



# BRETON HIGH SCHOOL

## *Welcome Back!*

I hope everyone had an amazing summer, and is ready to get back into the swing of school. The next few weeks are a very busy time, and we have many important dates ahead.

I am excited to continue in the Acting Principal position, covering for Miss Gallant until her return in second semester. I will also continue in the Student Support Facilitator role as I did last year, along with support from Mr Patty. Please feel free to connect with me via phone or email about any student support concerns.

Miss Prusko

### **Please remember the following expectations while at school:**

Dress code is expected to be followed. No crop-tops, shorts and skirts need to be finger-tip length, no bra straps, and no inappropriate symbols or language, including drugs, alcohol, racism, violence or sexual content. Students will be asked to change their clothing, and will be provided with alternative dress if needed.

Students are expected to enter the building using the gym or bus doors during start of day and lunch. We currently are without an evening custodian, so working together to help keep the school clean is appreciated.

Students are expected to place their cellphones in the pockets in each classroom. Teachers are to provide permission for use in the classroom. If students cannot appropriately use personal devices during class time, they will be asked to be checked-in in the office or left in your locker.

**Thank you to Can-Vac Oilfield Services and Baker Hughes DV for hosting our Back to School BBQ!**



## **Important September Dates**

Monday, Sept 12 7pm: PAC meeting online

Thursday, Sept 15: Last day Sr High course change

Friday, Sept 16 9am: Terry Fox Run

Tuesday, Sept 20: School photos

Thursday, Sept 22 11am: Honouring Indigenous Spirit Awards Ceremony

Friday, Sept 23: PD Day

Wednesday, Sept 28 4pm: Football vs Buck Mountain

Thursday, Sept 29 2pm: Awards Ceremony

Friday, Sept 30: National Day for Truth and Reconciliation

# Circle of Security Parenting Program

Presented by:  
Community Parenting Coalition & Breton FCSS

## Learn to:

- Understand a child's emotional world by learning to read their emotional needs.
- Support a child's ability to manage emotions
- Enhance the development of a child's self esteem
- Honor your innate wisdom and desire for children to be secure

**Wednesdays - Starting September 21 - November 9th**

**9:30 - 11:30 am**

**Location:TBA**

**Cost:FREE**



**Register with Breton FCSS at 780-696-3636**

**Child care may be available**

**FAMILY**

**WELLNESSES**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it



5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are





# School Links and Emails

## **SCHOOL CASH:**

[HTTPS://WILDROSE.SCHOOLCASHONLINE.COM/](https://wildrose.schoolcashonline.com/)  
CAN BE USED TO PAY SCHOOL FEES

## **POWERSCHOOL:**

[HTTPS://POWERSCHOOL.WRSD.CA/PUBLIC/](https://powerschool.wrsd.ca/public/)  
CHECK YOUR STUDENTS GRADES AS WELL AS GET NOTIFIED WHEN THEIR  
ATTENDANCE

## **SAFE ARRIVAL/SCHOOL MESSENGER:**

[HTTPS://GO.SCHOOLMESSENGER.COM/#/HOME](https://go.schoolmessenger.com/#/home)  
REPORT YOUR STUDENT'S ABSENCE IN ADVANCE

Prusko, Jayna  
Acting Admin, Student Support Facilitator  
[jayna.prusko@wrsd.ca](mailto:jayna.prusko@wrsd.ca)

Kurylo, Darla  
Social 7, Foods 7-12; Health 7-8  
[darla.kurylo@wrsd.ca](mailto:darla.kurylo@wrsd.ca)

Colwell, Corey  
Social 8 -12; JR PE Sports Performance  
[corey.colwell@wrsd.ca](mailto:corey.colwell@wrsd.ca)

Monts, Rhonda  
English 10-12; Jr Art  
[rhonda.monts@wrsd.ca](mailto:rhonda.monts@wrsd.ca)

Drebert, Gerald  
PE 7-12; Career Counseling;  
Work Experience  
[gerry.drebert@wrsd.ca](mailto:gerry.drebert@wrsd.ca)

Murdoch, Ian  
Math 8, 10-3-30-3; Science 14,  
24, 20, 30; Jr, Sr Shop, Health 9  
[ian.murdoch@wrsd.ca](mailto:ian.murdoch@wrsd.ca)

Farrow, Andrew  
Band  
[andrew.farrow@wrsd.ca](mailto:andrew.farrow@wrsd.ca)

Patty, Adrian  
Math 7, LA 7, LA 8, SSF  
[adrian.patty@wrsd.ca](mailto:adrian.patty@wrsd.ca)

Fisher, Bonnie  
Science 8-10; Sci 10/14, Biology 20-30; Cosmetology  
[bonnie.fisher@wrsd.ca](mailto:bonnie.fisher@wrsd.ca)

Ruston, Dean  
Math 9, 10C, 15, 10-30-1 and 2;  
Science 20  
[dean.ruston@wrsd.ca](mailto:dean.ruston@wrsd.ca)