



Killarney School Newsletter

January 2019

2019–2020 Kindergarten Registration



January 14–25, 2019

Killarney School Office

For Children Born in 2014, must be 5 by December 31, 2019

Please bring a copy of the child's birth certificate or proof of age

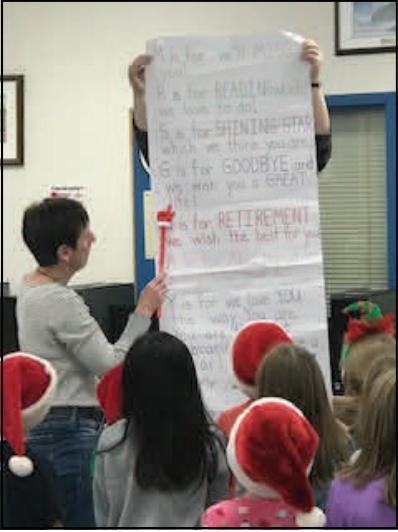
Important Dates

- 🕒 January 7 ~ First Day Back to Class
 - 🕒 January 8–11 ~ Grade 12 Provincial English Exam
 - 🕒 January 14–25 ~ Kindergarten Registration
 - 🕒 January 23 ~ Early Dismissal 2pm
 - 🕒 January 24 ~ Grade 12 Provincial Pre-Calculus Exam
 - 🕒 January 29–February 1 ~ Grade 9–12 Exams
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Mrs. Gray Farewell



Our treasured librarian, Mrs. Trudy Gray, retired in December after 33 1/2 years at Killarney School. Many of the classes visited Mrs. Gray on her last day to wish her well. We wish Mrs. Gray all the best in her retirement!



Don't Forget about The Trades!

Through my Career Development Network, I often have articles emailed that update career opportunities. As students send out university applications, attend post-secondary open houses, and begin looking for academic funding, I feel it is important to share with families an option for those who may be unsure about post-graduation plans. The information below is directly taken from some information I just received. It is a message I have echoed before.

SKILLED TRADES OVERLOOKED BY CANADIAN STUDENTS

“According to Statistics Canada, apprenticeship training programs play a key role in preparing Canadians for a career in the trades. And the majority of apprentices go on to get a permanent job, with benefits. But registration numbers for apprenticeship programs are dropping at a rate of almost 10% a year. And women are chronically underrepresented, accounting for only 14% of apprentices in 2014.

In 2015, people who completed an apprenticeship program had an average annual income of \$70,000, which is on par with Canada’s median income. Meanwhile, it’s estimated that there will be 2.6 million skilled job vacancies by 2021. A career in the trades is clearly a viable choice. But, it seems that apprenticeship programs aren’t as popular as university or college for post-secondary education. Why? Students and parents simply aren’t aware of all the options.”

If you require more information please do not hesitate to call or email me directly.

Rick Korman
TMSD Career Leader
rkorman@tmsd.mb.ca
(204)523-1545



Calling all singers in K-8!

Mrs. Campbell is putting together a choir to sing at Boissevain Festival (March 11/12, 2019).

Rehearsals are Thursday mornings @ 8:00 am in the music room, starting January 17.

If you are interested in joining, email Mrs. Campbell @ licampbell@tmsd.mb.ca before the first rehearsal.

French February!

Killarney School has an exciting month ahead of them in regards to the French language. Madame Jamault has planned two events with a strong French-curricular focus for the grade 4-8 students.

The first one will be held on February 7th at Killarney School. We have invited a famous French musician named Roland Bibeau! He is an entertaining, fun, interactive performer who strongly encourages the French language. The grade 4-8 students will have the pleasure to attend his concert and participate in his many amusing bilingual tunes. For more information on Roland Bibeau, please visit his website: <http://www.rolandbibeau.com/>



**The school would like to THANK the KPAC for their very generous sponsorship for this concert. Their contribution/funding is extremely appreciated by the staff and students at Killarney School! *MERCI!!* **



Madame Jamault has also planned a field trip for Mr. Bartley's and Mrs. Opperman's grade 6 classes to *Le Festival du Voyageur*. The students (*51 in total!*) will be heading to Winnipeg on February 21st, where they will participate in various workshops through the Great-West Life School Program. This program, through its many workshops and activities, offers the students a front row ticket to a

unique and customized learning experience that revolves around the historic character of the voyageur and their day-to-day life. Activities are open to all school levels and are offered in French and English.



Fun GOAL-SETTING ACTIVITIES for families

by Big Life Journal

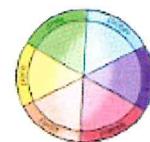
1 MAKE A FAMILY BUCKET LIST

- Gather your family together, grab a piece of paper and some markers.
- Brainstorm a list of accomplishments, experiences, or achievement goals.
- At the end of the year, you can look back over all of the things your family has accomplished!
- Encourage teens to use online tools such as Trello and Evernote to help create the family bucket list or to make one for themselves.



2 DRAW A WHEEL OF FORTUNE

- Draw a wheel divided into segments, much like what you would do with a pizza.
- On each segment, write important categories in life: Family, Friends, School, etc.
- For each category, each participant will write out goals they would like to accomplish in a set period of time.
- Color and decorate the wheel, then hang it somewhere prominent.



3 CREATE A VISION BOARD

- Take some old magazines and cut out pictures that represent your hopes and dreams.
- Paste these pictures onto a piece of poster board and decorate with colors, glitter, stickers, etc.
- Ask your child what different pictures represent and how she plans to achieve her dreams.



4 PLAY 3 STARS AND A WISH

- First, come up with 3 "Stars," or things you do well. This can be anything from running fast to comforting friends when they're feeling sad.
- Next, discuss together HOW you became so good at these "Stars."
- Next, come up with a "Wish." The "Wish" is something you need to work on (a goal).



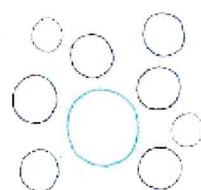
5 ASK FUN QUESTIONS

- Ask, "What would you do if you won the lottery? If you had a superpower, how would you use it?"
- Discuss that they can take their fate into their own hands by making a plan to achieve their hopes, goals, and dreams.



6 INTEREST MAPS

- Older kids can learn a lot about themselves by paying attention to their interests.
- Do they like art or science or writing or sports? Write down all their favorite interests.
- See if they can find patterns in the things they enjoy doing.
- Once they see their interests mapped out, they can create goals.



7 GOAL LADDERS

- Using a stair-step visual for goal-setting, older kids can break down their goals into doable steps. Follow this simple method:

- a. Write down your **DREAM** at the top of the staircase.
- b. Write down your **FIRST GOAL** at the very bottom of the staircase and the first action towards that goal.
- c. Create your **SECOND GOAL** and the first action towards it.
- d. Create your **THIRD GOAL** and the first actions towards it.
- e. Continue "**CLIMBING**" the stairs. Add dates, drawings, anything that helps motivate you.



8

ESSENTIAL TIPS TO HELP YOUR TEEN set effective GOALS

by Big Life Journal

1 MAKE SURE IT'S THEIR GOAL NOT YOURS

- Teens can easily reject any attempt to be controlled.
- Allow your teen to set the goal and don't manipulate them into fulfilling your goals for them.



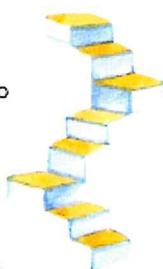
2 PARTNER WITH THEM AND SUPPORT THEIR INTERESTS

- If what your teen wants to do is safe and reasonable, you have an opportunity to show interest in their passion and partner with them.



3 INTRODUCE GOAL SETTING AS A TOOL TO SUPPORT THEIR DREAMS

- It's better NOT to force teens to do goal setting or introduce it as a "should" or "must."
- For example, an effective invitation to goal setting could be, "Sounds like you're interested in improving your Spanish so you can get selected for the school trip to Spain this summer. What a great idea. Would you like me to support you in creating a plan?"



4 KNOW WHEN CONVERSATION ABOUT GOAL SETTING IS APPROPRIATE

- If a teen is complaining about a task, like having to complete homework, don't initially try a conversation about goal setting.
- It's more effective to skillfully address their complaint first.



5 DEMONSTRATE THEY'RE IN CONTROL

- What if your teen is complaining about a situation they see as outside of their control, like a bad grade? This is a great opportunity to partner with your teen by empathizing, "Sounds like you're frustrated with your score in math."
- Then, point out how they have accomplished other goals on their own.
- Finally, name what your teen specifically did in order to accomplish this goal. This is important in building your teen's awareness of how effective they already are.



6 HELP TEEN REVISE GOALS TO BE SPECIFIC AND MEASUREABLE

- Sometimes a goal involves someone else's decision. For example, "I want to make the track team" may ultimately depend on a coach's decision.
- Instead, help your teen identify the qualities and skills it would take for them to get onto the team.



7 EXPLAIN IT'S ABOUT THE JOURNEY NOT THE DESTINATION

- We don't want to teach our teens they can't be happy or satisfied NOW, and that they'll only be happy once they reach their goal.
- Explain to your teen they can be satisfied in all aspects of the goal-setting process. It is the process that can ultimately build a growth mindset.



8 HELP THEM SEE A DEEPER VALUE AND BENEFIT TO THEIR GOAL

- Goals are more likely to be achieved if one considers the "why" or purpose behind the goal.
- If we say to teens, "Clearly that's important to you. Tell me more about it," teens are more likely to open up.
- You can validate your teen's initial reason while helping them see a deeper value and a benefit to their goal.



JANUARY CAFETERIA SPECIALS

MON	TUE	WED	THU	FRI
7 DAY 2 <i>PASTA WITH ALFREDO SAUCE</i> <i>SMALL—\$4 LARGE \$5</i>	8 DAY 3 <i>TACO IN A BAG</i> <i>\$5</i>	9 DAY 4 <i>CHICKEN FINGERS & FRIES</i> <i>SMALL \$4.50 LARGE \$5.50</i>	10 DAY 1 <i>HOT PIZZA SUB</i> <i>\$4.50</i>	11 DAY 2 <i>BEEF & CORN BAKE</i> <i>\$4.50</i>
14 DAY 3 <i>CHICKEN BURGER</i> <i>\$4.50</i>	15 DAY 4 <i>BBQ MEATBALL SUB</i> <i>\$4.50</i>	16 DAY 1 <i>CHICKEN CAESAR WRAP</i> <i>\$5</i>	17 DAY 2 <i>CHEESE QUESADILLA</i> <i>\$4.50</i>	18 DAY 3 <i>LASAGNA WITH GARLIC BREAD</i> <i>\$5</i>
21 DAY 4 <i>GRILLED CHEESE</i> <i>\$4</i>	22 DAY 1 <i>HOT PIZZA SUB</i> <i>\$4.50</i>	23 DAY 2 <i>TACO IN A BAG</i> <i>\$5</i>	24 DAY 3 <i>CHICKEN FINGERS & FRIES</i> <i>SMALL \$4.50 LARGE \$5.50</i>	25 DAY 4 <i>PHILLY CHEESE STEAK</i> <i>\$4.50</i>
28 DAY 1 <i>CHEESE QUESADILLA</i> <i>\$4</i>	29 DAY 2 <i>CHICKEN BURGER</i> <i>\$4.50</i>	30 DAY 3 <i>SLOPPY JOE</i> <i>\$4.50</i>	31 DAY 4 <i>BBQ MEATBALL SUB</i> <i>\$4.50</i>	1 DAY 1 <i>CHEESEBURGER</i> <i>\$4.50</i>