



# 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

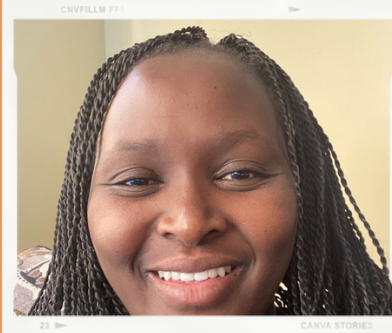
- Oct. 5 - World Teachers Day
- Oct. 10 - Thanksgiving (no school)
- Oct. 11 - Professional Learning Day (no school for students)
- Oct. 13 - School Pictures Day
- Oct. 18 - School Council Meeting at 6:30pm
- Oct. 20 - Professional Learning and Parent Teacher Interviews (no school for students)
- Oct. 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

## ZONES OF REGULATION!

Blue	Green	Yellow	Red
Too Sad Too Tired Too Bored Missing Someone	Happy Calm Good in the Moment Ready to Learn	Unsettled Worried Tidy/Wiggly Anxious Excited	Most Angry Mean Losing Control Out of Control Need Time and Space

## Kids Book of the Month



[https://www.youtube.com/watch?v=6utRQW\\_NJxE](https://www.youtube.com/watch?v=6utRQW_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.

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.fiamartin.wixsite.com/elementarywellness/projects>

Lethbridge Family Services

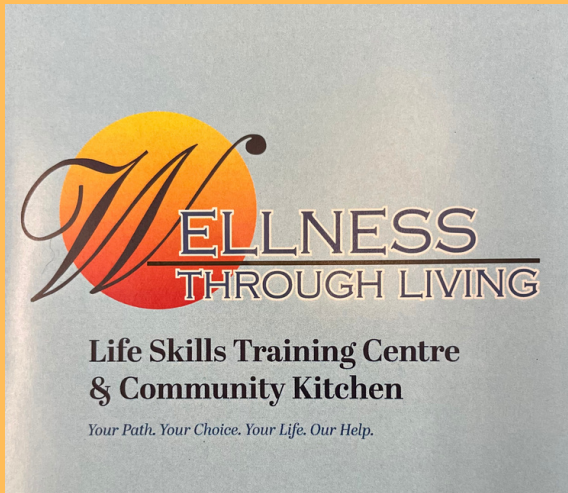
## FALL SERIES

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@lifesfamily.ca

# Friends of Galbraith

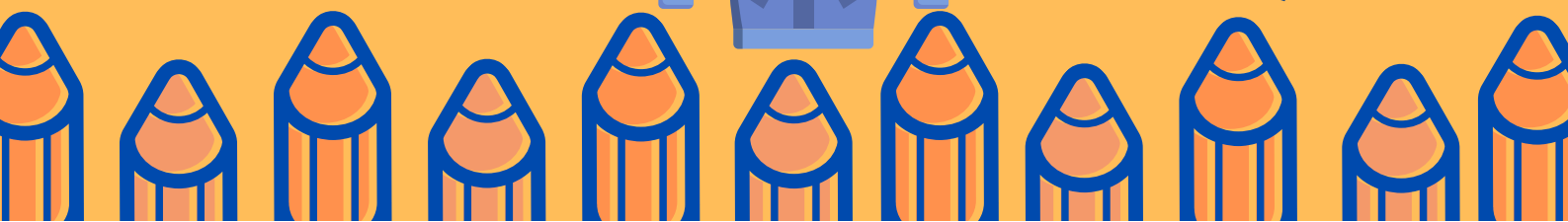


**Thanks to Wellness Through Living who have donated many school supplies to our students! We really appreciate your generosity!**



## 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.**







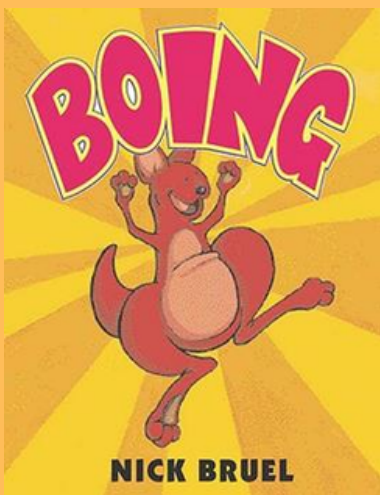
**Book Fair will be coming to Galbraith Oct. 17 to 21! You can shop in the school or online. More info to come!**

## 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.**

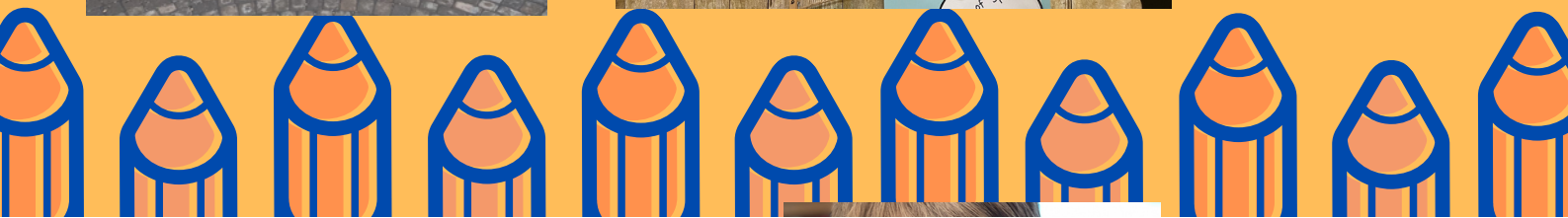


**When a baby kangaroo has trouble learning how to jump, what is a mother to do? With encouragement from a frog, grasshopper, rabbit, and koala, baby gets the help he needs. This book includes a fun pop-up surprise!**





# Galbraith Kids Are Always Learning!







## We Need You!

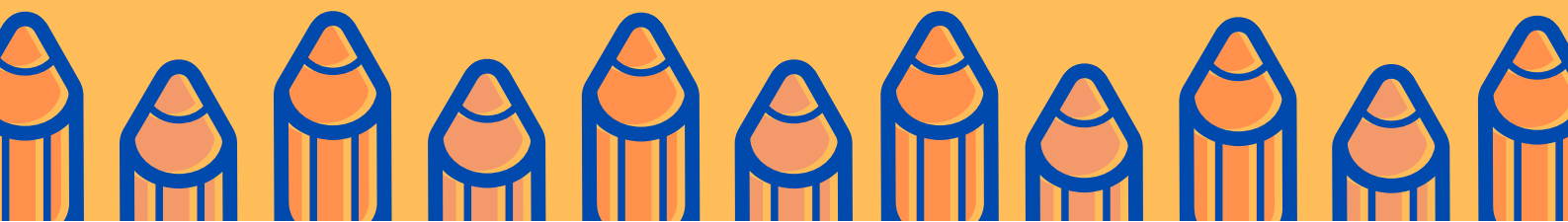
Galbraith School Council would like to have parent reps for each classroom this year. This is a great opportunity to get involved without a huge commitment.

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