

# THE INFERNO

GREYSTONE CENTENNIAL MIDDLE SCHOOL

SYNERGY,  
**CREATIVITY,**  
*Citizenship*



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## PRINCIPAL'S MESSAGE

by Mr. Anil Padayas

Starting my first year as Principal of Greystone Centennial Middle School, I am very excited to start the new school year with our students and staff. I hope that students, parents and staff had a fun filled summer break with family and friends.

With much anticipation from teachers and support staff, I am looking forward to connecting with the Greystone School community in providing excellence in education for our students.

Our educational path will endeavour towards 21st Century Learner competencies in knowledge, skills and attitudes focusing on Literacy and Numeracy.

Students will continue to strive towards **Inferno pride** following the “3 R’s” by **Respecting** themselves, others, and the environment, **building Relationships** with peers and staff, and taking **Responsibility** for their learning.

We have had a number of events already, such as the pancake breakfast and Welcome Back BBQ.

We have some other activities coming up including the Terry Fox Run and Orange Shirt Day. I encourage all parents to get involved with our school community by joining the Greystone School Council and (FOGS) Friends of Greystone. Your volunteerism is welcomed at Greystone to build citizenship, creativity, and synergy.



# SCHOOL DAY TERRY FOX RUN

Presented by LC 8



Our annual Terry Fox School Run will take place on Friday, September 27th. We are excited to participate in a Terry Fox Fundraising campaign. Many people are directly or indirectly affected by this devastating disease. We have established our annual "Toonies for Terry" campaign where we ask each student and staff member to donate

a toonie for the Terry Fox Research Foundation. All monies collected will go to the Terry Fox Foundation where it will be used to help fund cancer research so that one day this disease will be a memory of the past.

In addition to our "Toonies for Terry" fundraising efforts, did you know that Greystone Centennial School is set up to receive online donations? Anyone can make a donation to support our school's effort using the link below in just a few clicks!

The GCMS Terry Fox Run Donation link is <http://bit.ly/GCMSTFR>

Thank you for your support. Together we can work towards eliminating cancer for future generations.

## STAFF NOTES

We are pleased to welcome some returning staff members and to also welcome some new staff members to our Greystone centennial Middle School team.

Ms. Murphy will be rejoining GCMS as part of our LC 5 team. Mrs. Hackett is returning as an important member of our LC 9 team. Ms. Parras will be working with Mrs. Lang as part of the LC 7 team.

And of course, we would like to welcome Mr. Anil Padayas to Greystone as the new principal. Be sure to stop in and say "hello"!



## WE CARE



Our GCMS We Care team is passionate about supporting great causes in our school, our community and our world. Recently they raised \$300 to support Pyper's Home Fund. Pyper is a student in our school whose family needs support to move into a home that supports Pyper's and her family's needs. For more information: <https://ca.gofundme.com/f/pyperhomefund>

**"Like" us on Facebook**

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

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



# GCMS REMINDERS AND UPDATES



## VISITORS AND GUESTS:

All visitors to Greystone are asked to check in at the office.

## 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.

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](mailto: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](http://www.psd70.ab.ca) or [greystone.psd70.ab.ca](http://greystone.psd70.ab.ca) for more information.



# 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



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 starting to fill up 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.

School Council is an excellent way for parents to get involved in their child's education through coordinating volunteer programs, learning about the current issues in education in order to provide feedback, and most importantly, it provides an opportunity for us to continue building a strong home/school partnership for the success of our students.

For more information, please contact the School Council Chair Christina Welch at [greystonescchair@psd70.ab.ca](mailto: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. Our beautiful playground is courtesy of school fundraising.

They also have volunteers who organize the hot lunch programs and other activities for GCMS.

The Friends of Greystone meet once a month, on the same day as school council. All parents are welcome to join.

For more information contact the FOGS chair Jodi Fobes at [fogsfriendsofgreystonesociety@gmail.com](mailto:fogsfriendsofgreystonesociety@gmail.com) Please join the FOGS Remind Group @FOGS2018 to keep up with all Friends of Greystone Society news and updates.





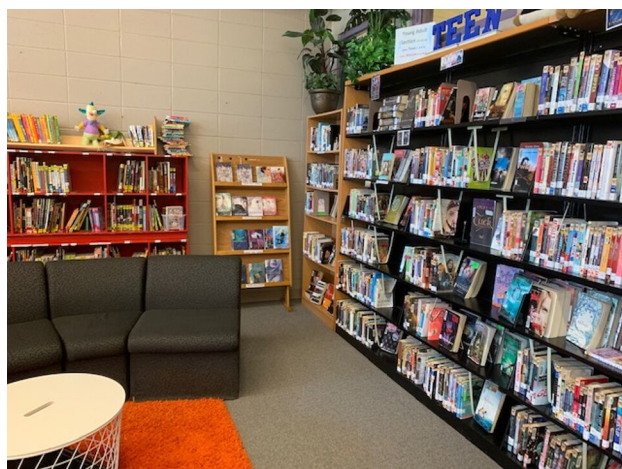
# GCMS LIBRARY LEARNING COMMONS

One of everyone's favourite places to be at Greystone is the Library Learning Commons. This space not only houses a wonderful collection of books for all ages and interests and some comfy seating. Mrs. Marshall also take care of all of our technology needs .

In the Library Learning Commons you will also find board games and maker space projects. Look out from exciting projects from our students throughout the year. We are always looking for donations of high quality items.

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. 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



## ORANGE SHIRT DAY

**Monday, September 30, 2019**

Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) Residential School (1891-1981) Commemoration Project and Reunion events. The events were designed to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation.

Former student Phyllis (Jack) Webstad told her story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year old girl.

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected.

<http://safeandcaring.ca/orangeshirtprogram/>

## SCHOOL COUNCIL / F.O.G.S. Meeting

**Tuesday, October 8, 2019 @6:30pm**

All parents are invited to attend the School Council and F.O.G.S. meeting held at Greystone Centennial Middle School.

## PROFESSIONAL LEARNING DAY

**Friday, October 11, 2019**

Our GCMS staff will be working on their own learning this day, so there will be no school for students.

## THANKSGIVING DAY

**Monday, October 14, 2019**

There will be no school on Thanksgiving Monday. Enjoy the long weekend!

## LIFETOUCH PICTURE RETAKE DAY

**Friday, October 25, 2019**

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

## SPOOKAPALOOZA

**Thursday, October 31, 2019**

Greystone's Annual afternoon of Halloween and Fall events. Costumes are welcome, but no weapons or inappropriate attire please!

**Greystone Online Calendar:**  
<https://greystone.psd70.ab.ca/Events.php>



# COMMUNITY RESOURCES



Parkland School Division is proud to present another **FREE** information series for local families.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Facilitators work with parents and caregivers to help them to understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions and enhance the development of their child's self-esteem.

**Dates:** Tuesday, Oct. 1, 8, 15, 22 and 29, 2019

**Time:** 6–7:30pm

**Location:** Centre for Education (4603 - 48 Street, Stony Plain)

**Presenter:** Rebecca Plant (Alberta Parenting for the Future Association)

Information and topics discussed will build on each other, so participants are asked to attend all dates, if possible.

A light supper will be provided. Limited childcare is available.

Space is limited, so please register early to reserve your spot.

**To register, please contact:**

Vicky Mamczasz, Family Supports Facilitator

**phone:** 780-963-8472

**email:** vmamczasz@psd70.ab.ca



# COMMUNITY RESOURCES

## ADHD++ Attention Deficit Hyperactivity Disorder

### 2019-2020 Workshops & Presentations

Registration through Eventbrite. No Cost.  
Contact [Heidi@apfa.ca](mailto:Heidi@apfa.ca) for further information

#### Stolen Childhood

##### One Diagnosis Can Change Everything-

- What happens when familiar signs of mental illness- rapid onset OCD, tics, hyperactivity- are misdiagnosed? This award winning film takes a look at the lives of families who have been impacted by PANDAS, and the consequences of medical misdiagnosis.
- Panel Discussion to follow this documentary film.
- Coming soon! Date to be announced.

#### Fidget Friendly Families- Wednesday, Sept 18, 2019, 6-9 pm

Presenter: Sheila Chisholm, Infinite Resources Inc.

- When is a fidget a reward for negative behavior and when is it a tool for self-regulation?
- A look at tools for focus and attention.
- Decreasing behaviors without the interference of accidental rewarding.
- An opportunity to interact and trial fidgets with purpose.

#### One Family's Story: Hope for the Future - Saturday, Oct 5, 2019, 6 :30 pm

Presenter: Dara Choy, BEd., C.I.D.

- What is ADHD and the co-existing disorders.
- How does ADHD affect life at home and school.
- Available treatment options.
- Tricks for coping and modifying behaviors.
- Dara shares her family's story and hope for the Future.

#### Nourishing Your ADHD Child's Full Potential- Saturday, Oct 19, 2019, 9:30am—3:30 pm

Presenter: Chantal Jackson, Registered Psychologist

- This is a full day Workshop for Parents, Caregivers and Educators.
- Lunch Option available on Eventbrite at time of registration.
- Complimentary morning & afternoon refreshments and snack.
- Swag bag for each participant.
- If childcare is a barrier to dad or mom's participation, please call our office.



**Family Connection Centre**  
5600 50 Street Stony Plain  
780-963-0549 [www.apfa.ca](http://www.apfa.ca)



# COMMUNITY RESOURCES

## ADHD<sup>++</sup> 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](http://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 HEATH 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!