wityshyn, *Principal***

**Elizabeth Rummel School**

**Fax: 403-678-3918 or to [ers.info@crps.ca](mailto:ers.info@crps.ca)**

The Town of Canmore Family Connection Centre (FCC) aims to build connected and resilient children, youth, and families through strength-based programming. All programs and services are free.

## Individual Supports

At the Family Connection Centre, we have two Family Support Workers who are available to meet individually with families to identify needs, develop goals, and build family capacity. This free service is available to all Bow Valley families either virtually or in person. Email [fccadmin@canmore.ca](mailto:fccadmin@canmore.ca) or call 403.678.2529 to book your appointment.

## What's happening September - December at the FCC?

### Ages 7+

**Youth Cooking Club (for youth ages 10-12)** Looking for something to do on half-day Fridays? Come and learn cooking skills, kitchen safety, and new recipes!  
**Program Dates:** Fridays, Oct. 4, 18, & Nov. 1, 15, 29 from 1-4:30 p.m. (5 weeks) **Location:** Scout Hall.

**Art and Conversation (for teens ages 13+ and a caregiver)** Participants will explore a different creative medium each week, strengthening their relationships as they work together to learn something new.  
**Program Dates:** Saturdays, Oct. 5, 19 & Nov. 16, 30 from 1:30-4 p.m. **Location:** Scout Hall.

**Circle of Support (for school-aged children who are experiencing family changes such as divorce, separation, death, or other loss)** A free support group run in partnership with CRPS during school hours. Dates/times will be confirmed based on student's schedules. Email [fccadmin@canmore.ca](mailto:fccadmin@canmore.ca) if interested.

**Managing Screentime (for parents and caregivers with children/youth ages 7-18)** A workshop for caregivers to learn about challenges and strategies related to electronic devices, internet, and screentime.  
**Program Dates:** Oct. 17 from 7-8:30 p.m.  
**Location:** CRC 115.

**Adolescent Brain Development and Emotions (for parents and caregivers with children/youth ages 7-18)** A workshop for caregivers to learn about positive parenting strategies and expand their knowledge of the adolescent brain.  
**Program Dates:** Nov. 21 from 7-8:30 p.m.  
**Location:** CRC 115.

### Drop-in Programs

**Sensory-Friendly Toys Together (for parents & caregivers with children ages 0 - 6)** The first 45 minutes of our drop-in program is specifically designed for families who can benefit from a low-sensory environment. Lights will be dimmed and sensory toys will be provided. Space is limited. **Program Dates:** Wednesdays, Fridays, & Saturdays from 8:45-9:30 a.m. **Location:** FCC.

**Toys Together (for parents & caregivers with children ages 0 - 6)** This drop-in program provides caregivers and young children with a space for free play, to explore, and socialize with others.  
**Program Dates:** Wednesdays, Fridays, & Saturdays from 9:30-11:30 a.m. **Location:** FCC.

**Stroller Strides: Walk & Connect (for expecting parents and parents & caregivers with infants 0-12 months)** Join other families for a social walk that will end at the Canmore Mountain Market. **Program Dates:** Thursdays, Sep. 5 - Oct. 3 from 10:45-11:45 a.m. **Location:** Elevation Place, behind the bus stop.

**Babies, Bumps, and Blankets (for expecting parents and parents & caregivers with infants 0-12 months)** Meet other families with young children in a casual, unstructured setting at this indoor drop-in. **Program Dates:** Thursdays, Oct. 10 - Dec. 19 from 1:30-3 p.m. **Location:** FCC.

Flip page for  
more programs! 

### Ages 0-6

**Get Messy (for parents & caregivers with children ages 3-6)** Explore, create, and get messy without worrying about cleaning up at home. Let's embrace the mess and celebrate sensory exploration together! Program Date: Sep. 17 from 10:30-11:30 a.m. Location: FCC.

**Loose Parts Playtime (for parents & caregivers with children ages 3-6)** For children to explore, create, and imagine in an open-ended environment. Program Dates: Tuesdays, Oct. 8, Nov. 5, & Dec. 3 from 10:30-11:30 a.m. Location: Canmore Public Library.

**Circle of Security (for parents & caregivers with children ages 0-3)** An eight-week relationship-based program designed to enhance attachment security between parents and children Program Dates: Thursdays, Sep. 19 – Nov. 7 from 9:30-11 a.m. (8 weeks) Location: FCC.

**Ready, Set, Go: Toilet Training Workshop (for parents & caregivers with children ages 0-6)** An informative, practical, and interactive toilet training workshop. Program Dates: Sep. 23 from 5:30-7:15 p.m. and Nov. 28 from 9:30-11:15 a.m. Location: FCC.

**Mealtimes Struggles to Mealtime Success (for parents & caregivers of children ages 1-5)** Join a Registered Dietitian to learn strategies and tools to use when experiencing mealtime struggles with your child. Dinner and childcare provided. Program Dates: Sep. 26 from 5-6:30 p.m. Location: FCC.

**Encouraging First Words (for parents & caregivers with children ages 0-3)** Learn about language milestones, how babies and toddlers learn language, and simple strategies to encourage communication. Program Dates: Oct. 7 from 9:30-11 a.m. Location: FCC.

**Sensory Storytime (for parents & caregivers with children ages 0-5)** A structured story time designed for children who can benefit from a low-sensory environment, followed by an optional snack and social connection opportunity. Program Dates: Thursdays, Oct. 17-31 from 1:30-2:30 p.m. Location: Canmore Public Library.

**Nighty-Night, Toddlers and Preschoolers (for parents & caregivers with children ages 1-4)** Learn practical strategies to help your toddler develop a healthy, independent bedtime routine. Program Dates: Oct. 21 from 1-2:30 p.m. Location: FCC.

**Infant Massage (for parents & caregivers of infants 0-8 months)** Learn massage techniques from a local Registered Massage Therapist that can help your infant overcome struggles with reflux, poor sleep, teething, and digestive distress. Program Dates: Mondays, Oct. 21, 28, & Nov. 4 from 9:30-10:30 a.m. (3 weeks) Location: FCC.

**Feeding Your Baby (for parents & caregivers with infants 0-12 months)** Learn about starting solids, first foods, textures, timing and more. Program Dates: Oct. 22 from 1:30-3 p.m. Location: FCC.

**Mini Milestones (for parents & caregivers with infants 0-9 months)** A group program for new parents to learn about parenting topics and resources from local professionals and to connect with other parents in a nurturing and supportive space. Program Dates: Tuesdays, Nov. 12-Dec. 17 from 9:30-11 a.m. (6 weeks) Location: FCC.

**Toddler Development (for parents & caregivers with children ages 18 months – 3 years)** This program explores various topics, including brain development, emotional regulation, and how parents/caregivers can use gentle parenting approaches to support their toddler's development. Program Dates: Mondays, Dec. 2 & 9 from 10-11:30 a.m. (2 weeks) Location: FCC.

**Creating Calm: Navigating Sibling Rivalry (for parents & caregivers of children ages 2-6)** Together we will explore the dynamics of sibling rivalry and the strategies to manage it effectively. Program Dates: Thursdays, Dec. 5 & 12 from 5:15-6:45 p.m. (2 weeks) Location: FCC.