







# September

1	2 Labour Day No School	3 WELCOME BACK TO SCHOOL 	4  Gr 5 Parent mtg for band - 630pm Band Society Mtg - 7pm Library	5 School Council presents: BACK TO SCHOOL BBQ! (430pm) Grad mtg - 6:15pm Library	6 Tiny Tot Gym Time 3:30pm	7
8	9	10	11	12 Gr 7 - 12 Centre Court Volleyball Camp	13	14
15	16	17	18	19 Pizza Day!  Terry Fox Run! Academic Awards Ceremony	20 Professional Learning Day No School	21
22	23	24	25 Gr 10-12 tour of MRU and SAIT	26 Subway Day! 	27	28
29	30 National Day for Truth & Reconciliation No School	1	2	3	4	5





# From the Principal's Desk

Welcome back to a new year here at Cremona School. I hope that everyone had time to relax, recharge, and find some enjoyment over the summer. There is lots to look forward to this year and I am eager to have the students back in the building on Tuesday. A special welcome to our new students whether you are a Kinder or new to the community. I hope you enjoy joining our school community!

We have seven new staff members this school year. We would like to welcome Ashley Bellamy to our team. She will be our new Vice Principal. In our elementary end, we would like to welcome Kendra Furman and Amy Jakubec; they will both be teaching Grade 5. As well, welcome back to Sheryl Tunnell who will be teaching a grade ½ class. In middle school, we would like to welcome Kayla Sopp. She will be teaching grade 7 and 8. Lastly, in our high school, Josh Gette will be teaching Math and Science and a welcome back to Travis Benoit who will be teaching shop. We are thrilled to have all these individuals join our Cremona staff this school year.

Our staff have been working hard this week preparing for the beginning of the school year. Many hours have been spent cleaning, decorating and organizing our classrooms to have them ready for the students' first day. There is always a heightened sense of anticipation to begin the school year as staff look forward to making this year productive, successful and engaging for the students.

Once again, I look forward to working with the entire staff here at Cremona. As well, I look forward to finding opportunities to connect and work with parents and community members as we strive for the best education possible for our students. On behalf of the entire staff, I once again want to wish everyone an amazing school year. Please feel free to stop by the office or contact me via phone or email if I can be of assistance.

## **A few reminders as we head into September:**

- For grades K - 8, please look out for an email from your child's homeroom teacher(s) for important information on the start of the school year.
- Our Academic Awards ceremony will be held on the evening of September 19.
- Some dates to consider: Sept 3, is our first day of school. Sept 5 is our Welcome back BBQ running from 4:30 - 6pm. Sept 19 is our Terry Fox run at the school. Sept 20 is our first professional learning day.

Thank you all for your continued support of our school, staff and most importantly our students.

*Darryl Kerody*  
Principal  
Cremona School



# WELCOME TO OUR NEW TEACHING STAFF!

## *JOSH GETTE*

Hi everyone! I'm Josh Gette and I will be teaching high school math and science this year. Originally from Innisfail, I went to the University of Calgary where I received degrees in Cellular, Molecular and Microbial Biology as well as Education. When I am not at school, I like to stay active with hockey, swimming, disc golf, or backpacking. In the past I have also coached both hockey and swimming and will hopefully have the opportunity to coach one of our sports at the school! I am excited to be a part of the Cremona School community!



## *AMY JAKUBEC*

I'm thrilled to be joining Cremona School as the Grade 5 teacher and elementary physical education instructor for the upcoming school year. I grew up on a farm just outside Viking, Alberta, and I hold a Bachelor of Science in Chemistry along with a degree in Elementary Education from The King's University. This will be my second year teaching, and I'm excited for this amazing journey!

Outside of the classroom, I'm passionate about working with kids through coaching. In my spare time, I love staying active in sports, spending time with family and friends, baking delicious treats and spending time in Hot Springs. I can't wait to get to know the students, staff, and families here in Cremona and work together for a fantastic year ahead. Let's make it an amazing one!



## *KENDRA FURMAN*

I am so excited to be teaching Gr.5 and joining the Cremona school community this year! This year I am starting my 19th year in education! I have had many different roles throughout my career and this will be my 3rd time teaching grade 5! As an educator I am very passionate about making learning fun, engaging and hands-on!

I live in Cochrane with my husband, 14 year old son, 10 year old daughter, and our Cavoodle puppy! When I'm not at school I enjoy DIY and interior decorating projects, reading a good book, or curling up to watch a movie with my family! I am looking forward to getting to know everyone who is a part of the Cremona school community! Here's to an exciting new school year!





### *ASHLEY BELLAMY*

My name is Ashley Bellamy and I have spent the last 13 years teaching high school physical education at Sundre High School, where I was also the Athletic Director. I was lucky enough to grow up in Cremona and therefore, consider myself fortunate to be able to come back and work in my hometown. My husband Chadd and I have three awesome children; Kaislee, Tripp and Oaklynn who are also going to attend Cremona School this year. I am really looking forward to "coming home" and getting to work alongside a great group of staff, students, and parents.



### *KAYLA SOPP*

I am teaching Grade 7 and 8 Math, Grade 7 Language Arts, Grade 8 Science, Grade 7/8 option and High School Foods. I was born and raised in the Calgary area and attended St. Mary's University Calgary for both my Bachelor of Arts in Psychology and my Bachelor of Education Degrees. This will be my first full year position after substitute teaching for the past four years in another division.

In my off time I enjoy comfort activities such as relaxing watching tv or movies, making delicious meals or treats, getting out in nature and spending time with friends and family.

This will be my first full year position after substitute teaching for the past four years. I am coming here from the southern outskirts of Calgary



### *SHERYL TUNNELL*

Hi everyone. My name is Sheryl Tunnell and I will be teaching the Grade 1/2 split this year. It is wonderful to return to Cremona School. My last year here was back in 2020, when I went off to have my daughter. My family and I continue to reside in Carstairs. My husband and I have 3 kiddos - Wyatt (Grade 5), Zander (Grade 1) and Melody (Playschool). My kiddos keep me busy when I'm not at school with skating lessons, taekwondo and baseball. I am excited to be back! Here's to a great year!



### *TRAVIS BENOIT*

Hello everyone! I am Travis Benoit. Some of you might remember me as I taught Gr. 5/6 in Cremona for the 2019/2020 school year, and have been on the sub roster since then. This year I will be in the school part-time, taking over the shop duties from Lerb and teaching some high school math.

Always appreciative of a good adventure, over the years I have managed to wrangle my way into: living/traveling abroad for a chunk of time, sailing on a tall ship from Bali to Cape Town, and teaching for several years up on Baffin Island. Closer to home, I have spent a lot of time working and playing in the Southern East Slopes.

I hope you are all well. Let's have a great school year!

# Counsellor's • CORNER •

Hello everyone, it is my honour to be starting my third year as Academic Advisor here at Cremona School. I am excited to start working with your teenagers regarding their career & post-secondary plans. At the beginning of the semester, I will be distributing a package to every Grade 12 student that will include their current credits, scholarships and how to apply for them, and some general information on student loans and how to apply to post-secondary. Please know that sometimes students need some parental "pushing" when it comes to applying for scholarships.

I will be having one lengthy meeting with every Grade 12 student by the end of September and encourage them to come back and see me ANY TIME they have more questions or concerns. Students considering going to a college are my first priority as diploma programs are very competitive and have early application deadlines. If parents wish to be a part of this discussion, just contact me and I will arrange a convenient time for all of us to meet. I will meet with the Grade 11s starting in November.

I would also encourage students and parents to research when the post-secondaries are hosting an OPEN HOUSE. These are important to attend as they go over general information about the programs and admissions and waive application fees.

We have SAIT booked to give our High School students a presentation this month. We will also be taking any interested Grade 10, 11 and 12 students on a guided campus tour of Mount Royal and SAIT on **September 25th**.

I am here to answer any questions and assist as much as possible with your teenager's career choice. Please feel free to call me with any questions - it's a "new world" after high school and it can be confusing

I am looking forward to working with your teenagers this year!

**Alex Hutcheon**  
Academic Advisor/ Teacher  
ahutcheon@cesd73.ca

## FAMILY SCHOOL WELLNESS NEWSLETTER



### Back to school can be tough! Here are some tips:

Returning back to school following summer break can be challenging as students and parents. Here are some tips to ease the back to school stress!

#### RETURN TO REGULAR PROGRAMMING

- Get back to the school routine
  - Getting a good nights rest
  - Going to bed and waking up at a good time
- Packing and eating a nutritious lunch
- Create a routine with homework

#### IDENTIFY POSITIVE SUPPORTS

- Staff in the school
- Healthy friendships

#### FROM OUR TEACHERS:

- "Take it one day at a time!"
- "Get lots of rest"
- "Get excited! There it lots to look forward to"



### What's Family School Wellness?

The Family School Wellness Program is a voluntary and confidential short-term support, designed to assist students who may be struggling with difficulties that are affecting their ability to function at school.



### Community supports

Cremona FCSS  
403-510-4521  
fcss@cremona.ca

Mountain View Family Resource  
Network  
<https://www.mvfrn.ca/>  
1-877-761-0033  
info@mvfrn.ca

Mental Health  
Access Mental Health – call to  
complete new  
patient intake 1-844-943-1500  
Didsbury 403-335-7285  
Airdrie 403-948-3878  
Cochrane 403-851-6100





## CREMONA SCHOOL ATHLETICS

GR'S 9-12 OPEN VOLLEYBALL PRACTICE  
(BOYS & GIRLS)  
WED, SEPT 4TH 3:15 - 5:00 PM

GR'S 9-12 GOLFERS!  
PLEASE SEE MR. MOORHEAD BY  
WED, SEPT 4TH TO SIGN UP

CROSS COUNTRY ATHLETES! PRACTICE  
THURS, SEPT 5TH 3:15 - 4:00 PM

### Ordering Lunches Online

Quick  Easy  Secure

- Go to: [www.cremonaschool.ca](http://www.cremonaschool.ca)
- Login to Online fee payment, click on your child's name, then click on the month you'd like to purchase **Subway or Pizza Day** for. Make your selections and add to cart!

\*Be mindful of cut-off dates to order online\*

## LUNCHBOX SPECIALS

**SEPT  
3-6**

HOT DOGS  
OR PIZZA

**\$3**

**SEPT  
9-13**

SPRING ROLLS OR  
TAQUITOS

**\$5**

**SEPT  
16-19**

PASTA &  
GARLIC TOAST!

**\$5/\$7**

**SEPT  
23-27**

TACO  
IN A BAG

**\$6/\$8**

**SEPT  
30 - OCT 4**

CHICKEN  
BACON CLUB

**\$5**

## Band Society Update



You're invited! Are you a parent/guardian of a new or returning Band Student? The Cremona School Band Society would like to welcome both new and returning Band Parents to the Society! The Band Society meets once per month during the school year to support both the Band Program and Music Education at Cremona School. If you'd like to learn more about these programs or would like to get involved, the meetings provide a great opportunity to do just that.

We are encouraging all parents of Grade 5 band students to attend an informational meeting at 6:30pm on Wednesday, September 4th. We will cover important topics such as the Grade 5 & 6 band camp coming up next month, various band fundraisers (BC apples, flower baskets, casino) and other expectations and performance dates throughout the year.

Our first CSBS meeting of the new school year will be held on **Wednesday, September 4th, at 7:00 PM** in the school library following the Grade 5 parent info session. We will be discussing our upcoming apple fundraiser and would love to see you there!

## Message from School Council



Welcome back to Students, Staff and Parents of Cremona School!

We are excited to be back at it and as a school council we are happy to be hosting our Welcome Back BBQ. This will be a free family event and give you all an opportunity to meet teachers and staff. This event will take place on September 5, 2024, from 4:30 to 6:00pm.

The School Council is an entity that is mandated by Alberta Education and there is great value in having parents and community members engaged in the education of Cremona school students. School Council is the way for parents and school staff to work together in decision making to impact our students' success

The elected school council group meets once per month in the school library in the evening and these meetings are open for all to attend. These meetings provide the opportunity to hear what is happening in our school from administration's perspective, ask questions and to discuss current issues that are impacting our school. We have had both in-house and outside speakers join us to keep us informed on issues that are relevant to our students. This year we hope to continue to add value to our school community.

We cannot do this without you! The more parents we have involved in these discussions the better... the more insight we get. We want to know how students, parents and staff are doing. What are some the success and struggles? For this to be a success we need to hear from you. So please join us with your questions, concerns and the things that are going well.

Stay tuned for our first meeting date. We hope to see you all there!

AGES 4 YEARS  
AND  
UNDER



# TINY TOTS GYM TIME

RUN. JUMP. PLAY

FRIDAYS 3:30 - 4:30

SEPTEMBER 6

OCTOBER 4

NOVEMBER 1

DECEMBER 6



DROP-IN FOR SOME PARENTED TIME AT  
**CREMONA SCHOOL GYM**

\*PLEASE ENTER THROUGH THE BACK DOOR (WEST DOORS).  
THE DOORS WILL BE OPEN ONCE THE BUSES CLEAR THE PARKING LOT.

**NO REGISTRATION REQUIRED!**

For more information on the Mountain View Family Resource Network, visit [www.MVFRN.ca](http://www.MVFRN.ca) or email [info@mvfrn.ca](mailto:info@mvfrn.ca)

# Connect Parent Group

An attachment based program for parents and caregivers

**Begins October 9 10am-12pm, zoom**



**Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems.**

Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

**Looking for more information?**

Email us at [info@mvfrn.ca](mailto:info@mvfrn.ca) or call 1-877-761-0033!

**REGISTRATION IS REQUIRED:**

Register online at [MVFRN.CA](http://MVFRN.CA)

**Connect**



**NO REGISTRATION REQUIRED!**  
For more information on the Mountain View Family Resource Network, visit [www.MVFRN.ca](http://www.MVFRN.ca) or email [info@mvfrn.ca](mailto:info@mvfrn.ca)



# Fear-less

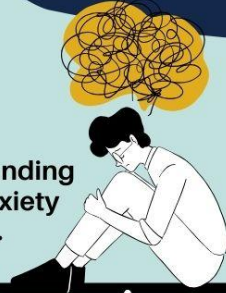


## TRIPLE P PROGRAM

Wednesday,  
September 25th  
6:30 pm - 8:30 pm  
Online via Zoom

Are you concerned about your child experiencing anxiety?

Fear-Less Triple P supports parents in understanding anxiety and provides practical strategies for anxiety management that works for children from 6-14.



**Zoom link provided upon registration**

REGISTER ONLINE AT [WWW.MVFRN.CA](http://WWW.MVFRN.CA)  
OR EMAIL US AT [INFO@MVFRN.CA](mailto:INFO@MVFRN.CA)



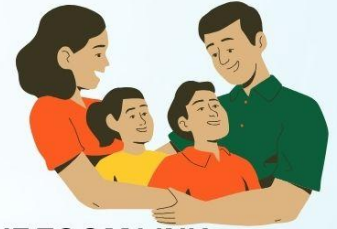
# Power of Positive Parenting

## Session 1

Tuesday, September 17 (6:30 8:00 pm)  
Online Information Session via Zoom!

For every parent who ever wondered:  
"Why does my child do that?"

This seminar helps you understand the reasons kids do what they do, so you can guide their behavior - and see more of the behavior you like, and less of the behavior you don't like.



**REGISTER ONLINE FOR THE ZOOM LINK**

### REGISTRATION & INFORMATION:

Register online at [www.mvfrn.ca/registrations](http://www.mvfrn.ca/registrations)  
call 1877-761-0033 or email [info@mvfrn.ca](mailto:info@mvfrn.ca)



### From the School Nurse

Welcome to the new school year. I just wanted to introduce myself as the Cremona School Nurse. My name is Andrea Reid and I have been the school nurse for Cremona School for the last 7 years. I have 2 children currently in Cremona School with the other two already having graduated from Cremona School. This being the case I am invested both personally and professionally in helping our school be the healthiest environment possible for our students. If you have any questions or concerns regarding the health of your student or any ideas that can help enhance the health of our student body, please let me know. You can reach me by email or phone at [andrea.reid@ahs.ca](mailto:andrea.reid@ahs.ca) or 403 335-7292

Wishing you all a great year ahead,  
Andrea Reid



Click [HERE](#) for the September Healthier Schools newsletter from AHS!

# WHAT'S HAPPENING?!

@ Cremona Municipal Library



MONDAYS

Sep 9 & 16



10:30- 11:30 am

## Story Time

Drop-in program for ages 0-5 and parents/caregivers.

Enjoy stories, music, rhymes & activities with your little ones while developing early literacy and social skills.

WEDNESDAYS

Sep 11, 18 & 25



3:15- 4:15 pm

## Lego Club

For ages 6 and up. Build, create, have fun!

Space is limited. Registration is required.

FRIDAY

Sep 20



1:00- 3:00 pm

## Imagine & Explore: No-School Adventures

No school? No problem! Join us in the library for this 2-hour program for kids ages 8 and up that aims to engage children's imagination, creativity and curiosity. Let's make every no-school day an adventure of discovery and fun.

Space is limited. Registration is required.

EPIC Book Sale



SEP 3- 6

Check out our EPIC BOOK SALE and stock up on books and DVDs. Take as much as you want (BYO bag) and pay what you can. All sales are by donation and proceeds will go towards library items and programs.

During library operating hours.

LIBRARY CARD SIGN UP MONTH



SEP- OCT

New members & renewals will be entered into a prize draw!

Sign up for a FREE library membership (or renew your membership) and get entered to win 1 of 5 \$100 Visa gift cards OR 1 of 4 \$50 Visa gift cards!

## CONTACT US!



(403)637-3100



[cremonalibrary@prl.ab.ca](mailto:cremonalibrary@prl.ab.ca)



[www.prl.ab.ca/Cremona](http://www.prl.ab.ca/Cremona)



@CremonaMunicipalLibrary



205- 1st Street E, Cremona AB

## LIBRARY HOURS

MONDAY	10 am- 5 pm
TUESDAY	1 pm- 8 pm
WEDNESDAY	10 am- 5 pm
THURSDAY	10 am- 5 pm
FRIDAY	10 am- 5 pm
SATURDAY	CLOSED
SUNDAY	CLOSED
HOLIDAYS	CLOSED

\*Please note: the library will be closed Monday, Sep 23 for staff development \*

## CHECK OUT OUR WEBSITE FOR MORE INFO AND REGISTRATION DETAILS