



The Galbraith Gazette

OCTOBER 2022

A Message From Galbraith

Well, like always, it has been a very busy September! We have loved seeing so much learning happen from Day One! Grade 5 Book Clubs, Metis dot art, learning about using our public library, and great math problem solving have been a few of the things that we have seen kids engaging in.

Thank you to our families for sharing your children with us. We are enjoying every minute of it and we hope they are too. Please take a few minutes to look over this month's newsletter and see some of the great things coming up in October!



Smile of the Month



IMPORTANT DATES IN OCTOBER

- Oct. 5 - World Teachers Day
- Oct. 10 - Thanksgiving (no school)
- Oct. 11 - Professional Learning Day (no school for students)
- Oct. 13 - School Pictures Day
- Oct. 18 - School Council Meeting at 6:30pm
- Oct. 20 - Professional Learning and Parent Teacher Interviews (no school for students)
- Oct. 21 - Parent Teacher Interviews (no school for students)
- Oct. 27 - Family Fun Night - Dodgeball
- Oct. 31 - Halloween Celebrations

Staff Updates

We have some new faces at Galbraith this year! Welcome to our new staff members!.

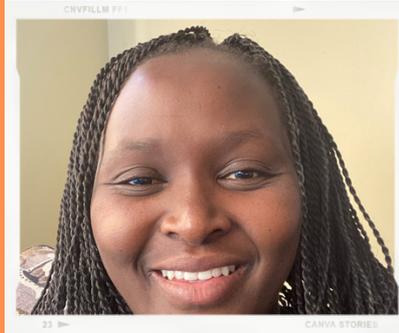
Welcome Kerry Bosch!

Busy mom of almost 16 year old twins! Loves summer heat and camping, my family, and chocolate! Incredibly excited to be back in the EEP Program at Galbraith!



Welcome Florida Kangogo!

Hello Everyone, My name is Florida Kangogo. I am married with three lovely kids. I have worked for the school division for 8 years. I am extremely happy to be part of the Galbraith team.



Welcome Lori Sereda!

Lori is a wife, mom of four adult sons all married and four beautiful grand children. In her spare time, she enjoys quilting, card making and walking with her dog Baxter.



Welcome Abi Johnson!

I am so excited to be working as an EA at Galbraith this year! When I'm not at work like going for walks n the coulees with my dog, a Great Pyrenees/Lab mix named Freya. I also love to read, travel and spend time with friends and family.



OCTOBER

Wellness Newsletter



This month during Weekly Wellness we're going to do a little refresh of the Zones of Regulation. We use the zones to identify how we're feeling in the moment and to build skills to return to the green zone where we feel most comfortable. You may hear you students refer to how they're feeling as "being in the red" or another colour and that's great! My hope is that they are able to identify and name feelings as they come up. All feelings are normal and all feelings are equal, it's what we do when feelings arise that really matters. Check out my website for 3 lessons about the Zones of Regulation.

<https://www.frommartin.wixsite.com/elementarywellness/projects>

Kids Book of the Month



https://www.youtube.com/watch?v=catRQw_NJxE

A Tale of Two Beasts

Written and illustrated by Fiona Robertson

A great story about perspective and seeing things from more than one perspective. It teaches kids to think about how their actions impact others, even when their intentions are in the right place.

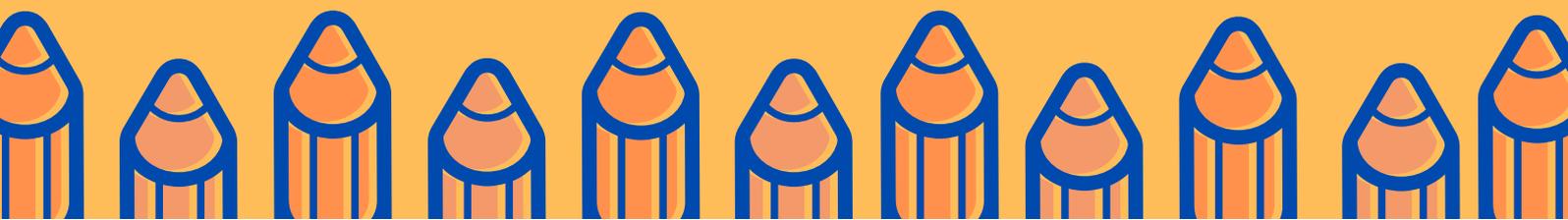
Lethbridge Family Services

FALL SERIES

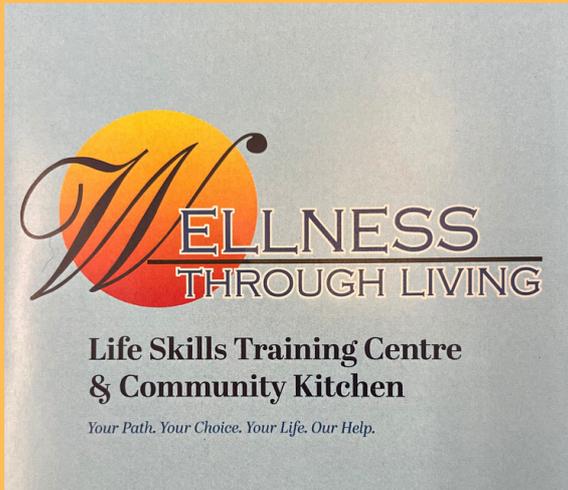
JOIN OUTREACH & EDUCATION
IN THIS WORKSHOP SERIES EXPLORING TOPICS THAT SUPPORT WELLBEING.

 SEPTEMBER 2 AT 3PM: EMPATHETIC LISTENING	 OCTOBER 21 AT 3PM: SELF-EMPOWERMENT
 SEPTEMBER 16 AT 3PM: SELF-CARE AS A PRACTICE	 NOVEMBER 16 AT 3PM: CONNECTING TO OUR NEEDS
 OCTOBER 7 AT 3PM: MENTAL HEALTH AWARENESS	 NOVEMBER 25 AT 3PM: WHAT IS GENDER ROLES

Contact Outreach and Education for more information:
403.327.5724 or outreach@lfbfamily.ca



Friends of Galbraith

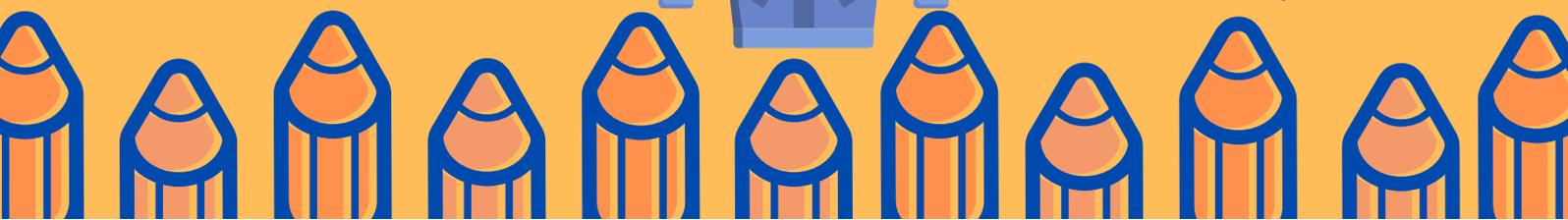


Thanks to Wellness Through Living who have donated many school supplies to our students! We really appreciate your generosity!



Winter Clothing Round Up

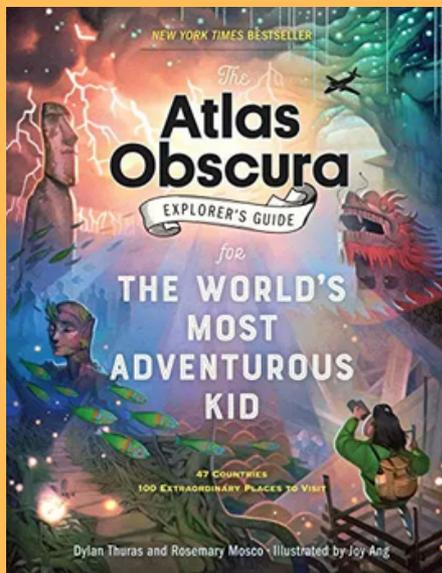
Have your kids outgrown their winter coats, boots, and mittens? We would love to take them off your hands and get them to our students who could really use them! If you have any extra gently-used winter wear at home, please drop items off at the office and we will put it to good use.





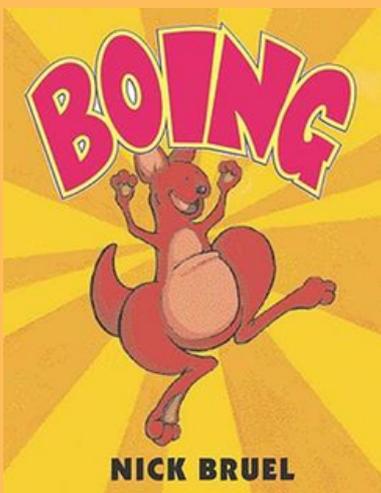
Book Fair will be coming to Galbraith Oct. 17 to 21! You can shop in the school or online. More info to come!

Ms. Rasmussen Recommends...

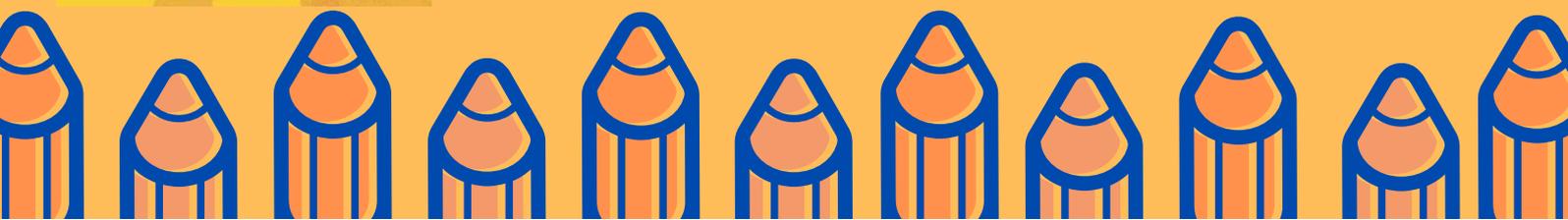


The Atlas Obscura Explorer's Guide for the World's Most Adventurous Kid is a thrilling expedition to 100 of the most surprising, mysterious, and weird-but true places on Earth.

For curious kids, this is the chance to embark on the journey of a lifetime - and see how faraway countries have more in common than you might expect! Hopscotch from country to county in a chain of connecting attractions. As you climb mountains, zip-line over forests, and dive into oceans, this book is your passport to a world of hidden wonders, illuminated by gorgeous art.

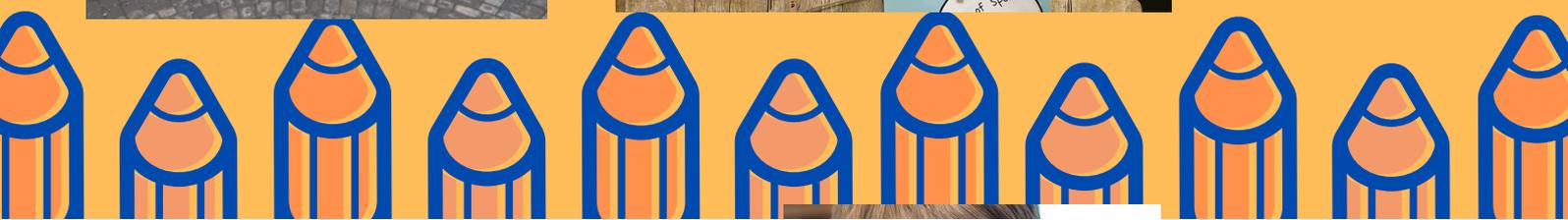


When a baby kangaroo has trouble learning how to jump, what is a mother to do? With encouragement from a frog, grasshopper, rabbit, and koala, baby gets the help he needs. This book includes a fun pop-up surprise!





Galbraith Kids Are Always Learning!





We Need You!

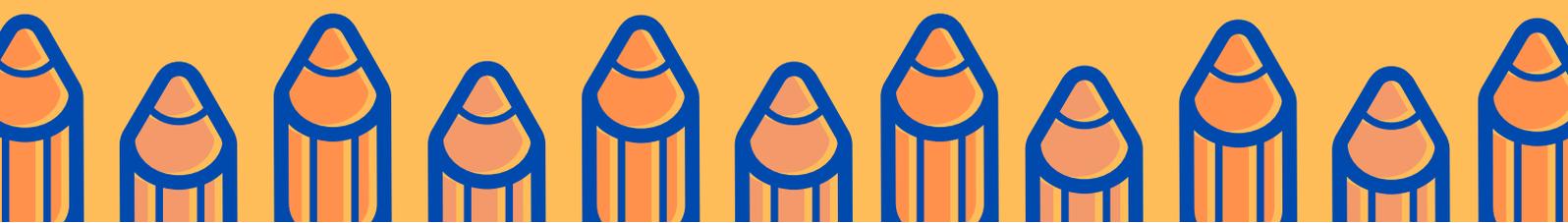
Galbraith School Council would like to have parent reps for each classroom this year. This is a great opportunity to get involved without a huge commitment.

If you are interested in being a parent rep for school council, or would like more information, please contact Kira at kirasangster@hotmail.com.

School Council Meeting Coming UP! Tues. Oct. 18 at 6:30pm

Come and learn about our school council and the variety of ways you can support the students at Galbraith. Attendees have the chance to win a grocery gift card! You can join in person in the art room or online at this link:

[School Council Meeting](#)



120 BACK TO SCHOOL LUNCH IDEAS

MAIN COURSE (CHOOSE 1)

SANDWICHES

Italian Sandwich
PB & Jelly
Ham & Cheese
Turkey, Avo & Sprouts
Tuna & Celery
Egg Salad
Salami & Cheese
PB & Banana
Cucumber & Cheese
Turkey & Cheese
Pita Pizza Pocket
Roast Beef & Cheese
Club

WRAPS

Hummus & Veggie
BLT
Chicken Cesar Salad

Chicken Ranch
Lettuce Wraps
Hummus, Meat & Veggie
Veggies & Cream Cheese
Any Sandwich Filling
PB, Banana & Honey

OTHER

Cold Pizza
Burritos
Chicken Nuggets
Lunch Meat, Cheese & Crackers
Leftovers
Nachos (See Recipe)
Pasta Salad
Chili & Cornbread
Bagel, Avo & Sprouts
Steak or Chicken Quesadilla
Shredded Chicken & BBQ Sauce

Rice and Beans
Baked Egg Cups (See Recipe)
Mac 'n Cheese
Mini Corn Dogs
Taco Salad (See Recipe)
Sloppy Joe's

FRUITS & VEGGIES

Pick 2 of your child's favorites or see list on next page

DRINKS (CHOOSE 1)

Water
Juice (100%)
Plain or Chocolate Milk
Sparkling Water
Lemonade
Water Diffused With Fruit

SNACKS & SWEET TREATS (CHOOSE 1-2)

SNACKS

Trail Mix
Granola Bars
Jerky or Beef Sticks
Pretzels
Veggie Chips
String Cheese
Yogurt & Granola
Popcorn
Hummus
Salami & Cream Cheese
Deviled Eggs
Laughing Cow Cheese
Guac & Chips
Crackers

Cold Cuts & Cheese
Kind Bars
Pirate's Booty
Celery or Apple and Nut Butter
Chex Mix or Cheerios (dry)
Pita Chips
Graham Crackers
Roasted Crunchy Chickpeas
Sun Chips
Raisins
Pickles
Pumpkin Seeds
Pepperoni and Mozzarella Cheese
Rice Cakes
Banana and Peanut Butter

Baked Chips (See Recipe)

SWEET TREATS

Cookies
Rice Krispie Treats
Fruit Snacks
Oreos
Chocolate Chips & Nuts
Pudding or Jello
Chocolate Covered Strawberries
Fun Size Candy
Fruit Roll-up/Fruit Leather
Apple, PB & Marshmallows
Yogurt Covered Raisins

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