

# Douglas Park SCC NEWS

March 2017

*... connecting parents,  
students, and school staff*

## Arts & Culture Talent Show – April 12th

The SCC is excited to announce the Arts & Culture Talent Show which will take place on Wednesday, April 12<sup>th</sup> @ 6:30pm in the school gym. The Talent Show is an opportunity for us all to celebrate the Arts and the many Cultures represented at Douglas Park School.

Admission is free, and ALL students and staff are welcome to perform! Performances might include dancing (cultural, contemporary, etc.), playing an instrument, reading your own poetry or short story, performing a short skit, or another talent. Students and staff can also display works of art they've created.

There will be special performances by ROAR and the DPS student band. All performers will be entered to win a DOOR PRIZE (these will be drawn at the Talent Show).

Sign-up forms have been sent home with each student. If you didn't get yours or need another copy, visit our web page at [douglaspark.rbe.sk.ca/scc](http://douglaspark.rbe.sk.ca/scc).

**The stage is waiting for you. SIGN UP TODAY!!**

## DQ Cake Fundraiser – March 20<sup>th</sup> to 31<sup>st</sup>

The Douglas Park SCC has joined up with the Dairy Queen on Truesdale Drive East (this location only) to hold a fantastic fundraiser. For every ice cream cake that you buy or sell (to friends, family, coworkers, etc.), DPS receives \$10 regardless of the size of the cake. If you don't need a cake right now but know you have a birthday or statutory holiday to celebrate (like Easter) or an upcoming party, just pre-purchase any sized cake (from 8", 10", or a sheet cake), and you'll receive a gift card to use throughout the year at the Dairy Queen on Truesdale Drive.

Please submit your order forms and payment to the school by March 31<sup>st</sup>. Order forms are available on the SCC web page. Pickup times for the gift cards are as follows:

- April 10<sup>th</sup> and 12<sup>th</sup> – from 8:30am to 9:30am
- April 11<sup>th</sup> and 13<sup>th</sup> – from 3:15pm to 4:15pm

The classes (one in each learning community) that sell the most gift cards will win an ice cream cake for their class.

## Dates to Remember

- Mar 23-24 – School Conferences and Book Fair
- Mar 31 – Sports Day (DPS clothing or from your favourite sports team)
- Apr 12 – Arts & Culture Talent Show (SIGN UP today!)
- School Break – Apr 14-21
- May 16-18 – Beauty and the Beast Spring Musical
- Next SCC Meeting: Apr 5, 6:30pm @ the school  
– *All Parents are Welcome!*

The SCC held a lunch on March 16<sup>th</sup> for school staff to show our appreciation to staff for all they do, every day, for our students. Thanks so much to the Coady family and Mary Browns Chicken for providing the lunch, and to the parents who brought desserts for staff. We greatly appreciate your help!

**SCC web page:**  
[douglaspark.rbe.sk.ca/scc](http://douglaspark.rbe.sk.ca/scc)

**SCC email address:**  
[douglasparksc@hotmai.com](mailto:douglasparksc@hotmai.com)

## **School Parking – Student Safety Comes First!**

For anyone who picks up and drops off their children before and after school, it's no secret that parking around the school is limited. Despite these challenges, **the safety of our children is of greatest importance**, and we ask that you remember to follow traffic and safety rules at all times when picking up and dropping off students.

- The drop-off loop on Douglas Ave. (by the main entrance) is marked off with pilons to show where cars should not be parked or stopped. This area is reserved for paratransit vehicles to access the school. In the past few weeks, there have been times when paratransit drivers have had to wait for extended periods of time to drive into this space and students have not been able to exit those buses. This space needs to be available so students can get to school.
- It's not safe for cars to be stopped/parked in crosswalks when children need to cross the street. Double-parking on Douglas Ave or 20<sup>th</sup> Ave—which includes stopping in a driving lane to drop off students—is extremely unsafe, as is making u-turns at the pedestrian lights and at crosswalks during times when there are a number of pedestrians (before and after school and over the lunch hour). Also, please remember that the bus loop on 20<sup>th</sup> Ave is for school buses only.
- Unsafe driving practices like these increase the likelihood of an accident or tragedy occurring. Let's all place our highest priority on keeping our students safe, which means parking farther away and walking across the street to pick up our kids. Thanks for your cooperation!

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## **DPS Read-a-Thon and Book Swap**

Thanks to all the students who participated in this year's read-a-thon and book swap! We hope you enjoyed every moment of your time spent reading. With your help, we raised \$3,450 for our school! All profits will be used to support learning opportunities at DPS.

A total of 93,399 minutes were recorded during the Read-a-Thon which is equal to 1,557 hours or 65 days spent reading! In total, 102 students participated in the event and, on average, they read 40 minutes each day. Way to go, DPS students!

Fifty-two students were awarded the \$10 gift card prize, and the following students won the main prizes: Madison C. (LC1), Grace E. (LC2), Ani M. (LC3), and Zarrin A. (LC3). The classroom prizes (for most total minutes) were won by: Ms. Hurlbert's Kindergarten class, Ms. Simons / Ms. Degelman's Grade 4 class, and Ms. Dumelie's Grade 7/8 class. Congratulations!

Many thanks to all the students who participated and to the families who supported this event!

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## **Thank You to School Staff**

We'd like to say thank you to DPS staff for all your hard work and effort every single day! Special thanks to the following teachers for the time they put into extra-curricular activities:

- Boys Basketball: Ms. Geiss and Mr. K. Wallace; Girls Basketball: Mr. Wagner
- DPAC: Mr. Warner, Mrs. Myrah, and Mrs. Frei
- Assembly Committee: Ms. Ochitwa, Mrs. Carr, and Mrs. Degelman
- Speed-Stack Team: Mrs. Yuhasz, Mrs. Carr, and Mrs. Fraser

## **My School / Tell Them From Me Survey Results**

Regina Public Schools has an annual online survey for all students in Grades 4 to 8 called My School (previously “Tell Them From Me”) that provides students with an opportunity to share their ideas, thoughts, and concerns. Only group results are available: it’s not possible for staff, students, or others to see individual survey responses. As well, DPS staff and a group of students participated in a focus group to review the results and make plans for improvements.

### Survey Results – Douglas Park School

The students’ overall message is that things are going very well at Douglas Park School. Student ratings were very high overall. Here are things the students felt good about:

- there are many opportunities for school sports and school clubs (art, drama, music, etc.) – involvement was higher at DPS than the Cdn average for clubs
- 81% of students felt accepted and valued by their peers and others at school – this sense of belonging was higher for boys than for girls
- 78% of students felt they have friends at school they can trust who encourage them to make positive choices – more girls felt they had positive relationships than boys
- 90% of students believed that education will benefit them personally and economically, and will have a strong bearing on their future
- 89% of students didn’t get in trouble at school for disruptive or inappropriate behaviour – both boys and girls were above the Cdn average
- 86% of students were interested and motivated in their learning – both girls and boys were well above the Cdn average of 61%
- 91% of students tried hard to succeed in their learning – both boys and girls were above the Cdn average
- on average, students spent 1 hour per day on intensive physical activities, which is the same as the Cdn average
- 81% of students felt their teachers are responsive to their needs and encourage independence with a democratic approach – higher than the Cdn average for both girls and boys
- 63% of students felt they have someone at school who consistently provides encouragement and can be turned to for advice – much higher than the Cdn average of 49%

Potential areas for improvement:

- students spent less time reading books for fun than the Cdn average for students in the same grades; however, more DPS students spent time each day using a computer for leisure activities than the Cdn average
- 24% of students had moderate to high levels of anxiety (highest in LC3) – girls had a higher level than boys, and both boys and girls were above the Cdn average
- 33% of students felt they were victims of bullying in the previous month (including physical, social, verbal, and online bullying) – ratings were higher for girls than boys
- 61% of students felt safe attending school (both being at school and going to and from school) which is slightly lower than the Cdn average of 68%
- 63% of students felt they have someone at home or in the community who consistently provides encouragement and can be turned to for advice – lower than the Cdn average

First and foremost, congratulations to DPS staff, students, and families for the amazing job you're doing! A clear message from the results is that things are going exceptionally well at school: students are hard-working, engaged, and active, and they feel supported by staff.

That being said, the school and the SCC are taking action to address areas of concern for our students. Here are some of the events that are happening:

- Students in Grades 6-8 attended the Day of Pink Rally on February 23<sup>rd</sup> at the University of Regina. This event is aimed at raising awareness of, and preventing, bullying. Speakers included Saskatchewan Roughrider and Red Cross bullying prevention ambassador Dan Clark and U of R president Vianne Timmons.
- Also on February 23<sup>rd</sup>, U of R Cougars hockey players Kirk Bear and Tristan Frei presented the Red Cross Imagine No Bullying session to students in Grades 4-5
- DPS participated in the Day of Pink on February 16<sup>th</sup>. The Red Cross Day of Pink originated in 2007 when two high school students in Nova Scotia spoke out against bullying. Travis Price and David Sheppard asked their peers to wear pink to school after they heard a classmate had been bullied for wearing a pink shirt. Their act of kindness sparked a worldwide movement.
- The SCC plans to bring in a speaker(s) to talk with students about self-acceptance and accepting differences in others, body image, and dealing with anxiety.

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## **Resources for DPS Families – Help with Anxiety**

Rates of stress and anxiety in elementary students are rising across the country, and resources have been developed to help kids, parents, and others develop skills to manage them.

A program called FRIENDS for Life has been used by Regina Public Schools in the past and showed positive results for local students. FRIENDS is a world-leading, evidence-based mental health program that gives kids coping tools at an early age, so they can be more successful in dealing with difficult situations as they arise. The skills they learn are helpful now, and also later in life.

FRIENDS is an acronym for the skills and lessons emphasized in the program:

- Feelings
- Remember to relax
- I can try! I can do my best!
- Explore coping plans and solutions
- Now reward yourself
- Don't forget to practice
- Smile and stay calm for life

As parents, we put a lot of effort into making sure our kids eat healthy foods and have a healthy physical lifestyle, with an emphasis on exercise and involvement in activities. The steps above are a way to promote another important aspect of good health – mental health.

The FRIENDS for Life program is fully explained with videos, tips, and materials for parents here: [www.friendsparentprogram.com](http://www.friendsparentprogram.com). There are two age-specific programs, one for kids aged 4 to 7 and another for kids aged 9 to 13.

While the program is focussed on children, it can be just as helpful for parents experiencing stress and anxiety, which is probably most of us!