

# Rosemary School

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## October 2017



Wow!

It is hard to believe we have already completed our first month of School and are now moving into October. Truthfully I can say that although September has been an extremely busy month I am really enjoying working with our staff, students and community. It has been exciting to walk into classrooms and see all the learning that is taking place. There is a positive energy in the building!

I enjoyed having parents come in to meet their children's' teachers earlier this month and for their willingness to try something new with the Passport/Ice-cream Meet the Teacher night. Our volleyball teams have been busy with practices and now league games and tournaments. I want to thank parents and community members for showing up to these events and volunteering their time. As we continue to come together as a community to help support these events it contributes to the positive energy and culture of the school.

I am thankful to work in a school with such strong parent support and am really looking forward to the upcoming months as we work together. I look forward to another great month as we move into October and welcome any feedback or questions. Feel free to give me a call at (403)378-4493.

Sincerely,  
Josh Gibbon

*"Alone we can do so  
little; together we can  
do so much!"  
- Helen Keller*

## Upcomng Events

- Oct. 6** - No School
- Oct. 9** - Happy Thanksgiving—No School
- Oct. 13** - Fireman visit and Hot dog day
- Oct. 23-25** - Book Fair open until noon on Wednesday
- Oct. 30** - Picture retake day & ECS Picture day



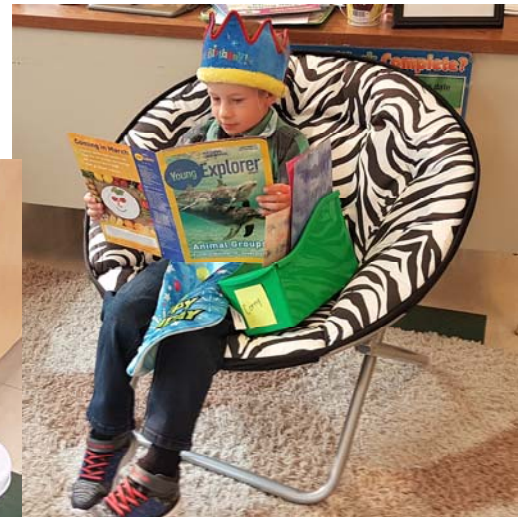


## Operation Christmas Child Campaign Approaching!

With fall comes the anticipation of the Christmas season, which is just around the corner! And to that end, once more the school will be filling shoe boxes to send around the world with Samaritan's Purse. The actual campaign dates are November 13-19, but it is never too early to start collecting little items to fill your boxes with. There are boxes available at the school already; contact Mrs. Virovec if you need some. For a list of items that can/cannot be included in the boxes, along with many great ideas, go to [www.samaritanaspurse.ca/what-we-do/operation-christmas-child/](http://www.samaritanaspurse.ca/what-we-do/operation-christmas-child/).



Grade 1 reading time



**Reminder to all sports participants in Sr. High that you and your parents will need to sign the ASAA Athletic Declaration for the new school year. Forms available from Mr. Meyer or the office. Most of the Sr. High Volleyball players still need to fill one out.**

**Office is still missing some of the beginning of the year forms. Please sign them and send them to the office, otherwise new ones will be sent home with your student who is missing them.**

The Rosemary Community Library Board is looking for volunteers. The commitment is 4 meetings a year. We oversee the library collections and plan programs of benefit to the community in the library which is housed in the school and open for public use. For more information call Carol Dyck Ph: 403-378-4832.



# A Healthier You

A single sunbeam is enough to drive away any shadows.

October 201

St. Francis of Assisi

## 6 SCIENCE-BACKED TIPS TO STAY HAPPY ALL SEASON

### 1 TALK YOUR BLUES AWAY

"Talk therapy" combats seasonal depression even more effectively than treatment using light.



### 2 STICK TO A SCHEDULE

While there's a temptation to cut back and hibernate, keep doing what you always do.

### 3 GET PHYSICAL

Exercising vigorously three to four times a week is an effective way to reverse mild depression.



### 4 BE AROUND OTHER PEOPLE

Even if you feel out of sorts, force yourself to socialize.

### 5 DO THINGS YOU ENJOY

Try to find a way to do the things you love even if they seem seasonal.



### 6 CULTIVATE COZINESS

It's time to stop saying you hate winter.

As the daylight hours are getting shorter, the leaves are turning color and the cool season is approaching, many of us will begin to suffer from seasonal affective disorder (SAD), a type of depression that's triggered by changing seasons. If you are like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Other symptoms include fatigue, extending periods of sadness, irritability, social withdrawal, school or work problems, substance abuse and difficulty sleeping.

According to the Mayo clinic, exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. This is associated with boosting mood and helping a person feel calm and focused. Without enough exposure to sunlight, a person's serotonin levels can dip low. Low levels of serotonin are associated with a higher risk of SAD.

According to the World Health Organization, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands and face two to three times a week is enough to enjoy the vitamin D boosting benefits of sun. While too much of the sun's warm rays can be harmful to your skin (longer than 15 minutes on unprotected skin), the right balance can have lots of mood lifting benefits. Adding a little sunshine to your life by getting outside can help relieve anxiety and reduce depression.


Don't brush off that yearly feeling as simply a case of the "winter blues" or seasonal funk that you have to tough out on our own. Take steps to keep your mood and motivation steady throughout the year.

### *Stop SAD before it starts*

- Wake early and take advantage of daylight hours.
- Exercise regularly.
- Spend as much time outside as you can.
- Eat foods high in dopamine: almonds, avocados, dairy and pumpkin.
- Get enough sleep and sleep hours consistent.
- Eat fruits and veggies high in antioxidants.
- Practice stress management.

# October 2017



1	2	3	4	5	6	7
	Jr. Girls @ JHS @ 4:15 pm Int. Boys @ Bassano @ 6:30 pm	Sr. Girls @ Duchess @ 6:00 Sr. Boys @ Bassano @ 7:30 pm	No School	No School		
8	9	10	11	12	13	14
	No School 	Jr. Girls @ BJHS @ 4:15 pm Int. Boys @ St. Joes @ 5:30 pm	Sr. Girls @ Duchess @ 6:00 Sr. Boys @ BCHS @ 6:00 pm			Jr. Girls @ Bassano
15	16	17	18	19	20	21
		Jr. Girls vs CTK @ 5:00pm Int. Boys vs BJHS @ 6:15 pm	Sr. Girls @ BCHS @ 6:00 pm Sr. Boys @ Bassano @ 6:00 pm			Jr. Girls Volleyball Home Tournament Sr. Girls Volleyball @ Bassano
22	23	24	25	26	27	28
Book Fair until noon	Wednesday	Jr. girls @ BJHS @ 4:15 pm Int. Boys @ Rolling Hills @ 5:00 pm	Sr. Girls vs Duchess @ 6:00 Sr. Boys @ St. Joes @ 7:30 pm			
29	30	31				
	ECS & Retake Picture Day 