

Joseph Welsh Parent Newsletter

January 20-24, 2025



Principal's Message

Hello JW families

STUDENT RECOGNITION ASSEMBLY: POSTPONED

***Please note that our Student Recognition Assembly originally scheduled for January 30th will be postponed to the following week. We will communicate with families as soon as this new date is confirmed.

STUDENT SPIRIT DAY - January 28th

Student Grand Council has a fun event planned for students next week. On January 28th, students are encouraged to come to school with **"Anything But a Backpack"** as we bring back this fun spirit day! We look forward to the suitcases, serving dishes, and other unique ways to bring your supplies to school :).

Kevin Robertson
Principal, Joseph Welsh Elementary

Around the Community

SCHOOL COUNCIL:

Our next school council meeting will be Wednesday, January 29th @ 3:20 PM in the school library. Our Grade 1 team will be presenting.

GRADE 5 Basketball

Grade 5 Basketball starts this week! On Tuesdays and Thursday at lunch, grade 5 students will have the opportunity to learn about the game and practice their skills. there will be a final year end tournament played against other Red Deer Public schools.



On the JW Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan. 27-31	Grade 5 X-C Ski Club @ Lunch	Anything but a Backpack Day! Grade 5 Basketball starts - Lunchtime!	School Council Mtg @ 3:20 pm	Student Recognition Assembly POSTPONED Grade 5 Basketball - Lunchtime	Space Day in Kindergarten Popcorn Sale for Grades 1 - 5
Feb. 3-7	Grade 5 X-C Ski Club @ Lunch	Ski Loppet			
Feb. 10-14	Grade 5 X-C Ski Club @ Lunch				
Feb. 17-21	NO SCHOOL Family Day	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Teachers' Convention	NO SCHOOL Teachers' Convention

READ MORE AT:

SCHOOL WEBSITE LINK: www.rdpsd.ab.ca/josephwelsh

SCHOOL CALENDAR LINK: www.rdpsd.ab.ca/josephwelsh

School Council News

Joseph Welsh Families

Our next School Council Meeting will be January 29th @ 3:20 pm. We hope to see you there!

Kyla Rollinson
School Council Chair

Grade 5 Basketball

We will begin grade 5 basketball starting on January 28. This will run Tuesdays and Thursdays at lunch time. To conclude the season, there will be an evening basketball tournament where we will play against other schools. Typically this fun event is hosted at the high school.

This date and more details will be shared at a later time!



RDPSD Pink Shirt Day - February 26

To all RDPSD Families

Pink Shirt Day is on February 26 and again RDPSD is going to offer our families and staff the option to purchase shirts through a web store. The store will be open from Jan 6 - 19, and be completed/delivered about February 19.

[HERE](#) is the link to the webstore.



Joseph Welsh School - Family Resources

Red Deer Family Recreation Passes

The City of Red Deer has graciously shared the opportunity for our Joseph Welsh families to access the School based Recreational Family Pass through an initiative to allow families to utilize the Recreation Centers in Red Deer. Families can access these passes through Miss Lindsay Stanton, our Family School Liaison Counsellor.

These can be signed out and used by a family, generally for the duration of a week. If you would like to inquire about using the Joseph Welsh Family Pass, please contact:

Miss Lindsay at lindsay.stanton@rdpsd.ab.ca



RED DEER PUBLIC SCHOOLS



Rebels vs. Hitman Family Discount Family Fun!

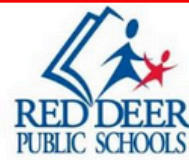
Red Deer Public Schools is the game night
sponsor on February 28

JOIN US!

Scan the QR code to purchase
your **discounted tickets**



RED DEER PUBLIC SCHOOLS



Little Learners Pre-Kindergarten at Red Deer Public Schools provides welcoming, play-based programs for children of all abilities to grow, play and thrive. Through fun, hands-on activities, our supportive classrooms focus on developing curiosity, creativity, independence, and a sense of belonging.



SCAN ME!

Scan the QR code to learn more about this program and find your school.

Applications open January 13, 2025!

Funding is offered for children with diagnosed delays, and paid spots are open for those who don't qualify.



Kindergarten at Red Deer Public Schools



It's an exciting time and a big step for children and their families. It's a time for learning and discovery, making new friends, preparing for success.

We offer a variety of programs including:

- Half and full day options in English programming
- French Immersion programming
- Spanish bilingual programming
- Kindergarten Academy of Discovery

Registration opens January 13



SCAN ME!

RED DEER COMMUNITY AGENCIES & RESOURCES

YOUTH HQ



EASTVIEW bgc

October 8-May 13
Join AnyTime of the Year

All Youth Aged 10-12
Tuesdays 6:00pm-8:00pm
Eastview Club House, 4030 Embury Cr

WHY JOIN TORCH?

1. DEVELOP YOUR SKILLS
2. LEARN AND TRY NEW THINGS
3. CLUBS ARE FREE TO JOIN
4. DROP IN WHEN YOU CAN



LEARN MORE AT YOUTH HQ.CA



Register Today
Spots are limited

YOUTH HQ.CA
BGC@YOUTH HQ.CA
403-342-6500



YOUTH HQ



EASTVIEW bgc

October 8-May 13
Join AnyTime in the Year

Youth Aged 7-9
Tuesdays 3:00pm-5:00pm
Eastview Club House, 4030 Embury Cres

WHY JOIN ZAP?

1. FUN AND GAMES
2. ARTS AND CRAFTS
3. DROP IN WHENEVER
4. CLUBS ARE FREE!!



LEARN MORE AT YOUTH HQ.CA



Register Today
Spots are limited

YOUTH HQ.CA
BGC@YOUTH HQ.CA
403-342-6500



YOUTH HQ

RED DEER COMMUNITY AGENCIES & RESOURCES

Mental Health & Addiction News

February 2025

Introduction to Teaching Empathy

Empathy is the ability to understand and share feelings of another person.

- Empathy involves recognizing emotions in others, imagining their experience, and responding with care and understanding
- Empathy is a foundational skill for building meaningful relationships and fostering emotional wellbeing
- Children learn by observing adults model and demonstrate empathy in everyday interactions.

Top Tips to Teach Empathy Model Active Listening and Reflect Back

Set aside 5-10 minutes each day where you give your child undivided attention. Ask them about their day and actively listen without interrupting. After they share, reflect what you heard.

Benefit:
When children feel heard, they learn that their emotions are valid. This practice teaches children how to listen to others' experiences and feelings.

Top Tips to Teach Empathy Acknowledge and Name Emotions Together

When emotions run high—whether it's anger, sadness, or excitement—practice naming the emotions together (i.e.,) "it seems like you're feeling really disappointed right now."

Benefit:

- By helping children recognize and name their emotions, they become better at understanding feelings. This helps them relate to others and show more empathy.

Top Tips to Teach Empathy Encourage "Perspective Taking"

While reading a story or watching a show together, pause and ask questions like, "How do you think this character is feeling?" or "What would you do in this situation?"

Benefit:

- This helps children understand how others feel and see things from their point of view, which is an important skill.

MORE RESOURCES, visit:

[Positivepsychology.com](https://www.positivepsychology.com) and search empathy



For information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-800-332-2322

Mental Health Help Line
1-877-303-2642