

February 1, 2023

Dear Wes Hosford Families,

Parents often ask me how they can help their child to be more successful in school. My answer is almost always, "Teach them to be problem solvers!" In a normal day at school students are faced with a multitude of problem-solving opportunities including math problems, finding a pencil, working out a conflict with a friend, or remembering to take home homework. Like anything, we have students with a variety of age-appropriate problem-solving levels; some are consistently able to solve problems they come across with little to no support from adults, some students need support often, and some students need support almost all the time.

Why is problem solving so important? Well, students who are able to problem solve tend to be less anxious, more confident, and more willing to take healthy risks, like learning something new or presenting their learning in a new way. This leads to success in life in general. Students who don't have problem solving skills may avoid or ignore the problem leading to, for example, incomplete schoolwork, struggles with friends, or arguments at home. On the other hand, some students might jump to an action without weighing the consequences or considering their choices, often leading to bigger or more problems.

But don't despair... the problem-solving centers of the brain can be built up or developed through practice. A very easy tip I can give you is: expect age-appropriate chores to be done. See the list of examples on the last page. Model using your own problem-solving plan, and go through the steps out loud, with them, so they see you being purposeful. For example:

- **Name the problem.** I don't know what to make for supper
- **Tic off 3-5 possible solutions on your fingers.** I could make spaghetti and meatballs, but we had that last week. I could make meatloaf and mashed potatoes but we only have three potatoes. I could order pizza, but we usually save that for the weekend.
- **List the pros and cons.** In the example, we already included the cons in step two, but you could do it separately, or more obviously.
- **Pick a solution.** I think I'll make meatloaf and we'll make do with the potatoes.
- **Act on it.** Let's make supper together! Will you peel the potatoes for me?

Sometimes, an additional step is to ask a trusted person for advice. Help them come up with solutions if necessary. And if the consequences of their choices aren't ideal, that's okay. Next time will be better. My final tip, don't be in a rush to "rescue" your child from a problem. Give them a bit of time to come up with a solution. If they still struggle, model the steps above with them, but give them a chance to come up with the solutions. It takes time, but the rewards are worth it!



Confident Kids Program

Confident Kids is an interactive program that helps students in grades 1-3 develop confidence and strong social-emotional skills through peer interactions in a safe and encouraging environment. The program runs from January to March.

Wednesday, January 25

5:30 p.m. to 6:30 p.m.

Strathcona County Family and Community Services, Second Floor

[Register](#)

Parent/Teacher Interviews!

Beginning on February 6, parents will be able to book an interview time with their child's teacher. If you do not have access to a computer or want to book an appointment with the Principal or Assistant Principal/Counselor, please contact the office and we will be happy to schedule an appointment for you.



Booking instructions will come in a separate email.

School Council and Fundraising Society

Thank you to our volunteer parents who ensure our students have lots to look forward to, like treat days, hot lunch, popcorn, dances, book fairs, readathons, and on and on! If you would like to help out, even in a small way, please contact Tawnia McQueen, our School Council Chair, at whfschoolcouncil@gmail.com and let her know your interests.

Please note we are currently on the look out for a new Treasurer and Chair for our Fundraising Society. If you are interested in these roles, please contact Colleen Seward, our Fundraising Society Chair, at whsfundraisingsociety@gmail.com. We will be voting for executive positions at the May meeting.

Casino Volunteers Needed!



Guess what's back? The Fundraising Casino! This is a win-win event, so consider volunteering for a shift on one of the casino days (May 1&2 in Camrose). We need to get a pool of volunteers together now so let us know if you can fit this fun and important event in your schedule. Email your Fundraising Society at whsfundraisingsociety@gmail.com to indicate your interest and Tenna-Violet Stott or one of our fundraising team will be in touch! Let's get the dice rolling! Tentative shifts from 3 pm to 12 am on one or both evenings.

Kindergarten Registration Opens February 1st!

Is your child turning five on or before Dec. 31, 2023? If so, it's almost time to register for [kindergarten](#).



Kindergarten registration opens for the 2023-24 school year on Feb. 1, 2023.

To help families prepare, Elk Island Public Schools has put together an online [EIPS Kindergarten Tool kit](#) to make the transition as smooth as possible. The kit includes

information on registration, important dates, programming options, what to expect, eligibility, how to find your designated school, transportation and more.

Returning Student Registration for 2023-24

Elk Island Public Schools' (EIPS) [returning student registration process](#) is now open. **All** current students, except Grade 12, must complete the online Returning Student Registration Form to confirm their enrolment in a school for the upcoming 2023-24 school year. Additionally, students who want to attend a non-designated school need to make that request through the returning student registration process—acceptance is based on available space. All current EIPS students are required to complete the form by Feb. 28, 2023.

Access to the Returning Student Registration Form is provided through the [PowerSchool Parent Portal](#). If you don't have a PowerSchool Parent Portal account, you need to set one up before Feb. 1, 2023.

[Create a PowerSchool Parent Portal account](#)

Upcoming Events and Important Dates

- **January 30:** professional learning day (schools closed to students)
- **February 1:** [kindergarten](#) and [grades 1-12](#) new student registration opens for 2023-24
- **February 1:** [returning student registration](#) opens for 2023-24
- **February 1:** Early dismissal
- **February 9-10:** North Central Teachers' Convention (schools closed to staff and students)
- **February 14:** Pink and White Day!
- **February 15 & 16:** Parent Teacher Interviews
- **February 17:** Random Acts of Kindness Day
- **February 20:** Family Day (schools closed to staff and students; Central Services closed)
- **February 28:** 2023-24 returning student registration closes

Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings