

# CALMAR ELEMENTARY SCHOOL

DISCOVER, LEARN, SUCCEED, CELEBRATE

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Newsletter

Edition #22

Friday, March 6 / 2026

## Messages from the Principal

### Understanding Our Big Emotions: Don't "Flip Your Lid!"

A Note on Self-Regulation from Our School Assembly

This week at our school assembly, we were thrilled to welcome back Lisa Furler, our wonderful School Family Liaison Worker. Lisa spent some quality time with our students working on a very important life skill: emotional self-regulation.

The main goal of her visit was to help students understand their big feelings so they don't "flip their lids!"

To make this complex idea easy for our students to grasp, Lisa taught them a fantastic visual tool using just their own hands. It helps kids visualize exactly what happens inside their heads when they experience overwhelming emotions.

Here is a breakdown of the "Hand Model of the Brain" that Lisa shared with the students:

- **The Thumb (The Feeling Brain):** If you tuck your thumb into your palm, this represents the **Limbic Region** (or the primal brain). This is where our big emotions—like anger, fear, and anxiety—live. It's responsible for our "fight, flight, or freeze" responses.
- **The Fingers (The Thinking Brain):** When you fold your fingers over your thumb to make a fist, your fingers represent the **Pre-Frontal Cortex**. This is our logical, thinking brain. It wraps around the feeling brain like a hug, helping us make good choices, calm down, and manage our emotions safely.
- **"Flipping Your Lid":** When we get too stressed, angry, or overwhelmed, our thinking brain disconnects from our feeling brain. Our fingers flip straight up! When a student "flips their lid," the logical brain is no longer in charge, and the primal, emotional brain takes over.

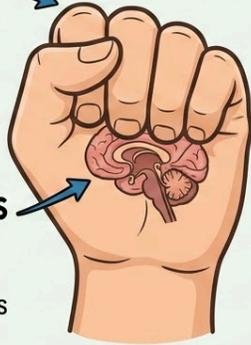
## UNDERSTANDING OUR BRAINS: The Hand Model of Emotional Regulation

## FLIPPING YOUR LID (Limbic Brain in Control)

### STABLE BRAIN (Pre-frontal Cortex & Limbic Region Connected)

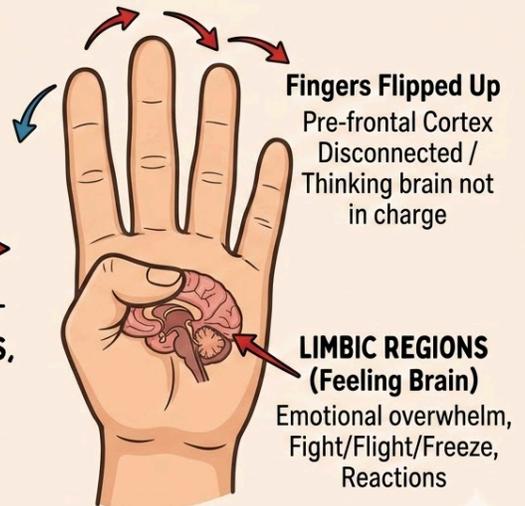
**PRE-FRONTAL  
CORTEX  
(Think Brain)**  
Logic, Decisions,  
Calming

**LIMBIC REGIONS  
(Feeling Brain)**  
Emotions,  
Primal Responses



**STRESS, ANGER,  
ANXIETY**

**CALMING TECHNIQUES,  
BREATHING**



**Fingers Flipped Up**  
Pre-frontal Cortex  
Disconnected /  
Thinking brain not  
in charge

**LIMBIC REGIONS  
(Feeling Brain)**  
Emotional overwhelm,  
Fight/Flight/Freeze,  
Reactions

Reference: Dr. Dan Siegel's Hand Model. Calmar Elementary School Newsletter

**How You Can Use This at Home:** Using this hand model at home is a great way to build a shared language with your child. When you notice your child getting frustrated, you can gently ask, "Are you starting to flip your lid?" or say, "It looks like your thinking brain is having trouble hugging your feeling brain right now. Let's take some deep breaths to bring those fingers back down."

When we understand *why* our brains react the way they do, it becomes much easier to pause, breathe, and get our "thinking brain" back in control!

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### Fond Farewells to Mrs. Hannah Whipple

It is with mixed emotions that we announce Mrs. Hannah Whipple will be leaving Calmar Elementary School at the end of this month to pursue exciting new opportunities in Edmonton.

Mrs. Whipple has been a wonderful part of our school community, serving as both our Music Teacher and the afternoon teacher for Grade 5HW. She has positively impacted our school with her infectious passion for music, and we will always be grateful for the outstanding job she did organizing and directing this year's fantastic Christmas concert!

We know that a mid-year change can sometimes cause a little uncertainty for students, but please rest assured that we are committed to making this a smooth transition.

Please join us in thanking Mrs. Whipple for the joy and dedication she brought to our school, and in wishing her all the best in her next chapter!

Sincerely,

Stan Travnik  
Principal

## Important CES Dates + Reminders

	SUN	MON	TUES	WED	THUR	FRI	SAT			
<b>MARCH 2026</b>	1	2	3	4	5	6	7	<b>20</b>	<b>19</b>	<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: #d9ead3; padding: 2px;">March 8 - Daylight Savings Time (clocks forward)</div> <div style="background-color: #d9ead3; padding: 2px;">March 9 - PD Day (No Students)</div> <div style="background-color: #d9ead3; padding: 2px;">March 30 - 31 - Spring Break (Schools Closed)</div> </div>
	8	9	10	11	12	13	14			
	15	16	17	18	19	20	21			
	22	23	24	25	26	27	28			
	29	30	31							
<b>APRIL 2026</b>							4	<b>18</b>	<b>17</b>	<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: #d9ead3; padding: 2px;">April 1 - 3 Spring Break (Schools Closed)</div> <div style="background-color: #d9ead3; padding: 2px;">April 3 - Good Friday (No Students)</div> <div style="background-color: #d9ead3; padding: 2px;">April 6 - Easter Monday (Schools Closed)</div> <div style="background-color: #d9ead3; padding: 2px;">April 7 - School Resumes</div> <div style="background-color: #d9ead3; padding: 2px;">April 24 - PD Day (No Students)</div> <div style="background-color: #d9ead3; padding: 2px;">Diploma Exam</div> </div>
	5	6	7	8	9	10	11			
	12	13	14	15	16	17	18			
	19	20	21	22	23	24	25			
	26	27	28	29	30					
<b>MAY 2026</b>							2	<b>20</b>	<b>19</b>	<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: #d9ead3; padding: 2px;">May 15 - PD Day (No Students)</div> <div style="background-color: #d9ead3; padding: 2px;">May 18 - Victoria Day (Schools Closed)</div> <div style="background-color: #d9ead3; padding: 2px;">Provincial Achievement Tests (PAT)</div> </div>
	3	4	5	6	7	8	9			
	10	11	12	13	14	15	16			
	17	18	19	20	21	22	23			
	24	25	26	27	28	29	30			
31										
<b>JUNE 2026</b>		1	2	3	4	5	6	<b>20</b>	<b>18</b>	<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="background-color: #d9ead3; padding: 2px;">June 21 - National Indigenous Peoples Day</div> <div style="background-color: #d9ead3; padding: 2px;">June 24 - Last School Day with Diploma Exam</div> <div style="background-color: #d9ead3; padding: 2px;">June 25 &amp; 26- Teacher Workday (No Students)</div> <div style="background-color: #d9ead3; padding: 2px;">Diploma Exam &amp; PAT Administrative Window</div> <div style="background-color: #d9ead3; padding: 2px;">Diploma Exam</div> </div>
	7	8	9	10	11	12	13			
	14	15	16	17	18	19	20			
	21	22	23	24	25	26	27			
	28	29	30							

Event	Date / Time	Other + Extra Information
<p>Purdy's Easter Fundraiser</p> <p>Thank you for your support Of this school library Fundraiser! We raised over \$400!!!</p>		<p>Ordering has been closed and pickup dates will be the week of March 23 - date TBA</p> 
3 /4 Girls Floor Hockey	Fri March 6/ 7th	Tournament @ Robina Baker Elementary School
PD Day	Mon March 9th	No School
3/4 Boys Floor Hockey	March 13/14	Tournament @ Caledonia Elementary School
5 /6 Girls Floor Hockey	March 19th-21st	Tournament @ Riverview Middle School
Student Led Conferences	Thurs March 26	Details will be shared closer to the conference date
CYBK assemblies		Monday, March 16th - Period 4 - 10:25 AM (after recess) Monday, April 13th - Period 4 Monday, May 11th - Period 4 Monday, June 15th - Period 4
School Council meeting	Tues April 7	3:30 pm-4:30 pm
PTA meeting	Tues April 7	4:30 pm-5:30 pm
Celebration of the ARTS	Thurs April 16th	5:30 pm-7:00 pm in the CES gym

# Calmar Elementary School

## KINDERGARTEN REGISTRATION IS UNDERWAY FOR 2026-27

[www.blackgold.ca/kindergarten](http://www.blackgold.ca/kindergarten)



# Kindergarten Registration Begins

## CES runs a HALF-DAY / EVERYDAY Kindergarten Program

- ★ We are planning for a morning (AM) class.
- ★ If the AM class fills up, we add a second class for the afternoon
  - Note: Some AM students would have to move to the PM class
- ★ *There is an error in the online registration package*
  - *It still has the old M/W and T/Thursday options (which we no longer have).*

[Click Here for More Information](#)



## Early Intervention Pre-Kindergarten - Registration Open!

The EI Pre-K program is designed for preschoolers who may face challenges such as following directions, communication issues, anxiety, or developmental delays. Early intervention is crucial for fostering academic, social, and emotional growth. This program begins accepting children as young as 2 years and 8 months. Students who are English as an Additional Language students may also qualify if they turn 4 before January 1, 2027. Start the intake process here: [EI-PreK Information](#)

# HOT LUNCH SCHEDULE



## MARCH HOT LUNCH DATES

 Fri, Mar 13: CHEVRON   
(Cut off: Mar 8 @ 9pm)

 Mon, Mar 16: HOT DOGS   
(Cut off: Mar 13 @ 9pm)

 Fri, Mar 20: PANDA HUT   
(Cut off: Mar 13 @ 9pm)

 Fri, Mar 27: DEVON 2 FOR 1  
(Cut off: Mar 20 @ 9pm)

## APRIL HOT LUNCH DATES

 Fri, Apr 10: BARBURRITO   
(Cut off: Apr 3 @ 9pm)

 Mon, Apr 13: HOT DOGS   
(Cut off: Apr 10 @ 9pm)

 Fri, Apr 17: DAIRY QUEEN   
(Cut off: Apr 10 @ 9pm)

 Mon, Apr 27: HOT DOGS  
(Cut off: Apr 24 @ 9pm)

For any questions or concerns, feel free to email [calmar.pta@gmail.com](mailto:calmar.pta@gmail.com)

## POPPING UP SUPPORT FOR CALMAR ELEMENTARY

Show your support for Calmar Elementary School by ordering delicious kettle corn and flavored popcorn from Heritage Confections!

Our fundraiser runs March 9–27.

Order online or scan the QR code:

[heritageconfections.ca/calmar](https://heritageconfections.ca/calmar)



A minimum of 40% of every dollar raised goes directly back to our school. Funds raised will help keep our snack cupboards stocked and continue supporting our students.

Orders will be available for pick-up at the school after Easter break.

Thank you for supporting our school community!

 Gluten-free & peanut-free

 Made from whole grains

 Balanced sweet flavour

 Made in Alberta!



[Order Here!](https://heritageconfections.ca/calmar)



# Take a “looksee” at your child’s development

The Looksee Checklist is a simple, easy-to-use developmental tool designed to help monitor a child’s development from one month to six years of age, featuring a short list of “yes” or “no” questions about the child’s abilities.

Join us to take a quick look at your child’s development, celebrate their successes, and learn how to access services to support areas of concern.

- ▶ **Date:** Thursday, Mar. 19, 2026
- ▶ **Time:** 10 to 11 a.m.
- ▶ **Location:** Calmar Public Library, 4705 50 Ave., Calmar
- ▶ **Registration:** None necessary - Drop in!
- ▶ **More information:** [lookseechecklist.com](http://lookseechecklist.com)



# BABYSITTING COURSE

LEARN ESSENTIAL BABYSITTING SKILLS,  
INCLUDING BASICS CHILD CARE, SAFETY, AND  
EMERGENCY RESPONSE.

THIS COURSE IS PERFECT FOR YOUTH LOOKING  
TO GAIN CONFIDENCE AND RESPONSIBILITY  
WHILE CARING FOR CHILDREN.

**FRIDAY, APRIL 24TH**

**9:00AM - 4:00PM**

**CALMAR PROGRAM CENTRE**

**4815 - 49 ST**

**REGISTER ONLINE: [CONFIDENCECOURSES.CA](http://CONFIDENCECOURSES.CA)**

**PRIORITY WILL GO TO CALMAR RESIDENTS**



*Confidence  
Courses*





**FREE  
TRY RUGBY  
JUNIORS CAMP**



Feb 14 & March 14  
10-11 am ~ U5 - U9  
11-12 pm ~ U11 - U18  
Leduc Rec Center  
4330 Black Gold Dr.  
Leduc, AB



April 13 & 20  
6 - 7 pm  
U5 - U18  
Nisku Turf Center  
1030 - 34 ave  
Nisku, AB

No Experience  
Necessary  
Bring a Friend



**CHALLENGER  
BASEBALL IS BACK!**



**DATES: SUNDAYS MAY 3 - JUNE 21**  
**LOCATION: FOUR SEASON DIAMOND 2**  
**TIME: 4-5 PM**  
**COST: 40 PER ATHLETE**

**ATHLETES AGES: 5-17 YRS OLD**  
**JOIN OUR TEAM!**  
**NO EXPERIENCE NEEDED!**

**REGISTRATION IS  
NOW OPEN!**  
**SCAN HERE**



**ABOUT**



Challenger Baseball is an adaptive baseball/softball program that empowers individuals living with physical and/or cognitive disabilities. In this program, baseball is used to enhance connection, courage, independence and love of physical activity.

**DDSC**



**Registration  
Opens March 1!**

Are you at least 5 years old?  
Do you love to swim and are  
comfortable in deep water?  
Do you want to have an AMAZING summer?

Check us out on facebook

**Devon Dolphins Swim Club**

[www.devondolphins.ca](http://www.devondolphins.ca)