



# Journal News

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## Klondike Road Relay 2014-2015



Participants from around the world ran from Skagway to Whitehorse in the pouring rain this past weekend and some of these runners came from École Whitehorse Elementary!

Congratulations to our participating teachers Val Long, Line Pelletier and Monique Levesque and students: Derek Deuling, Joseph Coyne, Neil Mikkelson, Thomas Bakica, and Ethan Davey. You rock!

## A Message from Mme Saint Onge:

We are hoping you can all come to our school's Open House tomorrow from 6:30-7:00 pm. Please go directly to your child's class to meet your child's classroom teacher.

At 7 pm, you are invited to join the school admin and staff in the gym to meet all of the staff, learn more about our school growth plans for the coming year and our initiatives with self-regulation.

See you then.



## Self-regulation - One of École Whitehorse Elementary's school growth plan goals

Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing. An important difference is revealed by studies at the Milton and Ethel Harris Research Initiative (MEHRIT) in York University, between self-regulation and self-control. The difference between self-regulation and self-control is how impulses are managed. Self-control means the inhibiting of impulses whereas self-regulation is able to deal effectively and efficiently with stressors so that the child is able to remain in a calm and alert state, able to learn ([www.self-regulation.ca](http://www.self-regulation.ca)).

**We're nit picking again!**

Fall means the return of kids to school and with this close contact, comes the possibility of the spread of head lice. While lice does not spread disease, they are a nuisance and are uncomfortable.

Please check your child's hair regularly and refer to:

[http://www.caringforkids.cps.ca/handouts/head\\_lice](http://www.caringforkids.cps.ca/handouts/head_lice)

**Terry Fox Marathon of Hope on Thursday September 25th.**

To start off, we will play our classic soccer game at 12:10 pm (Grade 7 students vs. teachers), immediately followed by the run along the waterfront at 12:45.

You are welcome to join us for the run or to help supervise the course.

We need your help! Yes you!!! If we reach our \$5000 goal this year, students will win an extra-recess!

**Vaccinations at ÉWES:**

The Whitehorse Community Health Nurse will be here to administer vaccinations to our Grade 6 girls at 9am on Wednesday, Oct 1<sup>st</sup> 2014 in the activity room. Please contact the local Whitehorse Health Centre for details.

**Technology Tips for Parents:**

There is a new app that may interest you. This free app is designed to help parents navigate children's growth and development from k-12. Check it out.

<http://www.parenttoolkit.com/index.cfm?objectid=B66C4990-11CF-11E4-97A30050569A5318>

**Dates to Remember**

**Tuesday, September 9th**  
Meet the Teacher Night  
6:30 pm

**Thursday, September 11th**  
Musical Show in Gym  
2:00 pm

**Tuesday, September 16th**  
ÉWES School Council AGM  
7:00 pm - Staff Room

**Tuesday, September 23rd**  
Literacy Night for Parents  
Home Support for Young Readers  
6:30 pm

**Thursday, September 25th**  
Terry Fox Marathon of Hope  
Run 1:00 pm

**Friday, September 26th**  
House Colour Day  
Wear Your House Colour  
Pizza Lunch  
Assembly 10 am

The electronic version of our school calendar at

<http://ewescalendar.weebly.com/index.html>

You may have noticed that a large part of our school website is currently down.

You can still access class sites and the 2014-2015 update link only.

Thank you for your patience while we work on this issue.

## Learn French for less than \$10/hour

Beginning September 22, the Association franco-yukonnaise is offering adults French language classes in a friendly atmosphere.

Twelve two-hour sessions in the heart of Whitehorse. Convenient schedule and eight learning levels are offered to meet your every need: learning French, meeting people, honing your skills or investing in your professional development.

Contact us now for your free assessment.

Anne Savoie, [867-667-8611](tel:867-667-8611), [anne.savoie@gov.yk.ca](mailto:anne.savoie@gov.yk.ca)

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## Weekday Warriors is an after-school program for students ages 6-12 held at ÉWES.

Registration forms can be found at: <http://www.bgcyukon.com/weekday-warriors/register-now.html>. They can also be picked up at our office at 6209 6th Ave. To register parents can bring a completed form to our office.

Prices: Full-time spot (4 to 5 times a week) - \$140/month

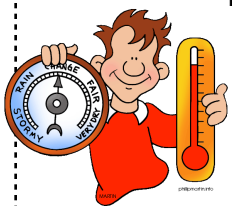
Part-time spot (2 to 3 times a week) - \$80/month

Weekday Warriors runs from 3:00pm to 5:30pm everyday. During, participants are provided with a healthy snack, homework help and the opportunity to take part in programming from the following areas: nutrition, recreation, arts & literacy.

Also, just letting you know that the price of the Back-To-School kits is now \$30.

Chris Bryson

Operations Director    Boys & Girls Club of Yukon    Weekday Warriors (867) 667-2110



**Please dress for child for the weather.** Come rain, wind, snow or shine, we are going to be outside for some part of the day. Please ensure your child is dressed for the cold start and warm end to our fall days.

The AGM is Tuesday, September 16th at 7 pm in the staff room at EWES. All are welcome!



## ÉWES is participating in **Yukon From the Ground Up!**

We will be offering choices of two box sizes (10lbs and 20lbs boxes) of **potatoes, carrots, beets** and while supplies last, cabbages and turnips from Yukon Grain Farm and/or Rivendale Farm and the third choice of purchasing a box as a donation.

Orders are due in the school by Monday, September 15th. Boxes are available for pick on Monday, September 29th between 3 - 6 pm only.

What did the father tomato say  
to the baby tomato whilst on a family walk?

Ketchup

For more information, see:

<http://www.yukonfromthegroundup.ca/index.php>

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Is your child in grades 2-7 and struggling with...

a divorce or separation?

managing worry/anxiety?

friendship?

girl group dynamics?

problem-solving?



If you are interested in having your child participate in a small group with one of our school counsellors to develop and strengthen strategies for dealing with these or other issues, please contact Angela Clark or Valerie Long. Groups will begin early October.

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