

Killarney School Newsletter

May 2019



Willy Wonka!



Congratulations to Mrs. Lovett and everyone involved in our spring musical this year – it was a huge success! The cast and crew worked so hard to put on a fantastic show! There was great support from the community! We have tremendously talented students in our school! Well done everyone – we are so proud of you!



UPCOMING Events

Immunizations

May 1 – Grades 6 & 9

Class Day Trip

May 2 – Wilderness Class

Scholastic Book Fair

May 7 - 10, 8:30 - 4:30,
School Library

Jump Rope for Heart

Kick Off Event

May 14, 12: 50pm South Gym

Class Overnight Trip

May 14 & 15, Wilderness Class

Music May Celebration

May 15, 11: 00am

Victoria Day

May 20 – No School

Class Overnight Trip

May 27 & 28, Wilderness Class

Early Dismissal

May 29, 2: 00pm

Kindergarten Pre- Screening

May 29 & 30

Final Band Concert

May 30, 7: 30pm, South Gym

FINAL BAND CONCERT

The Final Band Concert of the year will be on Thursday May 30th at 7: 30pm in the South Gym. Miss Lawson and the students have been working very hard and are looking forward to showing off! The concert will feature our Grades 6 to 12 bands as well as the KCI Alumni Band.



BOOK FAIR TIME!!!

We are welcoming you all to the Killarney School Book Fair!

We will be hosting the book fair from May 7th- 10th, 2019. Times will be from 8: 30am to 4: 30pm including over lunch hour.

We are looking for parent and student volunteers for set up, working the book fair and taking down the book fair! More details in the email sent out to parents! So check your inboxes! If you did not receive the email, please phone Mrs. McGill at the school!

Once again, there will be a draw that each child from Kindergarten to Grade 8 will be entered in for a chance to win \$25 in FREE books for their family and win \$25 in FREE books for their classroom. There will also be an option this year to donate books to your child's classroom or the school library using the Classroom Wish list. More details are in the email sent to all parents!



So come down and check out the book fair and support your child's school library! For every book purchased, money goes back to the school library to help purchase new books!

Mrs. McGill is continuing to shift books and furniture in the library!

Your friendly school librarian,
Mrs. McGill

FROM THE GYM

Reminders for High School Students:

Volunteer Hours (10 per PE credit) and Activity Hours (75 for each grade 11 or 12 credit) need to be completed by June 20th. Several volunteer opportunities are available. Check the sign-up sheets outside the South Gym.

All Health units (2 for grades 9 & 10 and 3 for grades 11 & 12) must be turned in by June 14th.

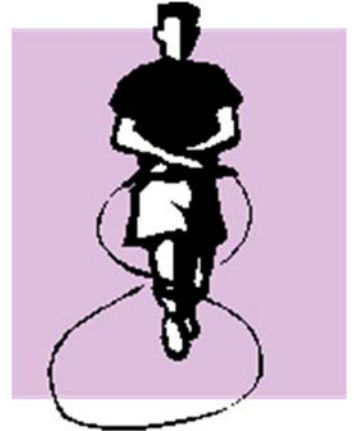


JUMP ROPE FOR HEART

Last year, approximately **250** kindergarten to grade **6** students at Killarney School participated in the Jump Rope for Heart. Together, we raised **\$7,720** for Heart & Stroke. Thank you for your support!

Supporting kids' health for more than **35** years, Heart & Stroke encourages kids to get active while they collect pledges for heart disease and stroke research. Jump Rope for Heart also educates students about the benefits of healthy eating, daily physical activity and giving back to their community. In addition to raising funds to support the organizations' mission, Jump activates our kids to embrace a lifetime of healthy living and social responsibility. Thanks again for your support and generosity!

Our kindergarten to grade **6** students will be participating in Jump Rope for Heart again this year. The kick-off event will be held in the South Gym on Tuesday May **14th**. At this event, we will have some special guests - The Stingers Jump Rope Demo Team from Betty Gibson School in Brandon will be here to show off their skills! This very talented team of athletes ranging from grade **1** to grade **7** keep a busy schedule of workshops and performances and we are so lucky to have them coming to Killarney! Watch for pledge sheets to come home with your child after this kick-off. The Jump event is scheduled for Wednesday June **5**, in the afternoon. Pledge forms and money will be due on that day.



RUNNING CLUB

Kindergarten to Grade **6** students are encouraged to join Running Club! Practices are Tuesdays and Thursdays at lunch recess. See Mrs. O for more info.

TRACK FIELD

Track & Field has started for Grade **5** to **12** students. Practices are Tuesdays and Thursdays from **3:20 - 4:45**. School and Divisional track meets will be held in June.

JUNIOR GOLF

Begins Friday May **3rd** at Killarney Lakeside Golf Course from **5:00-6:00** pm. Open to anyone age **6-13**. The best news is that it's free for anyone interested!

NEXT YEAR'S HIGH SCHOOL SCHEDULE

Which high school courses should I take and how will it affect my future? This is the question high school students and families are facing as they begin the process of establishing next year's schedule. The decision does require careful consideration but will not guarantee career success. Life has no specific entrance requirements. However, past experiences will shape the future. Research shows, most people stumble into opportunity or bounce around exploring different options before settling into a career. We also know more students are unsure of their future after graduation than decided. The key is balance. Leave as many options open to allow a wider variety of exploration. Encourage them to leave doors open, accept challenge and continue to dream because no one is certain what the future holds!

Rick Korman
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TOP SELLERS

(L-R): Devon Bonchuk-Richards, Ian Guenther, Abbi Baxter, Emerson Urquhart, Aryan Wall-Yousuf.

Devon and Ian achieved 1st place tie with 210 bars sold; 2nd place went to Abbi with 127; 3rd place went to Emerson with 120; Aryan came in 4th place with 111 bars sold.

Middle Years Chocolate Bar Fundraiser!!

Top Selling Class

Mr. Bartley's Grade 6 class sold a whopping 945 bars in total...wow!

They won a class ice cream party sponsored by the MYSC.

Ms. Grant's Grade 5 class placed 2nd with 891 bars sold and

Mrs. Millan's Grade 6/7 class came in third with 875 bars sold!!!



Total bars sold in 2019.....5,526!

(4,211 bars sold in 2018)...Thank you for your support!!

4

steps to help

KIDS COPE WITH BIG FEELINGS about failure

Big Life Journal

1 EXPLAIN WHY FEELINGS ARE USEFUL

- Explain that feelings, are part of our bodies. Just like our muscles, brain and heart, our **emotions work to keep us healthy and safe**.
- Tell that strong and powerful emotions, like anger, **trigger a warning system** in our bodies. Our brain thinks we are in a dangerous situation and our body reacts in lots of different ways--a fast heartbeat, a red face, or maybe a headache.



2 CREATE AN ACTION PLAN

- Tell kids that when they notice their rapid breathing, tense muscles, or upset stomach, it's a **cue to make choices** that take back control.
- When **kids are calm** (long car rides or bedtime work well) talk with them about the types of failures that trigger their strongest feelings: a poor grade on a spelling test, losing a soccer game at recess, or not understanding that homework question.



3 VALIDATE FEELINGS

- In their most difficult moments, kids need to know that **all feelings**--including ones about failing--are okay to have.
- **Ask questions** to better understand their frustrations, and communicate that you hear and accept exactly how they feel.
- Then ask, "What should we do to tackle this?"



4 CO-REGULATE

- Each child's capacity for managing feelings is different (and age-dependent). The prefrontal cortex, the area regulating emotions, **isn't even fully developed until early adulthood**.
- By responding to our child's frustrations with **warmth and support**, rather than reacting with our own high emotion, we can provide that experience.





Mon		Tue		Wed		Thu		Fri	
				1 Chicken Fingers & Fries Small \$4.50 Large \$5.50	2 Sloppy Joe \$4.50	3 Taco in a Bag \$5.00			
6 Chicken Burger \$4.50	7 Grilled Cheese \$4.00	8 Chicken Caesar Wrap \$5.00	9 Hot Pizza Sub \$4.00	10 Cheese Quesadilla \$4.00					
13 BBQ Meatball Sub \$4.50	14 Lasagna & Garlic Bread \$5.00	15 Pasta with Alfredo Sauce & Garlic Bread Small \$4.00 Large \$5.00	16 Chicken Fingers & Fries Small \$4.50 Large \$5.50	17 Taco in a Bag \$5.00					
20 Victoria Day	21 Cheese Quesadilla \$4.00	22 Sloppy Joe \$4.50	23 Chicken Caesar Wrap \$5.00	24 Chicken Burger \$4.50					
27 Grilled Cheese \$4.00	28 Taco in a Bag \$5.00	29 Chicken Fingers & Fries Small \$4.50 Large \$5.50	30 Hot Pizza Sub \$4.00	31 Lasagna & Garlic Bread \$5.00					