



# Charlotte Small Elementary School CONNECTION

"Where Every Child Can Dream, Believe, and Achieve."

725 Condor Road, AB T0M 0P0

P: 403-729-3868

<https://charlottesmall.wrsd.ca>

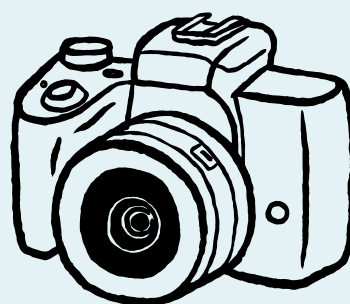
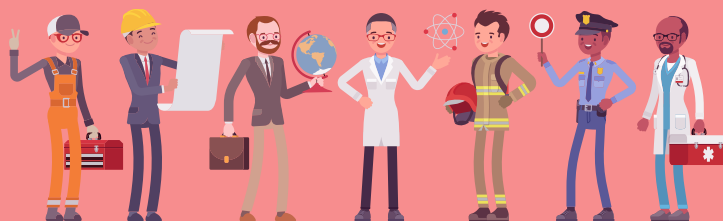


hello  
APRIL 2025:

- 2 - Kindergarten grad photos (ECSA)
- 3 - Kindergarten grad photos (ECSB) and Whole School Group photos
- 3 - Grade 1 Immunizations for those that returned consent forms
- 4 - Grade 1 Swimming at 12:20
- 7 - Last Day to purchase Hot Dog Lunch
- 8 - Grade 2 Swimming at 9:15
- 10 - Hot Dog Lunch for those that ordered
- 11 - Grade 1 Swimming at 12:20
- 11 - Money Matters Presentation for Grade 4
- 14-23 - Read-a-thon
- 15 - Grade 2 Swimming at 9:15
- 18 - Good Friday - No School
- 21 - Easter Monday - No School
- 22 - PD Day - No School for Students
- 23 - Last Day to Purchase Hot Lunch
- 24 - Spirit Day - Dress as you favorite career
- 24 - Grade 4 - Ag for Life Presentation 2:00 - 3:00 pm
- 25 - Grade 1 Swimming at 12:20
- 29 - Grade 2 Swimming at 9:15 am
- 30 - Hot Lunch for those that ordered (Beef on a Bun)
- 30 - Assembly at 1:00 pm



## DRESS AS YOUR FAVORITE CAREER SPIRIT DAY: APRIL 24



## KINDERGARTEN GRAD PHOTOS APRIL 2 & 3

## WHOLE SCHOOL GROUP PHOTO APRIL 3



Nut allergies are a serious concern for some of our students who have potentially life threatening allergies.

We need your support and cooperation in making a reasonable effort to send food to school which does not contain nuts.

Please speak with your child about not sharing their food with other children. We will continue to ask our students to eat their lunches in their classrooms and to not take food outside.

# Principal Message

## March 2025

Dear Families,

As we continue the school year, I want to emphasize the importance of preparing children for a successful day of learning. Research shows that a child's ability to focus, retain information and engage in school is directly impacted by four key factors: sleep, nutrition, exercise and quality family time. When we prioritize these areas, we set our students up for success both in and out of the classroom.

According to the Canadian Pediatric Society, children ages 5-13 require 9-11 hours of sleep each night to support brain function, memory and emotional regulation. A consistent bedtime routine and reducing screen time before bed can significantly improve sleep quality. Similarly, nutrition plays a major role in a student's ability to concentrate and maintain energy throughout the school day. Research from the Government of Canada emphasizes the importance of starting the day with a balanced breakfast, including protein, whole grains, and healthy fats to improve cognitive function and behaviour in school. (Canada's Food Guide)

Beyond rest and nutrition, regular physician activity and meaningful family interactions contribute greatly to academic and social success. According to ParticiACTION, children should engage in at least 60 minutes of moderate to vigorous physical exercise daily. All of our students get at least 30 minutes during their gym classes each day. Family activities such as walking, biking or playing outside can really make a big difference. Additionally, quality family connection time, such as sharing meals, reading together or having conversations about the day fosters emotional security and resilience.

By working together to support these foundational habits, we can help our students come to school ready to learn and grow. Thank you for all that you do to nurture their success.

Warm Regards,

Cheryl Kalev

# CHARLOTTE SMALL IS DELIGHTED TO WELCOME....

Connection Coach Corner News

## Robin Begin

# Sharing is caring so here is a little bit about me!



### Who am I?

Hello to the wonderful families of Charlotte Small Elementary School! I am honored to be joining your dedicated team of educators and support staff for the rest of the 2024/2025 School Year!

My name is Robin Begin and I am the new Connection Coach for Charlotte Small. Mrs Dudman has transitioned to Family Wellness Worker out at Caroline School for the remainder of the school year.

I am a lover of coffee, fresh mountain air, good books (especially Harry Potter), crafting of all kinds, music, snowboarding, hiking, baking, and a yoga instructor!!! I have lived in the community of Rocky

Mountain House my entire life and love the area and communities we are blessed to live in. I am a mother of 3 amazing children, Colby (18), Audrey (17), Sienna(14).

### Superhero Background.....(the montage of skill development to now!)

I come from a background of Early Childhood Care and Education, with specialization in School Age Care and Developmental Relationships. My years of hands-on experience working with School Age Children has provided a unique lens and understanding of the

---



emotional regulation needs and executive function supports required for this age/stage of development and how to build relationships and connect with youth.

If you haven't heard about the Connection Coach before it is a new position that was created this year to support and promote the wellbeing of all students within the school. Through universal mental health strategies we are able to create opportunities for support that all students may access within their class environment. We also offer targeted support for students struggling with peer relationships, social emotional skills, executive function support and classroom engagement. There will be opportunities for students to join connect club activities over lunch hours to support building connections between students and learning tools for mental wellbeing in a fun engaging environment through games and activities. Through this program students who are receiving connection coach support will be able to invite another student to join them each week to create opportunities for everyone to participate and hopefully build new friendships along the way. I look forward to connecting with all of the students by observing and connecting in the classrooms to get to know each other. Feel free to email me with any questions you may have about the connection coach position and the support offered. Your wonderful leadership team of Mrs Kalev and Mrs Heide will reach out to you as well if your child would benefit from some of the targeted support we can provide. I can be reached at [robin.begin@wrsd.ca](mailto:robin.begin@wrsd.ca)

**Opened January 6, 2025!**

**Current Charlotte Small Elementary students do not need to re-register.**

## **School Registration 2025-2026**

**Charlotte Small Elementary School is now accepting registrations for the 2025/2026 school year. Please visit our school website for more information.**

- Pre-Kindergarten
- Kindergarten
- Gr 1 - 6

## **Charlotte Small Read-A-Thon is back!**



**Last year this fundraiser raised over \$8,000!!  
Let's Do It Again!**

A Read-A-Thon is a great way to combine reading and fundraising. This fundraiser keeps 100% of all the profits raised which goes back to our kids by helping to cover the costs of all the fun stuff like field trips and extra curricular classes and programs. Our Read-A-Thon will run from April 14th - April 23rd. **Information packages will be sent home with students on April 14th.** If you have any questions at all please contact [Charlottesmallparentcouncil@gmail.com](mailto:Charlottesmallparentcouncil@gmail.com)



# SWIMMING LESSONS

Students have the opportunity to take Swimming Lessons in Rocky Mountain House this year.

Cost to parents is \$25 per student for 6 trips to the pool, and is available to pay on School Cash.

If your student will not participate due to financial reasons, please contact the principal to make other arrangements.

On swim days, please send your child with a swimming suit, towel, bag for wet items, water bottle, and a snack.

Please contact your teacher if you are able to volunteer.



## ECSA Swim Days:

May 7, 14, 21,  
Fun Swim & DQ May 28

## ECSB Swim Days:

May 27, June 3, 10  
Fun Swim & DQ June 17

Depart school at 9:00 am, Return by 11:30 am.  
Students will eat lunch after they get back to school.



## Grade 1 Swim Days:

April 4, 11, 25, May 2 & 9  
Fun Swim & DQ May 12

Depart school at 12:20 pm, Return by 2:30 pm. Students will eat lunch before they leave the school.



## Grade 2 Swim Days:

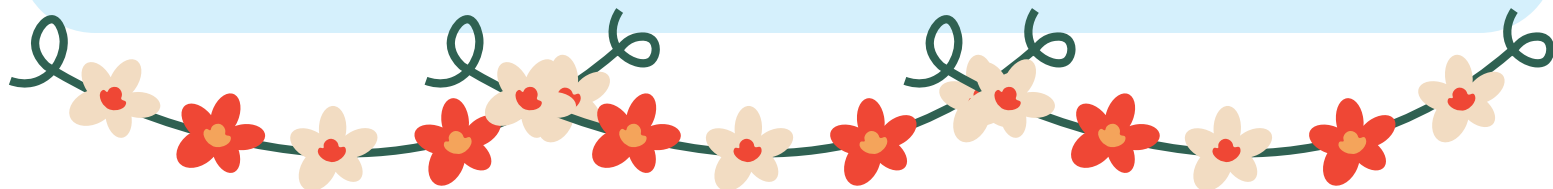
April 8, 15, 29, May 6 & 13  
Fun Swim & DQ May 20

Depart school at 9:15 am, Return by 11:30 am.  
Students will eat lunch when they return to school.

## Athletic Calendar

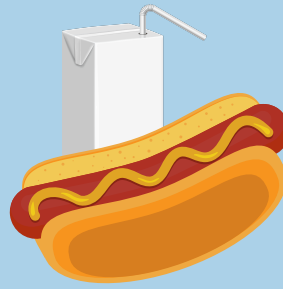
Please check the athletics calendar DAILY as events can be cancelled at a moment's notice due to weather, custodial hours, staff availability, or school needs.

**GO HAWKS GO!!**

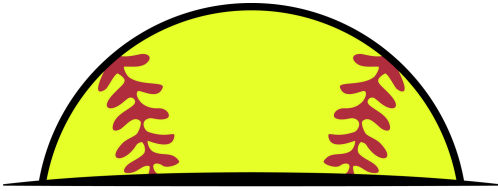




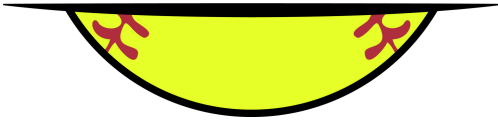
For all things busing  
please call  
**First Student Busing @**  
**403-843-6161**



**Hot Dog Day**  
**April 10, 2025**  
available to purchase on  
School Cash Online until  
April 7, 2025



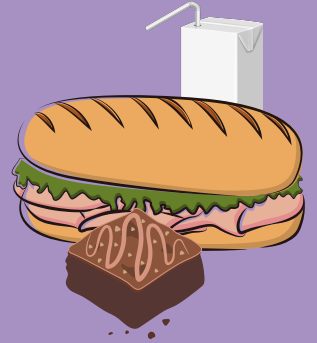
**CONDOR/LESLIEVILLE SOFTBALL IS NOW OPEN FOR  
REGISTRATION!**



**PLEASE SEE THE REGISTRATION FORM INCLUDED WITH THIS  
NEWSLETTER. PRINTED COPIES ARE AVAILABLE FOR STUDENTS TO  
PICK UP AT THE OFFICE.**

**Hot Lunch**  
**April 30, 2025**  
**Beef on a Bun**

available to purchase on  
School Cash Online until  
April 23, 2025



**March**

**Students of the month**

**ECS**

**Mila Oxley**  
**Carley Airey**  
**Rosalia Edwards**  
**Casey Church**  
**Rhett Domes**

**Gr 1M**

**Deane van Nieuwkerk**  
**Rhett Madsen**  
**Weston Stuart**  
**Macy Bramall**

**Gr 2K**

**Maverick Edwards**  
**Brynlee Johnson**  
**Cooper Taylor**

**Gr 2L**

**Maureen Knopp**  
**Everlee Harding**

**Gr 3**

**Jaden Auger**  
**Mariah Bjorge**  
**Kara Knight**  
**Warrick Perepelkin**  
**Graham Shippelt**

**Gr 4**

**Daniel Bjorge**  
**Logan Harding**  
**Jada Oxley**  
**Autumn Herzog**

**Gr 5S**

**Brynlee Bourassa**  
**Kylee Smith**

**Gr 5B**

**Huxley Hallgren**  
**Finn Sztym**  
**Castyn Knight**  
**Eden Glasier**  
**Heaven Auger**

**Gr 6**

**Dustin Heikkinen**  
**Crewe Brower**  
**Bentley Richardson**  
**Hendrix DeCoteau**

# CONDOR / LESLIEVILLE SOFTBALL

**FORMS BACK TO YOUR SCHOOL BY FRIDAY, APRIL 4/2025**

**\*\*1 FORM PER CHILD (unless they are in the same age group)\*\***

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

SIBLINGS (IF IN THE SAME AGE GROUP): \_\_\_\_\_

PAID: \$30 Cash or Chq (Condor Minor Ball Association)

ARE YOU WILLING TO COACH: YES NO

OTHER COMMENTS: \_\_\_\_\_

**\*\*\*\*\*COMMENTS WILL BE CONSIDERED BUT NOT GUARANTEED\*\*\*\*\***

GRADE 1-4 PLAY MONDAY / WEDNESDAY

GRADE 5-8 PLAY TUESDAY / THURSDAY

GRADE 9-12 PLAY MONDAY / WEDNESDAY

TOURNAMENT - JUNE 13-15 (FATHER'S DAY WEEKEND)

**WE TRY TO MAKE SMALL TEAMS SO THE KIDS GET LOTS OF PLAYING TIME.**

**\* LATE FORMS WILL BE CONSIDERED BUT NOT A GUARANTEE  
(DEPENDING ON TEAM SIZES) \***

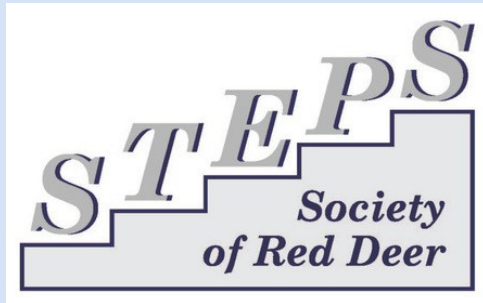
CONTACT LISA DICKSON AT 403-350-0524 IF YOU HAVE QUESTIONS

**\* NOTICE : PLAY AT YOUR OWN RISK! THE ASSOCIATION IS NOT  
RESPONSIBLE FOR INJURIES / ACCIDENTS OF ANY KIND \***

PARENT SIGNATURE: \_\_\_\_\_



# STEPS Family Resource Centre



**Meeting families where they are at and providing navigational support one STEP at a time**

**Serving Central Alberta families connected to FSCD & PDD (FMS) supports**

## **Individualized Family Support:**

- Online Claims Reimbursement (OCR) set-up/navigation
- Staffing resources and job advertisement creation/posting support
- Employer responsibilities and support; hiring, training, managing staff
- Individual Support Plan (ISP) development and follow-up support
- Information and referral services; system navigation, transition planning, resources to build on individual/family goals
- Connections to early learning programs/services, community partners and professionals

## **Monthly Information Sessions & Training:**

- Persons with Developmental Disabilities (PDD 101)
- Family Support for Children with Disabilities (FSCD 101)
- Abuse Prevention and Response Protocol (APRP)
- Online Claims Reimbursement (OCR)
- Individual Support Plan Development (ISP)
- Introduction to Positive Behaviour Supports (PBS)

Additional information sessions and training in a variety of areas is available to families and their staff at request. Connect with the Family Resource Team to explore additional session topics offered.

**Email: [familyresourcecentre@epssworks.com](mailto:familyresourcecentre@epssworks.com)**

**Phone: 1-877-643-6249 (toll free) or 403-343-6249 Facebook:**

**Family Resource Centre of Central Alberta – fscd/fms**

**Website: <https://epssreddeer.com/services/family-resource-centre/>**



# ROCKY MOUNTAIN HOUSE & AREA FAMILY RESOURCE NETWORK



Family  
Resource  
Network

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  Find us on Facebook	1 Condor Hall Active Play (Age 0—6) 10am—11:30am	2 Play & Learn (Age 0—6) 9:30am—11:30am  Lego for Littles (Age 0—6) 1:00pm—2:30pm	3 Leslieville Hall Active Play (Age 0—6) 10am—11:30am  Connect Parenting 6:00—7:30pm	4 Play & Learn (Age 0—6) 9:30am—11:30am  Little Drumming Kids (Age 0—6) 1:00pm—2:30pm	5
7 Play & Learn: Meal Plan Together (Age 0—6) 9:30am—11:30am  The Missing Ingredient The Lord's Food Bank 12:30—3:30pm	8 <b>Baby Play!</b> <b>**DROP-IN**</b> (Age 0—2) 9:30am—11:00am	9 Play & Learn (Age 0—6) 9:30am—11:30am  Krafty Kids (Age 2—6) 1:00pm—2:00pm	10 Play & Learn: 100th Day of 2025! (Age 0—6) 9:30am—11:30am  Connect Parenting 6:00—7:30pm	11 Play & Learn (Age 0—6) 9:30am—11:30am  Mercury Club Rocky Public Library 4—6pm	12
14 <b>Baby Play!</b> <b>**DROP-IN**</b> (Age 0—2) 9:30am—11:00am  The Missing Ingredient The Lord's Food Bank 12:30—3:30pm  Nerf Night (Age 7—11) Rocky Public Library 6:30pm—8:00pm		16 Play & Learn (Age 0—6) 9:30am—11:30am  Easter Cookie Decorating (Age 2—6) 1:00pm—2:30pm	17 Play & Learn: ASQ (Age 0—6) 9:30am—11:30am  Homeschool Cultural Group (Age 8—12) 1:00pm—2:30pm  Connect Parenting 6:00—7:30pm		19
	22 <b>Baby Play!</b> <b>**DROP-IN**</b> (Age 0—2) 9:30am—11:00am	23 Play & Learn (Age 0—6) 9:30am—11:30am  Mini Science (Age 2—6) 1:00pm—2:00pm	24  Play & Learn (Age 0—6) 2:00pm—4:00pm	25 Play & Learn: Meal Plan Together (Age 0—6) 9:30am—11:30am  Homeschool Cultural Group (Age 8—12) 1:00pm—2:30pm	26 Let's Play Saturday! (Age 0—6) 9:30am—12:30pm
28 <b>Baby Play!</b> <b>**DROP-IN**</b> (Age 0—2) 9:30am—11:00am  The Missing Ingredient The Lord's Food Bank 12:30—3:30pm	29 Condor Hall Active Play (Age 0—6) 10am—11:30am		<p><b>Please pre-register for all programming (except Baby Play &amp; The Missing Ingredient). Call/Text (403)845-6301 to register! 5340—59 Avenue</b></p>		



Family Resource Network

# Play & Learn: meal plan together



**April 7 & 25**  
**9:30am - 11:30am**  
Call/Text 403-845-6301 to register!

Kids Play & Adults Meal Plan

Family Resource Network

# Little Drumming Kids



Try our Djembe & Tubano drums!

**April 4**  
**1:00 - 2:30pm**  
Age 0 - 6

5340 - 59 Avenue  
(Lower Level, Back Entrance), RMH

Call/Text (403) 845-6301 to register!

Family Resource Network

# CONDOR HALL PLAY GROUP

**TUESDAYS,**  
**10AM - 11:30AM**

April 1      April 8  
April 15    April 22  
April 29

A drop in group for Ages 0 - 6  
Join us for coffee!



# The Missing Ingredient

Learn under a Red Seal Chef about healthy food choices and cooking on a budget!

Classroom and kitchen learning.

Enjoy a healthy meal together and bring home ingredients to make something at home!  
Space is limited!  
**(be on time to save your spot in the kitchen)**  
No registration needed, and drop in's welcome!

**Monday Workshop Dates:**  
February 10  
February 24  
March 3  
March 10  
March 17  
March 24  
March 31  
April 7  
April 14  
April 28

**Location: The Lord's Food Bank**  
**Time: 12:30 p.m. - 3:30 p.m.**  
**Check Out Our Monday Workshop Dates!**

Contact Us  
403-845-3276  
4832 49 Street  
www.rockyclc.ab.ca

ROCKY LEARNING CENTRE

FCSS  
Family Resource Network

Family Resource Network

presents

# NERF NIGHT

**April 14**  
**6:30 - 8:00pm**

Space Limited      Registration Required

**AGES 7 - 11**  
Rocky Public Library



**Call/Text (403)845-6301 to register!**