

THE INFERNO

GREYSTONE CENTENNIAL MIDDLE SCHOOL

SYNERGY,
CREATIVITY,
Citizenship



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PRINCIPAL'S MESSAGE

by Mr. Anil Padayas

With only a few more weeks before the snow flies, I encourage parents to have their children dress appropriately for the crisp weather.

Our volleyball and cross country running season will be wrapping up fairly soon, I hope everyone to can come and support our kids. Our staff is working hard to establish routines with their respective classes, giving students opportunities to thrive in their learning.

Collaborative Teaching Partners continue to work with teachers and education assistants in supporting Literacy, Numeracy, and social emotional needs of our children.

I am very appreciative of our Greystone School Council and FOGS working as volunteers to fund raise and support our school and community. Additional volunteers are always welcome as part of School Council or supporting Greystone School.

Remembrance Day (Armistice Day) will arrive soon and I would like to invite our parent and community to join Greystone Centennial Middle School in the morning of Friday November 8 to acknowledge and observe "remembrance for the men and women who have served, and continue to serve our country during the times of war, conflict and peace".



Lest we forget

REMEMBRANCE DAY

History of the Poppy



"Each November, Poppies bloom on the lapels and collars of millions of Canadians. The significance of the Poppy can be traced back to the Napoleonic Wars in the 19th century, over 110 years before being adopted in Canada. Records from that time indicate how thick poppies grew over the graves of soldiers in the area of Flanders, France..."

The person who first introduced the Poppy to Canada and the Commonwealth was Lieutenant-Colonel John McCrae of Guelph, Ontario, a Canadian Medical Officer during the First World War. John McCrae penned the Poem "In Flanders Fields" on a scrap of paper in May, 1915 on the day following the death of a fellow soldier. Little did he know then that those 13 lines would become enshrined in the hearts and minds of all who would wear them...

Today, the Poppy is worn each year during the Remembrance period to honour Canada's Fallen... Thanks to the millions of Canadians who wear the Legion's lapel Poppy each November, the little red flower has never died, and the memories of those who fell in battle remain strong."

Join us on the morning of Nov. 8 for our Remembrance Day Ceremony.

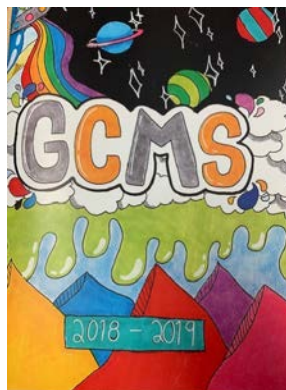
For more information on Remembrance Day and the Royal Canadian Legion, please visit <https://www.legion.ca/remembrance>

Retrieved from: <https://www.legion.ca/remembrance/the-poppy/history-of-the-poppy>

GCMS YEARBOOK

Our 2018-2019 GCMS Yearbooks have arrived! Students who ordered their yearbooks last year will be able to take them home this week. Forget to order? There are a few extra copies, just bring in \$25.00 to the front office.

A special thank you to Mrs. Solomon, the Yearbook option and all of the volunteers who worked so hard to put this book of memories together.



WE CARE

Our GCMS We Care team is passionate about supporting great causes in our school, our community and our world.



Watch for new events coming soon to Greystone, courtesy of the student power of We Care. In November, the We Care team will be spreading awareness of global human rights through the "WE are silent" campaign. Please visit WE.org/wearesilent for more information.

Another important upcoming community event is collection for the Kinsmen Christmas hampers. Stay tuned for more details!



GCMS REMINDERS AND UPDATES



VISITORS AND GUESTS:

All visitors to Greystone are asked to check in at the office, and sign in if necessary.

SIGNING OUT YOUR CHILD

If you are picking up your child early, please come into the office to sign out your child. You may be asked to show identification.

CONTACTING YOUR CHILD

Just a reminder, that if you would like to get in touch with your child please feel free to contact the school office and we will happily pass the message on to them.

We are trying to minimize distractions to the learning environment from personal devices. As such it is expected that **cell phones and other personal devices will remain in lockers during instructional time.**

Homeroom begins at 9:00am and the final bell rings at 3:45pm. Student break times are from 11:05-11:20 and 12:45-1:35.

REPORT A STUDENT ABSENCE

Regular and punctual attendance is important for academic and social success in school. We have an absence alert system in operation at Greystone Centennial Middle School. Parents are asked to notify the school office whenever their child will be absent from or arriving late to school.

Should your child be unable to attend school, please call 780-962-0357 or email greystone.absence@psd70.ab.ca to report the absence or late arrival. If your child is absent and you have not contacted the school, the school will call you after 9:30am (or 2:00pm if the child is only absent in the afternoon). Thank you for using our absence reporting system, as it speeds up our safe arrival program and helps us ensure the safety of all our students.

Thank you also for making arrangements to allow for sick students to recover comfortably at home.

POWERSCHOOL PARENT PORTAL

PowerSchool is the best way to keep track of your child's attendance, pay school fees, print off receipts and view report cards.

Forms can be read and acknowledged if PowerSchool including the Locker License Agreement, PSD 70 Acceptable Use of Technology, CASL and FOIP.

To pay your child's school fees, please use the online payment system on PowerSchool.

visit www.psd70.ab.ca or greystone.psd70.ab.ca for more information.

"Like" us on Facebook

Greystone School: <https://www.facebook.com/GCMSGCMS>

Greystone Athletics: <https://www.facebook.com/GreystoneAthletics/>

DRESS FOR THE WEATHER!

As we move into fall and the leaves continue to change colours and days get cooler students will need to be dressed appropriately in order to safely enjoy outdoor activities such as nutrition breaks, lunch breaks and physical education classes as some of them take place outdoors. A warm coat, mits and a hat are musts to keep in the backpack at this time of year.



Please help your child make sensible choices when it comes to what they wear to school each day, keeping in mind that the weather may change throughout the day, and ensure that they have the appropriate outdoor clothing when needed.

As the weather gets wet and muddy it is increasingly important that students have a pair of indoor shoes to help keep the school floors dry, clean and safe. All students are expected to have a clean pair of indoor shoes for use in the gym.

If you are missing a jacket or sweatshirt, ask your child to check the **lost and found**. They are quite full already. Feel free to come in at the end of the day and check it yourself as well. Lost and found bin items will be out during interviews, and unclaimed items are donated.

SCHOOL COUNCIL

Our GMCS School Council meets once a month from approximately 6:30-7:30pm. All parents are welcome to join us to learn more about the school. School Council provides the Greystone Administration Team with parent and community perspectives, enabling decision making that meets the needs of home and school.

We are currently looking for someone to hold the executive position of Vice-Chairperson. It is a great opportunity to work with a wonderful team.

For more information, please contact the School Council Chair Christina Welch at greystonescchair@psd70.ab.ca or visit our website for more details.



FRIENDS OF GREYSTONE SOCIETY

GCMS has a very active parent volunteer fundraising society - the Friends of Greystone Society (FOGS). The main function of our FOGS is to fundraise for items needed to enhance the quality of our school community. Recent projects have included the digital outdoor school sign, PE equipment and new microscopes.

They also have volunteers who organize the hot lunch programs and other activities for GCMS. They are currently looking for volunteers for concessions that operate during tournaments, one is coming up on October 25th. They could also use some extra hands during our special lunch events.

For more information or to volunteer, please contact the FOGS chair Jodi Fobes at fogsfriendsofgreystonesociety@gmail.com Please join the FOGS Remind Group @FOGS2018 to keep up with all FOGS news and updates.

FRIENDS OF GREYSTONE SOCIETY (FOGS)

Did you miss the first pizza by the slice day, do you know when the next ice cream day is or want to know when the next council meeting is? Sign up for FOGS remind to help keep you on track. To sign up simply text 289-814-2229 with the message @fogs5, @fogs6, @fogs7, @fogs8 or @fogs9 depending on your child's grade.

Alternatively, go to the remind App and enter the corresponding grade code ie) @fogs5. To avoid multiple messages, only sign up for one grade.

Hot lunch is up and running thank you to our wonderful volunteer that stepped up to do this. You should have gotten a sheet home with your child on how to order. If you didn't, simply go to thelunchlady.ca, create an account and order. Any questions regarding this can be directed directly to The Lunch Lady.

These lunches and programs are all run by volunteers and couldn't happen without them. We are still looking for people to help with Ice Cream Days, Concessions and various other small tasks. These are not huge commitments by any means. Think of how you will benefit your child's school and it is a great opportunity to be involved. For more information please email fogsfriendsofgreystonesociety@gmail.com or message on remind. Thank you to everyone who has helped out.

The Sr. Volleyball tournament is another fun way to help out at the school. The afternoon of October 25th and the day of the 26th we will be having a canteen at the school. If you have an hour or two and you'd like to help out, and catch a game or two just let us know and we'll schedule you in! Go Inferno!

Coming up the Spookapaloza! We are looking for some volunteers for the afternoon of October 31st. We will be manning a canteen and watching the fun as the students get to dance, play games and hang out in the Halloween Spirit. If you are interested in helping out for an hour or two please let us know!

Look for more ways to get involved with us and for upcoming events look for us here on the newsletter or on our facebook page.

If you have any ideas we'd love to hear them as well, come to our next meeting November 19th at 6:30pm at the school.

Feel free to email us anytime at fogsfriendsofgreystonesociety@gmail.com



GCMS INFERNO NOTES



GCMS CHOIR

The Greystone choir has their first performance on Nov. 1 at Roger's Place where they will be singing O Canada, The Hockey Song and the Zamboni Song on the ice. Tickets are \$18.00 Forms and fees for this performance are due by October 25th. The Grade 5 & 6 choir will also be performing on November 8th at our Remembrance Day Ceremony. If you would like more info on any of our music programs please email Mrs. Putt at gputt@psd70.ab.ca

INFERNO VOLLEYBALL

Inferno Volleyball is in full swing at GCMS, with Sr. Boys & Girls, Jr. A Boys & Girls, and Jr. B Boys & Girls teams. Thank you to our dedicated staff coaches, volunteer coaches, students and parents! Be sure to watch the Greystone Athletics FB page to keep up to date on practices, games and tournaments, or any changes that might come up.

We have a Jr. A Tournament the weekend of October 18-20, and a Sr. tournament on October 25 and 26. Come out and cheer on our teams! Go Inferno!!

LUNCH ROUTINE

Students eat lunch with other students from their LC from 12:45 to 1:05 pm. After the assigned eating time students are given an opportunity for recreation. All students in Grades 5-8 are expected to remain on the school grounds, within boundaries, during recess time.

The gym is also open at lunch for students in Grades 7-9. At morning nutrition break the gym is open for students in Grades 5 & 6. The library is open each day at both breaks. The morning break is for students in any grade for reading or quiet work. At lunch break the library is available for students in a particular grade each day.

Students with the signed permission letter to go home for lunch must sign out and back in with the school office. Students arriving after the bell must report to the office for a late slip before going to class.

GREYSTONE HOT LUNCH

The GCMS hot lunch program is going to be operated through "The Lunch Lady". This program gives a wide variety of choices for our students each week, including healthy choices, larger portions and smaller servings. Order today at <https://order.lunchlady.ca>

Greystone Website:
<http://greystone.psd70.ab.ca>



GCMS LIBRARY LEARNING COMMONS

It has been an exciting month in the Learning Commons. Our students participated in Break-Out EDU boxes during their library blocks. This activity encouraged creative and critical thinking as well as team work. Many teams managed to "break out" together as they explored the Library Learning Commons!

The library is open at break times for quiet work and reading. At nutrition break it is open for all students, and at lunch recess it is available to certain grade levels each day. This is a great space to come and read or catch up on homework or assignments. It is a tech-free zone at breaks.



Support our Library Learning Commons and a love of reading by participating in the Scholastic Book Clubs. Each month there are different specials on a variety of books. This month, forms are due on **Oct. 24th**. You can return the order forms, or order online at <https://canadaclubs.scholastic.ca/en/why-reading-club-account>



INFERNO SPIRIT WEAR

Show your Greystone Centennial Middle School Inferno pride in custom Inferno Spirit Wear.

Shop the online apparel store for a wide selection of clothing, sportswear, gear, merchandise and accessories. You can shop, order and pay online. Orders are then shipped directly to your home.

Order today at

<https://urstore.ca/greystone-centennial-school>



UPCOMING EVENTS



SPOOKAPALOOZA

Thursday, October 31, 2019

On the afternoon of Halloween Day the Greystone tradition of "Spookapalooza" will take place.

There will be a dance in the gymnasium as well as other activities including making a halloween treat, an art activity, and board games. There will also be a movie room and the canteen will be open as well.

Students will be asked to "pick and stick" in their activities. There will be the opportunity for students to switch activities half-way through the afternoon.

All activities will take place at the end of the school by the music room and green pod. Other pod areas and classrooms will be closed off to students.

Students are welcome to wear their costumes in the afternoon. Costumes should be appropriate for a school setting (no offensive logos, slogans etc.) and we would ask that no one brings any weapons (even fake ones) as part of their costume. Additionally, all masks need to be removable.

GCMS STUDENT VOTE

Wednesday, October 16, 2019



Student Vote is an authentic learning program that provides students with the opportunity to experience the voting process firsthand and practice the habits of active and informed citizenship. For more information, please visit <https://studentvote.ca/canada/>

F.O.G.S. ICE CREAM SALE

Thursday, October 17, 2019

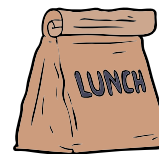
Ice cream will be available for sale in the pods for \$1.00 a scoop while supplies last.



HOT LUNCH – <http://thelunchlady.ca>

Friday October 18, 2019

Check out our new hot lunch menu, courtesy of the Lunch Lady this Friday, and most other Fridays this year.



WE DAY

Tuesday, October 22, 2019

Members of our We Care Team will be participating in WE Day Edmonton, held at Rogers Place. . This powerful event series brings together world-renowned speakers, award-winning performers, millions of young people and educators to celebrate and inspire another year of incredible change. Visit www.we.org

LIFETOUCH PICTURE RETAKE DAY

Friday, October 25, 2019

Retakes will be taken in the morning. Get ready to "Say Cheese"!

REMEMBRANCE DAY Ceremony

Friday, November 8, 2019

Please join us in the morning for our Remembrance Day Ceremony at GCMS.

REMEMBRANCE DAY

Monday, November 11, 2019

FALL BREAK

November 12 – November 15, 2019



Greystone Online Calendar:

<https://greystone.psd70.ab.ca/Events.php>

RAINBOWS/SPECTRUM PROGRAM



Dear Parents and Families,

Have you heard of RAINBOWS/SPECTRUMS? Perhaps someone close to you has benefitted from this wonderful support program when their family experienced divorce/separation/grief/loss. They may have told you their kids have been helped a great deal by participation. Although RAINBOWS/SPECTRUMS is not counselling, it is very therapeutic for children and youth to share their feelings in a caring, confidential environment, with others of a similar age, in similar situations.

The concept is simple yet very effective; sharing grief helps children hear and cope better with the inevitable changes that accompany death, separation or divorce. Through fun games, activities and discussion, RAINBOWS/SPECTRUMS can help children understand and accept the changes they are experiencing, and learn communication, problem-solving and positive coping strategies to make their lives better. Kids are resilient, but only if they get help.

RAINBOWS is offered at Greystone School in 45 minute, weekly sessions over 13 weeks during the lunch hour for our grade 5,6 & 7 students. Our sessions will run from November through February with the last class being a celebration of all their hard work. SPECTRUMS (for grades 8 & 9) will run similar to the Rainbows program. Parent permission is required. If you would like your son/daughter to be involved in this program, or if you would like more information or have questions, please do not hesitate to call/email me.

Sincerely,

Janie Scheidl

M.Ed, PMCC

Collaborative Teaching Partner

Greystone Centennial Middle School
jscheidl@psd70.ab.ca
780-962-0357



<https://www.rainbows.ca>



COMMUNITY RESOURCES

ADHD⁺⁺ Attention Deficit Hyperactivity Disorder

Go Away Anxiety!- Saturday, Nov 23, 2019, 9:30am—12:30pm

Presenter: Kim Silverthorn, B.A., R.P.C., M.P.C.C.

Tacit Knowledge Counseling and Mental Health Training

- This session will provide participants with a wide variety of hands-on activities and tools to help individuals of all ages cope with the negative and often debilitating feelings that accompany issues of trauma, anxiety and depression. This session is quick paced and experiential- participants will have the opportunity to try many of the strategies being shared in this workshop format.

ADHD 101: Myths and Realities - Wednesday, January 15, 2020, 6 pm

Presenter: Chantal Jackson, Registered Psychologist, Elements Health

- Discussion to bust myths about ADHD. Inform caregivers and the general public in order to increase compassion for the amazing humans living with ADHD, and to streamline interventions.

ADHD: Strictly Strategies - Wed, February 19, 2020, 6 pm

Presenter: Chantal Jackson, Registered Psychologist, Elements Health

- Useable strategies for home, school and other environments.
- Strategies for further developing the brain.
- **Therapyware will be on hand with products available for purchase.**

ADHD, Now What? - Saturday, March 7, 2020, 9:30am

Presenter: Larissa Predy, M.A., R.Psych, Little Oaks Psychology

- I suspect my child has ADHD, what do I do?
- My child has been diagnosed, what are the next steps?
- Where to go and how to apply for financial support.
- Resources & Programs for kids/youth with ADHD.
- Brief discussion on IPP's.



Family Connection Centre
5600 50 Street Stony Plain
780-963-0549 www.apfa.ca



COMMUNITY RESOURCES

FCSS

Spruce Grove FCSS is a great community partner. Spruce Grove Family and Community Support Services is a partnership between the City of Spruce Grove, Parkland County and the Province of Alberta. The mandate of FCSS is to provide locally-driven, preventative social initiatives to enhance the well-being of individuals, families and the community. They offer programs for youth, adults and families. Some programs require registration and others are drop-in. Take a look at the City of Spruce Grove website, or at the latest edition of the "City Pulse" magazine for information on upcoming programs and activities.

- <https://www.sprucegrove.org/communi.../programs/fcss-programs/>
- <https://www.sprucegrove.org/me.../3645/citypulse-fall-2019.pdf>



ALBERTA MENTAL HEALTH ASSOCIATION (EDMONTON)

*211

You may not be aware of the Canadian Mental Health Association - Edmonton 211* services. 211 is a free, confidential service that provides information and referral to a wide range of community, social and government services. Their certified community resource specialists are trained to help you navigate the complex network of social services.

They can help you find:

- basic needs (food, clothing, shelter and financial support)
- employment resources-parenting support
- counselling/support groups
- health care-legal services
- and MUCH more!

<https://edmonton.cmha.ca/pro.../211-alberta-edmonton-and-area/>



ALBERTA HEALTH SERVICES

IMMUNIZATIONS

Children who are eligible for Grade 6 immunizations may be immunized in the school setting with parental consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. In order for your child to be immunized, each consent form must be signed and returned to your child's school by the date indicated on the envelope. For tips on preparing your child for immunizations, please refer to: <https://www.immunize.ca/pain-management-children>

The immunization round dates at Greystone School are as follows:

Round 1: 26 November 2019

Round 2: 21 January 2020 (catchups)

Round 3: 26 May 2020

*If your child is not present on the round dates they may receive immunizations on other dates throughout the school year.



***If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations.

To ensure your child is up to date with all recommended immunizations refer to the schedule at

<https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up to date immunization record or if you have any questions you may contact the nurse assigned to your child's school at 780-968-3784 or 780-968-4268

ALBERTA HEALTH SERVICES

If you have health related concerns or questions please head to MyHealthAlberta, or call the Health Link at 811

- <https://myhealth.alberta.ca/>
 - <https://www.albertahealthservices.ca/>
-

COMMON SCHOOL HEALTH QUESTIONS

When Should I Keep My Child Home From School?



To avoid spreading germs and amplifying illness, very sick children should recover at home where they will be most comfortable.

If your child has a fever, they should stay at home until they have been fever-free for at least 25 hours.

If your child has a serious cough or sore throat, then home is the best place for them to be until they are feeling better. Usually with a sore throat and cough they also aren't sleeping well, and need extra rest.

If your child has vomiting or diarrhea, they should remain at home.

Remind your children to always practice good handwashing techniques, that's one of the best ways to stay healthy!

ALBERTA HEALTH SERVICES

Healthy Children

October 2019 Parent Newsletter

5 Tips on Talking About Sexual Health with Your Child

Talking about sexual health topics like puberty, menstruation and relationships, will help your child to make healthy, informed decisions now and later on. Here are some tips for starting or having conversations about sexual health:

1. **Start young!** Teach young children the correct terms for their body parts. Talk about puberty before they are already experiencing it. The more you talk about it while they're growing up, the easier it will be to discuss more difficult topics later.
2. **Use teachable moments.** These moments can happen when you least expect them. You may hear lyrics to a song, watch TV together, or your child may tell you a story about someone in school. Ask your child's opinion, and use it as an opportunity to talk about sexual health and family values.
3. **Answer their questions as best as you can.** Find out what they already know and



keep your response simple and age-appropriate. If your child asks a question and you are unsure how to respond, simply let your child know that you'll get back to them. Don't put it off – they might think that it's not okay to talk about it and will look for answers to their questions somewhere else.

4. **Make it a regular topic.** Think of sexual health education as an ongoing process. Shorter, frequent conversations are better than a big, one-off talk. Remember that healthy development, including sexual development, is a lifelong process.

5. **Aim for a friendly chat.** Try to see the talks as two-way discussions, not lectures. Ask what your child thinks and feels and be willing to listen. Aim to get a lively discussion going.

➤ For more tips on talking to your child, visit TeachingSexualHealth.ca