



École Racette School

March 2024

DATES TO REMEMBER

- PLC Day - March 1
- SPAA Basketball - March 1-2
- Parent Advisory Meeting - March 6
- Locker Clean up - March 7 & March 20
- Gr. 9 Retreat - March 6
- Gr. 9 Blanket Exercise—March 11
- Gr. 9 Ski Trip - March 12/13
- Last day of CTS Term 2 - March 19
- Report Cards - March 19
- Reconciliation - March 20
- Parent/Teacher Interviews - March 20

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Student Registration Fees are now due. These fees are payable through School Cash Online, or by cheque/cash/debit/credit at the main office.

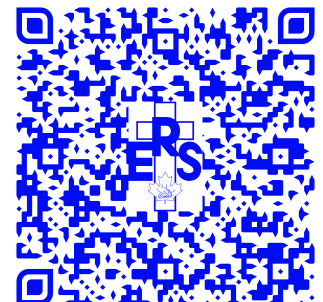
New to [School Cash Online](#)? Click the link to register!

Racette School Public Calendar

We have put together a public calendar for students and families to stay up to date with the school activities.

- You can view the [Calendar here](#)

- You can add it to your device's calendar by [clicking here](#) or by scanning the Code —>



REPORT CARD DATES
FOR 2023/2024

- **Tuesday, March 19, 2024**
- **Final report cards will be ready at the end of June 2024**

Parents, please encourage your child to use the lock on their lockers. Several students are leaving them unlocked and we are concerned about valuables that could go missing.

For Parents and Visitors

Reminder: All school doors, except the main (South) entrance, are locked.

ALL PARENTS AND VISITORS are to use the Main Street doors and report to the office to advise of your reason for being in the school.

We ask that you do not proceed to your child's class.

****NOTE**** Racette School has video recording in effect.



Parent Advisory Committee

Guided by our Catholic Community, Ecole Racette School fosters the attitudes, skills, and values that develop the potential of each individual.

Ecole Racette School Parent Advisory Committee's goal is to support the mission of the school. The committee will undertake discussions and activities that enhance student learning and foster the well-being and effectiveness of our school community.

The committee meets once a month at the school and all parents are invited to attend.

The next meeting has been postponed to Wednesday, March 6th @ 7:00pm

For more information, please view the Racette website or click on the link below to see the minutes and activities.

[Parent Advisory 2023-2024](#)

Managing stress through breathing

Deep breathing is an excellent way to help manage stress.

When we breathe deeply, into our stomachs, it sends a signal to our brains and bodies to calm down and relax.

When we pay attention to our breath it can help improve how we behave and how we feel.

Practice makes perfect

When we pay attention to our breath, it can help improve how we behave and how we feel.

With practice we can learn to purposefully slow down our breath until we feel less stressed and more confident.

Try a few different exercises and see which one you like best!

Breathing exercise to try with your child

Triangle Breathing - Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.

Breathing exercise to try with your child

Color Breathing - Breathe in and imagine a calm, happy, positive color. Breathe out and imagine a color that represents stress, anxiety, etc. leaving your body.

Darth Vader Breathing - Pretend you have a straw in your mouth, suck in through the straw and breathe in. Breathe out like Darth Vader.

MORE RESOURCES

[Stress Management: Breathing Exercises for Relaxation \(alberta.ca\)](https://www.alberta.ca/stress-management-breathing-exercises-for-relaxation.aspx)

[Breathing Exercises To Reduce Stress - Headspace](https://www.headspace.com/meditation/breathing-exercises-to-reduce-stress)

[Deep Breathing Exercises for Kids — Coping Skills for Kids](https://www.coping-skills-for-kids.com/deep-breathing-exercises-for-kids)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Gotcha - Good Conscience

These students were “caught” doing something good for someone else! Their names will go into a draw to receive a cafeteria gift card!

- Hailey Hnatiw
- Maybelline Labrie
- Talia Malcolmson
- Leah Pashko
- Blake Pawlyk
- Nate Reszel
- Abbey Robinson
- Charlee Schoneck
- Masynn Smyl



Raider Thursdays

Every Thursday, we encourage students and staff to show their school pride by wearing “Racette gear” or the color blue. School gear can be purchased online at racetteschool.entripyshops.com



Parent Session on Vaping

Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about what vaping is, current vaping trends among youth and the harms and risks associated with it. We'll explore what legislation is in place at the local and provincial level to combat youth vaping use and what you and your child's school can do about it. Ideas on how to talk to kids and help them quit, as well as where to go for more information will also be covered. Have your voice be heard and your questions answered by an expert in the field.

The image is a composite illustration. On the left, there's a school building with a playground area featuring a swing set, a bicycle rack, and a tree. On the right, a classroom scene shows a teacher and a student. The teacher is standing and pointing at a whiteboard that says "What does health and wellness mean to you?". A student is sitting at a desk, writing. A clock on the wall shows approximately 1:50.

Vaping: What Parents Need to Know

March 6th 2024
7-8:30pm

Join AHS for a free **virtual** learning opportunity for parents on the youth vaping epidemic. Learn about the harms and risks and get ideas on how to help kids quit. Learn about vaping prevention and reduction in your child's school and community and where to go for more information.

[Register here:](#)



 Alberta Health
Services

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TOGETHER.CA

Racette Curling

The Junior High Mixed SPAA Championship was held Jan. 30 through Feb. 1st. Five teams participated in the event, including: Racette, Myrnam, EDS, Two Hills and Myrnam. Racette won the banner vs. EDS.

The boys and girls categories played off on Feb. 7th and 8th. We joined the High school SPAA curling playoff dates in order to present all teams with a more competitive curling experience.

The boys only had 2 teams participate. FG Miller was victorious over Racette. On the girls side, 5 teams participated. They included: Glen Avon, Racette, Mallaig, Two Hills and FG Miller. Racette beat FG Miller in the finals to bring home the Gold medal.

All teams displayed excellent sportsmanship.

Our Lost & Found is full of expensive, reusable water bottles.

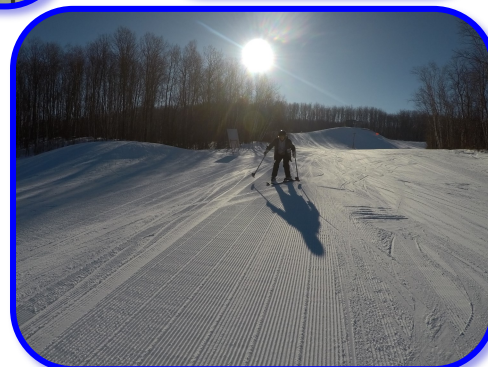
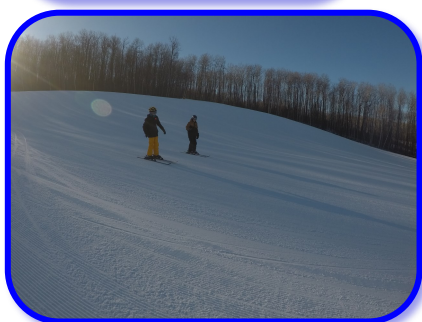
Unfortunately, if they are not claimed by the end of the month, they must be thrown away or donated.

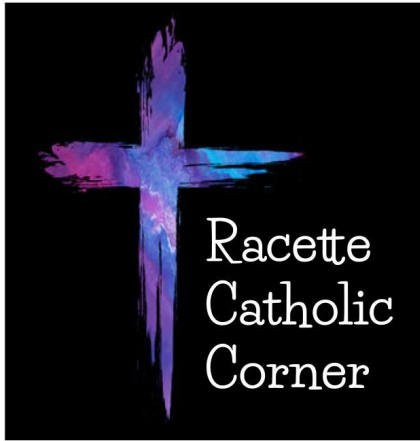
Parents, please mark your child's name on the personal items they bring to school. Also, have them check the Lost & Found basket in the office if they are missing anything.



Gr. 8 Kinosoo Ski Trip

The students had a great day on the hill. The chill in the morning air dissipated and the warm afternoon sun made for a wonderful day of skiing and snowboarding.





What is a Catholic school?

A Catholic school is like any other school in that it focuses on student learning, but it does so with a unique perspective. With the Catholic faith at its core, a Catholic school strives to support the formation of the whole child: body, mind & spirit.

The Five Marks of a Catholic School were created to help guide the practice of a Catholic school. They become a school's identity. Over five months, we will look at each mark more closely.

5 Marks of a Catholic School

1 Created in the Image of God

2 Catholic Worldview

3 Faith Permeation

4 Witness

5 Community

- A Catholic school fosters relationship by:
 - recognizing that God can be found in each other.
 - promoting reconciliation.
 - developing priorities and protocols to address the needs of the marginalized.
 - honor parents & guardians as primary partners in education.



A Note From Mrs. Belland

Welcome to March! Hopefully, spring weather will be right around the corner. Here are some things I have been and will be talking about.

1. **Kindness: Pink Shirt Day** was on February 28th, so I have been talking to **all of the classes** about the importance of kindness, and that, even though it is not always easy, it is always something to strive for.
2. **Grade 6:** I have visited the grade 6 health classes to talk about how to make an **effective apology**.
3. **Grade 7:** We talked about how **emotions** cause energy to move around the body as well as learning some strategies to **complete the stress cycle**. In SST in March, we will be learning more about managing **stress**.
4. **Grade 8:** We are talking about the importance of busting myths and breaking **stigma** around mental illness and mental health. In SST, we have started **Mindful Schools** by learning to pay attention to what we are paying attention to.
5. **Grade 9:** With this semester's **Leadership** class, we talked about how **Words Matter** and it is important to choose carefully before you speak. The **9-3's** have also been learning about **Stigma** in health class. In SST, we did three lessons on **Heartmath** techniques to manage their emotional energy.

For more info:

<https://www.facebook.com/TWBMHCBSt.Paul>



Together We're Better



“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.”

Matthew 6:16-18

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
								1 		
DAY 1 4 CHICKEN BACON CHEESEBURGER W/ FRIES	DAY 2 5 MEATBALLS W/ MASHED POTATOES, GRAVY, & HOT VEGETABLES	DAY 3 6 BLT CHICKEN SALAD	DAY 4 7 BEEF BURRITO WRAP	GR. 9 RETREAT		DAY 5 8 CHICKEN CAESAR WRAP				
DAY 6 11 CHICKEN STRIPS W/ DIP & FRIES	DAY 1 12 SOFT TACOS	DAY 2 13 PIZZA SUB W/ CAESAR SALAD	DAY 3 14 BURGER SPECIAL W/ FRIES	DAY 4 15 PULLED PORK SANDWICH W/ COLESLAW						
DAY 5 18 BACON MACARONI & CHEESE	DAY 6 19 BELGIAN WAFFLES W/ STRAWBERRIES & WHIPPED CREAM	DAY 1 20 PEROGIES	DAY 2 21 CHICKEN ON A CLOUD	DAY 3 22 TACO SALAD						
LAST DAY OF CTS TERM 2		25 		26 		27 		28 		29 GOOD FRIDAY

Contact Us!

Principal - Andrea Austin: austandr@sperd.ca

Assistant Principal - Corinne Pashko: pashcori@sperd.ca

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Fax: 780-645-2496

Cell (For Texting Only) - 780-547-9900

STAY UP-TO-DATE WITH INFORMATION:

Racette

Website: www.racetteschool.ca

Facebook

St. Paul Education Regional Division:

Website: www.stpauleducation.ab.ca

Facebook



St. Paul Education

Learning Together, Growing Together

[Updates from the District](#)

[The February Board Highlights](#)

Student Success at Racette Junior High School

One of our main priorities at Racette School is to ensure student success. Individual teachers are the main facilitators for students in their learning, however, sometimes additional support may be required. Every day there is a 25-minute period just before lunch. It is referred to as SST (Student Support Team). During this scheduled period, students will be able to do AR reading, get caught up on missing assignments, study, or re-do assessments.